

B.A.R.E CHILD & FAMILY PSYCHOLOGICAL SERVICES

Thivya Lakshmi Tamilvanan

MSc Clinical Psychology · Doctoral Candidate, Forensic Psychology

SENIOR PSYCHOLOGIST

Graduate Member, BPS

Full Member, SPS



Every person. Every story. Every step towards healing matters.

PROFESSIONAL PROFILE

Thivya Lakshmi is a Senior Psychologist with extensive experience in the assessment and treatment of children, adolescents, adults, and families. Her clinical work involves psychological assessment, psychotherapy, trauma-informed interventions, attachment-based work, parenting interventions, and family-focused treatment. She has specialised experience working with individuals with developmental disabilities, neurodevelopmental disorders, trauma histories, emotional and behavioural difficulties, and complex family presentations.

CLINICAL EXPERTISE

- ✓ Uses evidence-based approaches such as Cognitive Behavioural Therapy (CBT), Trauma-Focused CBT (TF-CBT), Schema Therapy, attachment-focused interventions, and sensory regulation approaches.
- ✓ Assesses developmental disorders, intellectual functioning, adaptive functioning, and mental health concerns through psychological assessments for children, adolescents, and adults.
- ✓ Conducts psychological evaluations and prepares comprehensive, trauma-informed psychological reports for educational, clinical, and legal purposes.
- ✓ Experienced in psychological assessments for educational, developmental, and legal purposes — including school readiness assessments, deputyship applications, and parenting assessments.
- ✓ Provides specialist trauma-informed interventions for children, adolescents, adults, and families who have encountered traumatic events.
- ✓ Undertakes parenting-focused interventions, parent-child attachment work, and parenting coordination services for families going through separation or divorce.
- ✓ Supports families experiencing attachment difficulties, behavioural challenges, developmental disabilities, and complex family dynamics.

PROFESSIONAL QUALIFICATIONS

2025–current **Doctorate in Forensic Psychology**
University of Exeter, United Kingdom

2017–2018 **MSc Clinical Psychology**
Royal Holloway, University of London, United Kingdom

2013–2015 **BSc Psychology**
James Cook University, Singapore

2009–2011 **Specialist Diploma in Psychology (Counselling)**
Edith Cowan University, Singapore

--- **SPECIALIST TRAINING & PROFESSIONAL DEVELOPMENT**

2026 **EARL V3** · Jackdaw Forensic, UK

2026 **SARAv3** · Tully Forensic Psychology, UK

2026 **RSVP-2** · Tully Forensic Psychology, UK

2025 **Attachment Style Interview (Adolescence)** · Middlesex University, UK

2025 **Parenting Role Interview** · Middlesex University, UK

2023 **Fundamentals of Parenting Coordination** · AFCC

2021 **Schema Therapy for Children & Adolescents** · ISST Accredited

2026 **EMDR Part 1 & Part 2 Basic Training** · HAP

2026 **SAPROF** · Tully Forensic Psychology, UK

2026 **HCR-20 V3** · Tully Forensic Psychology, UK

2025 **Attachment Style Interview (Adult)** · Middlesex University, UK

2024 **Child Attachment & Play Assessment** · Prof. Steve Farnfield, UK

2022 **Introduction to SAI** · Developmental Trauma & Sensory Processing

2021 **Bringing Up Great Kids Parenting Programme** · Australian Childhood Foundation

--- **PROFESSIONAL MEMBERSHIPS**

Graduate Member · British Psychological Society (BPS)

Full Member · Singapore Psychological Society (SPS)