

ADITI BHALLA

Prosthodontist and Integrative Psychotherapist



Contact Details

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About Me

I am a Specialist Prosthodontist with over 15 years of clinical experience in complex restorative dentistry and implantology. Alongside my clinical practice, I hold dual expertise as an Integrative Psychotherapist with postgraduate training in mental health, mindfulness, and psychological wellbeing.

Mentoring and Teaching has been a consistent thread throughout my career - from supervising undergraduate and postgraduate dental students chairside to developing and delivering CPD-accredited education for national dental audiences. I am the founder of Compassion Focused Dentistry, a structured, evidence-based programme integrating psychological frameworks into clinical practice, and Dental Wellbeing Hub a community space to improve practitioner wellbeing, combat burnout and bring preventative wellbeing tools to dental professionals

Publications/Media

What Is Compassion Focused Dentistry?
BDJ In Practice May 2025

Compassionate Kitbag: A Vital Kit For Oral Healthcare Team BDJ In Practice July 2025

UDA pressures? Prevent burnout in dentistry before it strikes Dentistry May 2025

Time To Talk Day: Raise Awareness about burnout and mental health issues

BBC Radio London January 2026

TEDx Talk : What Kind Of Villager Am I?
September 2026

Oral Health Awareness Sky News 2025

Burnout, Breath and Belonging
Yoga Magazine April 2025

The Avoidance Trap Breathe Magazine July 2026

Signs Your Body Is Struggling With Mental Load
Stylist Magazine April 2025

Education

Postgraduate Certificate in Academic Practice with Distinction (PGCAP)

Queen Mary University Of London
2019-2022

Masters in Clinical Dentistry Prosthodontics (MClinDent Prosthodontics)

Queen Mary University Of London
Barts and The London School Of Medicine and Dentistry 2011-2014

Bachelor of Dental Surgery (BDS)

Bharati Vidyapeeth Dental College and Hospital, Pune, India 2005-2010

Life Coach

Holistic Healing College 2022-2023

Qi Gong Teacher

Holistic Healing College 2024

Mindfulness and Mental Health Teacher

Tranquil Garden Academy 2020-2021

Emotional Freedom Technique Practitioner

EFTMRA Academy 2024

Compassionate Mind Trainer

Balanced Mind Academy July 2026

Fellowship in Higher Education Academy (FHEA)

Queen Mary University Of London
2019-2022

Membership in Prosthodontics (MPros)

The Royal College of Surgeons
Edinburgh 2011-2014

Integrative Psychotherapy Diploma (Level 7)

College of Contemporary Therapy
2022 - 2024

Life Counsellor Diploma

Holistic Healing College 2022-2023

Hypnotherapy Diploma

London College Of Hypnotherapy
2022-2023

Yoga Teacher (200 Hours)

Rishikul Yogshala, Rishikesh India
August 2023

Breathwork Teacher

Blissful Breath Academy April 2026

Sound Healing Practitioner

The Sound Therapy Company
April 2026

Experience

2023 - Current

Integrative Psychotherapist & Dental Wellbeing Hub

Working part time in my wellbeing mentorship practice, I have founded Compassion Focused Dentistry along side running several workshops and The Dental Wellbeing Hub. I am registered with NCIP and CMA and ICO

2024 - Current

Lecturer/Teacher

Teaching the next generation of Counsellors and Psychotherapists at the Holistic Healing College and College of Contemporary Therapy

2018-2023

Specialist Dental Practitioner

Hollies Dental Surgery, Hadleigh and Bradbury Dental Surgery, London

2018-2022

Clinical Teacher Restorative Dentistry

Clinical Teacher at Queen Mary University London, teaching the dental undergraduate students.

2018-2023

Lecturer for Health Education England

Teaching the Dental Foundation Trainees with various NHS Trusts.

2017-2018

Dental Practitioner

Bute House Dental Surgery, Deal