



Nimisha Katare

Psychologist and Mental Health Programs Manager
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Nimisha Katare is a psychologist with a Master's in Clinical Psychology from Modern College, Pune. She works collaboratively with clients to navigate difficult emotions, distressing thoughts, and life's challenges. Known for her supportive and compassionate approach, she creates a safe, non-judgmental space where individuals feel heard and understood.

Her practice draws from behavioural therapy approaches, including certification in Rational Emotive Behavior Therapy (REBT). She has also completed short-term training in Couples Therapy and has a growing interest in Internal Family Systems (IFS), which enriches her ability to adapt her methods to the unique needs of each client. Nimisha brings a rich and diverse experience, having worked extensively with Employee Assistance Programs (EAPs). She currently also contributes to similar workplace wellbeing initiatives at TSI along with seeing clients for Individual and Couples work. Through these roles, she has developed expertise in navigating challenges including interpersonal conflicts and stress management. In addition, Nimisha has supported individuals in academic settings, including PhD students, helping them address personal, emotional, and professional challenges through therapy.

When she's not in session, Nimisha can be found binge-watching shows, organizing her space like a pro, journaling, or discovering new food joints. She's always game for a hike, a board game challenge, and firmly believes that waffles and sarcasm are perfect companions at any time of day because who says you can't mix a little fun with self-care?

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