



Shriya Kulkarni

Psychologist and Therapeutic Arts Facilitator
TSI Mental Health LLP

shriya@tsimentalhealth.com | +91 9146566036

Shriya Kulkarni is a psychologist with an MSc in Clinical Psychology from Christ University, Bangalore. She has worked with individuals across the lifespan including children, young adults, and middle-aged adult; supporting them through a wide range of emotional and psychological challenges. Her practice is primarily grounded in humanistic and existential principles, with an integrative, client-centered approach. Shriya believes that meaningful growth emerges through connection and brings a culturally sensitive, inclusive lens to all her work. She has also received training in CBT and REBT.

Shriya has worked as a Community Psychologist, where she engaged extensively in mental health outreach by conducting workshops and collaborating on community-based mental health projects. She also facilitates creative arts engagement sessions, blending her expertise in psychology with her certification in art therapy facilitation and her training in Hindustani classical music. She creates spaces that encourage self-expression, reflection, and exploration, using arts as a bridge to insight and wellbeing.

Outside of her professional life, Shriya enjoys spending time with friends, exploring poetry and theatre, and engaging in deep, meaningful conversations. She is endlessly curious about the natural world and believes that quiet moments in nature can offer profound reflection, complementing the work she does in therapy and creative sessions.

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