

Divya Babbar, PsyD: Founder of Interwoven Psychotherapy & Liberatory Praxis

Transforming Pain into Healing through Holistic Therapeutic Approaches



New York City, New York Jun 4, 2025 ([IssueWire.com](https://www.IssueWire.com)) - Divya Babbar, PsyD, a Licensed Clinical Psychologist and the visionary mind behind Interwoven Psychotherapy & Liberatory Praxis, is dedicated to transforming the healing journey for individuals and communities. With a profound belief that our most difficult experiences can become sources of strength and wisdom, Dr. Babbar's work emphasizes curiosity, exploration, and connection amidst the complexities of human experience.

"In parts of the world, there exists a tree that creates a resin, called myrrh, which protects the tree from wounds and threats. Much like the myrrh resin, which is formed through the tree's process of healing, I am of the impression that our most difficult experiences can be transformed into sources of strength and wisdom," shares Dr. Babbar. This philosophy is foundational to her approach as she guides clients through their journeys of healing.

Dr. Babbar specializes in addressing a wide range of challenges faced by adolescents and adults, including complex trauma, interpersonal difficulties, immigration and refugee-related distress, and identity exploration. She places particular emphasis on providing a nurturing space for individuals who are gender diverse and/or identify as LGBTQ+, ensuring that affirmation and healing are at the forefront of her practice.

Individual Therapy: A Safe Space for Exploration

In individual therapy, Dr. Babbar employs a relational and exploratory approach that prioritizes the establishment of trust and safety. Early sessions are dedicated to co-creating an environment where clients feel secure enough to delve into their lived experiences. "I know what it feels like to exist in spaces where pain is swallowed, where sadness becomes a burden, and where anger feels risky," she reflects. "I hope that from that space we can embrace the cyclical nature of growth and renewal, allowing space for healing, understanding, and ultimately transformation."

Dr. Babbar integrates trauma-informed therapy and mindfulness techniques into her holistic practice. She believes that self-discovery arises from understanding how early life experiences shape present behaviors and relationships. This deep exploration facilitates emotional depth and sustainable personal growth, allowing clients to engage with their internal and interpersonal worlds in meaningful ways.

Couples & Relationship Therapy: Embracing Diverse Connections

Recognizing that love and connection manifest in myriad forms, Dr. Babbar extends her expertise to couples and partnerships of all kinds, including polyamorous and nontraditional relationships. She offers a haven for partners to navigate conflict, improve communication, and deepen their understanding of one another. Utilizing her relational psychodynamic background, Dr. Babbar fosters an environment conducive to growth and connection, empowering couples to explore their unique dynamics.

Supervision: Cultivating Empathy and Insight in Mental Health Professionals

Dr. Babbar also provides clinical supervision for mental health professionals seeking to deepen their understanding of clinical material through a relational psychodynamic lens. Her approach integrates anti-oppressive and culturally responsive care, encouraging supervisees to enhance their therapeutic presence and serve clients with greater empathy and awareness. "Pain—individual and collective—is interwoven with growth and finding paths towards liberation. It is part of the very fabric of our journey," she emphasizes.

Educational Background and Professional Journey

Dr. Babbar's academic journey began at Georgia State University, where she earned a Bachelor of Science in Psychology, providing a solid foundation in the behavioral sciences. She then pursued advanced graduate education at The George Washington University, where she completed both her Master's and Doctor of Psychology degrees. Her extensive clinical training spanned various settings, including autism and speech clinics, community mental health centers, and college counseling centers, culminating in a doctoral internship at the Stony Brook University Counseling Center.

Since August 2023, Dr. Babbar has been a Licensed Clinical Psychologist at Georgetown Psychology. Initially joining the organization as a Postdoctoral Fellow, she transitioned to her licensed role in June 2024. At present, Dr. Babbar works in private practice. Her work reflects a steadfast commitment to clinical excellence, cultural responsiveness, and relational integrity.

A Vision for the Future

As she continues her work, Dr. Babbar aspires to foster deeper connections among individuals, communities, and the therapeutic process itself. "In navigating our challenges, we can uncover resilience and deepen our connection to ourselves, others, and our communities," she says. Her vision underscores the importance of understanding pain not merely as a burden but as a powerful catalyst for growth and liberation.

For individuals seeking to explore their experiences through a compassionate and insightful lens, Dr. Divya Babbar's practice offers a transformative pathway toward healing. Her commitment to creating safe spaces for exploration and growth sets a new standard in the field of clinical psychology, paving the way for a more inclusive and compassionate approach to mental health.

Learn More about Dr. Divya Babbar:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85023408-Divya-Babbar-Psychologist> or through her website, <https://www.drdivyababbar.com/>

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Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Divya Babbar

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