



Dr. Romy Kullar (she/her) is a General and Child and Adolescent Psychiatrist. After completing her undergraduate degree in Nutrition Science at the University of California, Davis, Dr. Kullar worked with youth of many backgrounds who faced numerous emotional and behavioral challenges. This experience solidified her desire for and dedication to becoming a member of a healthcare team that provided holistic and thoughtful psychiatric care to children, adolescents, and families. Dr. Kullar went on to earn her medical degree from the Western University of Health Science, College of Osteopathic Medicine of the Pacific-Northwest and then completed her general psychiatry training in Baton Rouge at Our Lady of the Lake Hospital through Louisiana State University. While there, she served as the Co-Chief Resident, studied the impact of harassment on burnout, advocated for resident wellness, and researched the relationship between the gut microbiome and antipsychotics. She rounded out her training by completing a Child and Adolescent Psychiatry fellowship at Doernbecher Children's Hospital in Portland, OR before returning to Butte County in July 2021.

Since then, Dr. Kullar has practiced in Chico, Red Bluff, and Redding providing care to children, adolescents, transitional-age youth, adults, and families in the North State area. Because of her training in both nutrition science and psychotherapy, particularly family therapy, Dr. Kullar understands the impact of both internal and external factors that contribute to the development of an individual. She appreciates the dynamic nature of the development process as individuals and systems are not static. Although treatment has its role, Dr. Kullar values prevention, and, thus, is also involved in upstream efforts to create positive childhood experiences by serving as an Alternate Commissioner on the First 5 Butte County Children and Families Commission.

In her spare time, Dr. Kullar enjoys baking, cooking, eating at the dinner table, playing tennis, cheering on her nephews and husband in basketball, and spending time outdoors with her friends and family.