

psychologist & psychotherapist in Andheri, Mumbai



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"Ashlesha Deshpande, is a Clinical Psychologist, whose therapy style is centered around respect and empathy. She specializes in relationship counseling and anxiety management. She is the founder of Ehsaas Counseling Therapy. "To begin with, Ehsaas is a realization of my purpose and my dreams. It's not just a place of work. It's the fruit of years of hard work. Ehsaas is also a cafe. It's where thousands of deep, personal and often disturbing conversations have happened. It's a pseudo home that has provided a safe place for clients to speak openly and freely. It's not just a place for conversations. It's where realizations emerge, where hope finds a way and clarity dawns upon many unsuspecting minds including mine.

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