



Abhishek Bhave

Psychologist and Trauma Focused Therapist in
Training

Co-founder, TSI Mental Health LLP

abhishek@tsimentalhealth.com | +91 9049572205

Abhishek Bhave's path into mental health was shaped by curiosity, connection, and a desire to work more closely with people. After completing his Master's in Clinical Psychology from Modern College, Pune, he chose to move away from his earlier training in business to focus fully on the field of psychology. His close association with mental health organizations and psychologists gave him a first-hand understanding of the challenges in accessing care and inspired him to dedicate his career to building a space that makes mental health support approachable and meaningful, hence he co-founded The Secret Ingredient (TSI).

He is currently pursuing a Postgraduate Diploma in Trauma-Focused Therapy at the Tata Institute of Social Sciences. Abhishek is deeply invested in creating spaces for open and stigma-free conversations, particularly through corporate training sessions on mental health awareness and men's mental health, areas where dialogue is often missing. What sets Abhishek apart is the way he brings his diverse experiences together. His background in business, including an MBA from Welingkar Institute, now plays a supportive role by giving him the organizational clarity and structure to grow his work without losing sight of its human core.

On a personal note, Abhishek is known for his love of Excel sheets and setting ambitious targets. His analytical mindset and goal-oriented nature complement his clinical practice, enabling him to manage the business aspects of the venture efficiently while ensuring the highest standards of care.

All therapists at TSI work through a queer-friendly, intersectional lens and are in regular clinical supervision.