

Breaking Barriers in Mental Health: Harpreet Malla, PhD, Brings Compassionate Care to Los Angeles and Orange Counties

Innovative Psychologist Specializes in Multiracial Identities, LGBTQIA+ Issues, and Nontraditional Relationships



New York City, New York Apr 15, 2025 ([Issuewire.com](https://www.issuewire.com)) - Harpreet Malla, PhD, a 1.5 generation Telugu-American Licensed Clinical Psychologist, is the proud Owner of Dr. Malla Psychological Services, Inc., serving clients across Los Angeles and Orange counties through in-person sessions and

telehealth services. With a unique blend of cultural awareness and clinical expertise, Dr. Malla is dedicated to providing compassionate mental health care tailored to individuals, couples, and families.

Dr. Malla specializes in complex and intersectional identity work, particularly for multiracial and bicultural individuals. Her practice is LGBTQIA+, poly, and kink-affirming, ensuring a safe space for clients from all walks of life. “The work I do is often as unique as my clients themselves,” says Dr. Malla. “I want to get to know the quirks, idiosyncrasies, and special facets of a client before going to problem-solving mode. Often, there isn’t anything ‘wrong’ with us, but we can get off course by losing ourselves and our values in tough times. I’ll help you step out of the whirlwind and back to yourself.”

Dr. Malla’s journey in psychology began with her Master of Arts in Clinical Psychology from Alliant International University–San Diego Cornerstone Court, where she developed a robust foundation of knowledge and practical skills. Her extensive clinical experience includes working as a Psychology Extern at SAY San Diego, supporting youth and families in need, and contributing to inpatient and outpatient care at Sharp Mesa Vista Hospital. She further enhanced her clinical skills during her Ph.D. training at Alliant International University, where she focused on therapeutic assessment and intervention.

In addition to her clinical practice, Dr. Malla is a passionate advocate for marginalized communities. She serves as the Chair of Division 7 (Diversity & Social Justice) at the California Psychological Association, where she promotes understanding and inclusivity through education. Her research interests focus on identity development within minority and queer populations, particularly in nontraditional relationships such as interracial partnerships, arranged marriages, and ethical non-monogamy (ENM).

Dr. Malla’s innovative contributions to the field of psychology also include pioneering research on the evolution of arranged marriages in the South Asian diaspora, along with authoring a chapter on this significant topic. Her commitment to culturally-affirming care has made her a sought-after speaker and educator, providing continuing education credits on various subjects to her fellow psychologists and therapists.

Bringing psychology to the masses, Dr. Malla has also presented at pop culture events such as Wonder-Con and San Diego Comic-Con, merging mental health awareness with entertainment in engaging ways. Her work has been featured in pop psychology publications, making complex psychological concepts accessible to a broader audience.

Outside of her professional endeavors, Dr. Malla enjoys a rich personal life filled with film, ceramics, board games, and travel. She believes that nurturing one’s passions is crucial for maintaining mental health and well-being.

Dr. Malla is now accepting new clients and invites individuals, couples, and families seeking a deeper understanding of themselves and their relationships to connect. Through her dedication, expertise, and compassionate approach, she aims to help clients navigate their unique journeys toward healing and self-discovery.

Learn More about Dr. Harpreet Malla:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82483815-Harpreet-Malla-Psychologist> or through her websites,
<https://bling.me/0fJgro9D86BGETnMRyWm/> /
<https://southasiantherapists.org/therapist/dr-harpreet-malla/>

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