



Swarangi Sahasrabuddhe

Psychologist
TSI Mental Health LLP

swarangi@tsimentalhealth.com | +91 8275611350

Swarangi is a Counselling Psychologist with an MSc in Clinical Psychology. Additionally, she has completed a short-term training in Cognitive Behavioral Therapy (CBT) and has over two years of experience working with children, adolescents, and adults.

Her work focuses on creating a space that feels safe, steady, and genuinely open where clients can talk freely about what they're going through without feeling judged, rushed, or like they need to "have it all figured out." She likes to understand what the person is going through and what they are looking for from therapy, and support them in working through it at a pace that feels manageable for them.

Alongside individual sessions, she also enjoys working in the space of mental health awareness and outreach, and has conducted workshops in schools and colleges across Pune.

What she bring into sessions is warmth, honest curiosity, and the ability to sit with things without rushing them.

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