
DR. IVAN ZY LIM

PsyD, MSocSc · Clinical Psychologist · Transcultural Trauma Specialist · Founder of PATH

Chinese philosophical psychology for the modern self.

Dr. Ivan Zy Lim is the creator of PATH (Psychology of Alignment Toward Harmony), a process-based psychological framework rooted in Confucian relationality, Daoist flow, and Buddhist awareness. He works at the intersection of trauma, culture, and meaning — guiding individuals, leaders, and organizations toward emotional clarity, cultural harmony, and inner stability.

THE FRAMEWORK

PATH conceptualizes human well-being as the dynamic alignment of thoughts, emotions, identity, relationships, and life circumstances. Psychological suffering emerges when rigid constructs and emotional avoidance disrupt this alignment. The framework provides the map; PATH Psychotherapy provides the clinical journey.

AUTHORITY & EXPERIENCE

With over 20 years of clinical practice and 20 years of corporate leadership across Asia-Pacific, Dr. Lim brings a hybrid perspective that is rare in the field. He served as Consultant Clinical Psychologist to Airbnb's APAC Safety Operations (2021–2025), supporting teams who handle high-risk and traumatic user reports across the region. He is fluent in English, Mandarin, Hokkien, and Cantonese, and works across cultures with depth and nuance.

SPEAKING & CONSULTING FOCUS

- Psychological Safety in High-Exposure Teams
- Trauma-Informed Leadership & Crisis Communication
- Transcultural Psychotherapy & Organizational Wellbeing
- The PATH Framework: Alignment, Harmony, and Individuation
- Moral Injury, Burnout, and Vicarious Trauma in Leadership

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Based in Singapore · Serving APAC

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