

**COUNSELLORS AND PSYCHOLOGISTS' REFERRAL LIST**  
**KENYA JUNE 2025**

**Disclaimer:**

*We are a community of counsellors and psychologists who have compiled the following list of practitioners in Kenya. We do our best to ensure accuracy of the information provided. However, we do not licence, endorse or recommend any particular provider, nor do we make any judgement regarding the care given by any provider. Consequently, we urge you to carry out individual due diligence before seeking the services of any provider.*

**WESTLANDS AREA & ENVIRONS**

(Westlands | Parklands | Kilimani | Milimani | Lavington | Muthaiga | Runda | Ridgeways | Kitisuru)

<b>Name</b>	<b>Alexandra Vaporidis</b>
<b>Area of specialisation(s)</b>	Young adults, teenagers, children, individuals going through life transitions, families and couples, LGBTQ+ community, grief and trauma. I support schools with child protection issues and loss & bereavement.
<b>Qualifications</b>	Bachelors in Psychology (currently pursuing a masters in Marital and Family Therapy) International trainer of Neuro Linguistic Programming Certified facilitator of Family constellations
<b>Modalities</b>	Modalities I offer a holistic, integrative and alternative approach to therapy which  include: School counselling, solution-focused brief counselling, crisis counselling and PFA, career counselling  Nairobi based, in person preferable and virtual option widely used as well. I am working full time at Braeburn Garden Estate and private practice on weekends and school breaks. I have fifteen years of school counselling experience and eleven years of private practice.
<b>Geographic location</b>	Gigiri, Rosslyn Lone Tree Estate, opposite Riviera Mall
<b>Phone   email   website</b>	+254715769439   alexavapo@gmail.com
<b>Preference of communication</b>	Phone calls, email, WhatsApp normal text message
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	KPsyA/SM/537/2022 Kenya Psychological Association (KPsyA) C & P License Number: C&P/P/1826/10810

<b>Name</b>	<b>Anita Awuor</b>
<b>Area of specialization(s)</b>	<b>Therapeutic Areas:</b> <b>Relationship Issues:</b> Couples therapy, LGBTQ support, Interpersonal relationships and Conflict <b>Mental Health Conditions:</b> Trauma, Depression, Anxiety, Low self-esteem and Issues with anger management <b>Life Transition and Loss:</b> Grief and loss and Coping with difficult life circumstances <b>Populations:</b> <b>Diverse Communities:</b> LGBTQ community and Couples and relationships <b>Individuals with Unique Challenges:</b> People dealing with trauma, mental challenges including depression and anxiety and Individuals with anger management issues <b>Professionals:</b> Work-related issues (interpersonal conflicts, stress management, etc.)
<b>Qualifications</b>	MA Counseling Psychology Level 2 Certified TEAM-CBT
<b>Modalities</b>	TEAM-CBT, Gottman, EFT
<b>Geographic location</b>	Currently online and Park Suite Offices (2nd Floor, No.5)
<b>Phone   email   website</b>	+254722310804 anita@querenciapride.com <a href="http://www.querenciapride.com">www.querenciapride.com</a>
<b>Preference of communication</b>	Whatsapp/ phone/ email
<b>C&amp;P Board Reg. no:</b> <b>Other professional body Reg. No.</b>	C&P/P/0005/0014park sui KpsyA- Kenya Psychological Association KpsyA/AM/095/2020; KPA/LC/017/2016 KCPA- Kenya Counselors and Psychologists Association KCPA/8256/23 APA- American Psychological Association 34792906

<b>Name</b>	<b>Dr Bernice Nderitu I Wazo Therapy Clinic</b>
<b>Area of specialisation(s)</b>	<ul style="list-style-type: none"> <li>Individual/Family Therapy with Adolescents and Adults</li> <li>Comprehensive Psychological, Neuropsychological, and Psychoeducational Evaluations</li> <li>Post-trauma difficulties, complex trauma, depression, anxiety, eating disorders, emotion regulation difficulties, loss and grief, and change/transitions.</li> <li>Workshops/Trainings for organizations on mental health topics</li> </ul>
<b>Qualifications</b>	Clinical Psychologist (Doctor of Psychology, Psy.D.), trained in Kenya and the US.
<b>Modalities</b>	Certified in: <ul style="list-style-type: none"> <li>Eye Movement, Desensitization, and Reprocessing (EMDR) Therapy</li> <li>Cognitive Behavioral Therapy (CBT)</li> <li>Expressive Therapies (Sand Tray Therapy, Play and Art Therapy).</li> <li>I integrate mindfulness, self-compassion, and non-violent communication into my approach as well.</li> </ul>
<b>Geographic location</b>	Mode: Virtually and in-person. Office: 3.2B Kivulini House, Kitisuru, Nairobi. Hours: 8:30 am to 5 pm, Wednesday to Saturday.

<b>Phone   email   website</b>	Website: www.wazotherapy.com Email: lets.talk@wazotherapy.com Mobile: +254 714 542 385 (WhatsApp only)
<b>Preference of communication</b>	Email or WhatsApp
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	<ul style="list-style-type: none"> <li>• MOH Counselors &amp; Psychologist Board (C&amp;P) - C&amp;P/P/0967/2024</li> <li>• American Psychological Association (APA) - Member Number: 0014-9974</li> <li>• Kenya Psychological Association (KpsyA) - Member Number: KpsyA/FM/146/2020</li> </ul>

<b>Name</b>	<b>Chichi Kosgey</b>
<b>Area of specialisation(s)</b>	Relational traumas, attachment traumas, couples therapy, self-worth and inner critic work.
<b>Qualifications</b>	MA., Marriage and Family Therapy
<b>Modalities</b>	Emotionally Focused Couples Therapy, Satir Experiential Model, Narrative Therapy.
<b>Geographic location</b>	Westlands Nairobi
<b>Phone   email   website</b>	0768433770/hreltherapy@gmail.com/holisticrelationaltherapy.co.ke
<b>Preference of communication</b>	Email, text or WhatsApp on 0768433770
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	CPB 0375/2024 Systemic Family Therapy Association - Kenya reg: SFTAK-P-003.

<b>Name</b>	<b>Dr. Frida Kameti, PsyD.</b>
<b>Area of specialisation(s)</b>	<p>Clinical psychologist with over 14 years of experience from the USA, South America &amp; Kenya. Work with all age groups across the lifespan and across the globe.</p> <p>Anxiety, depression, emotional dysregulation difficulties, personality disorders, trauma, interpersonal challenges, and work system challenges, complex Post-Traumatic Stress Disorder (C-PTSD), stemming from childhood trauma, and attachment wounds/disruptions, self-esteem difficulties, emotional disturbances, burnout, and life transitions, adoptions, human and sexual trafficking</p> <p>Mental Health and Psychosocial Support (MHPSS) services for organizations</p> <p>Clinical supervision of master and doctoral level students.</p>
<b>Qualifications</b>	<p>+Doctorate of International Psychology, International Psychology Trauma Specialization USA</p> <p>+PsyD The Chicago School of Professional Psychology USA</p> <p>+Ms Clinical Psychology &amp; Counseling Psychology MidAmerica Nazarene University, USA</p>

	+ Bachelor of Applied Science-BASc, Clinical Psychology University of Missouri Columbia + Bachelor of Science (BS) Human Development and Family studies, General, University of Missouri Kansas City  + EFCT   Externship & Core Skills   ICEEFT   Kenya
<b>Modalities</b>	Integrative and holistic approaches. Psychodynamic, EMDR (ongoing training), Systems therapy, mindfulness based cognitive therapy, humanistic integrative therapy, existential and trauma therapy
<b>Geographic location</b>	Lavington, Langata , Kilimani, office and home visits as well as virtual sessions
<b>Phone   email   website</b>	+254797526576 kametipsychotherapy@outlook.com
<b>Preference of communication</b>	+254797526576 kametipsychotherapy@outlook.com
<b>C&amp;P Board Reg. no:</b> <b>Other professional body Reg. No.</b>	C&P/P/127/2024 American Psychological Association # 00196778 National Board for Certified Counsellors- 317911 LCPC- 2581 KCPA- (ongoing process)

<b>Name</b>	<b>Halima Khalif</b>
<b>Qualifications</b>	Master of Arts in Clinical Psychology from USIU-Africa.
<b>Area of specialisation(s)</b>	Trauma, Marital therapy, mood disorders
<b>Modalities</b>	CBT, EFT, Narrative Exposure Therapy, and DBT.
<b>Geographic location</b>	Milimani Road, Nairobi
<b>Phone   email   website</b>	+254750464282. <a href="mailto:info@goodtherapy.co.ke">info@goodtherapy.co.ke</a> , <a href="http://www.goodtherapy.co.ke">www.goodtherapy.co.ke</a>
<b>Preference of communication</b>	Phone/Email
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P/P/0036/0035 KPsyA/FM/530/2022

<b>Name</b>	<b>Dr. Hamida Ahmed (PsyD)   Tulivu Counselling and Wellness Services</b>
<b>Area of specialisation(s)</b>	<b>Psychotherapist-I work with</b>   Individuals   Couples & family therapy   Group therapy   Adults   Children   Pre-teens   Teens <b>Parenting Coach-</b> I am a former teacher and former school counsellor in one of the international schools in Nairobi. I facilitate one on one parenting sessions & parenting workshops. <b>Trainer /Staff wellbeing</b> – Supports staff-wellbeing & provides training at the workplace on different topics including Psychological First Aid (PFA), MHFA, self-care, staff burnout, vicarious trauma, stress management, and Emotional Intelligence. <b>Clinical Supervisor-</b> Provides professional support to other counsellors and psychologists.
<b>Qualifications</b>	I am both a <b>Clinical &amp; Counselling Psychologist</b> . I hold a Doctorate in Clinical Psychology (PsyD)   MA in Counselling Psychology   BA in Psychology with a minor in industrial Psychology) Certified in EMDR, PLAY THERAPY
<b>Modalities</b>	Eclectic/integrative therapist-Each client is unique. I have trained and use different therapeutic approaches depending on the client's needs. Some of the therapies I use include: <b>Cognitive Behavioural Therapy-CBT/TF-CBT/ psychodynamic/Gestalt/Existential /EMDR/Play therapy.</b>
<b>Geographic location</b>	Ridgeways -Near Runda-Nairobi-Kenya. Offering both in-person & Virtual sessions
<b>Phone   email   website</b>	+254718233759 <a href="http://www.tulivupsychologicalservices.co.ke/">www.tulivupsychologicalservices.co.ke/</a> <a href="mailto:info@tulivupsychologicalservices.co.ke">info@tulivupsychologicalservices.co.ke</a>
<b>Preference of communication</b>	Phone & WhatsApp +254718233759 Email <a href="mailto:info@tulivupsychologicalservices.co.ke">info@tulivupsychologicalservices.co.ke</a>
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P Board REG no: <b>C&amp;P/P/0295/2023</b> Kenya Psychological Association (KPsyA) Member no. <b>KPsyA/FM/024/2022</b>

<b>Name</b>	<b>Harriet Benson</b>
<b>Area of specialisation(s)</b>	I am a UK trained Certified Play Therapist and Creative Arts Counsellor (Gestalt), supporting children and young people with emotional behavioural issues. I am trained in the DMM model of attachment in supporting children who have experienced developmental trauma through disruption of attachment.
<b>Qualifications</b>	BSc (Hons) Psych, PGDip Play Therapy, PGCert CAPA (Child Attachment and Play Assessment) - Dynamic-Maturational Model of Attachment and Adaptation (DMM), PGCert Parent Child Attachment Play (PCAP).
<b>Modalities</b>	Play therapy (3.5 - 12 yrs. old), Creative Arts Counselling (12-18 yrs. old), PCAP for parents. I offer a holistic approach in working with parents and teachers in providing individualised behavioural strategy plans.
<b>Geographic location</b>	Crea House, Lower Kabete Road, Nairobi.
<b>Phone   email   website</b>	Email   <a href="mailto:harrietfcarr@gmail.com">harrietfcarr@gmail.com</a> Mobile   +254 748066193
<b>Preference of communication</b>	Email only

<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P/P/1299/2024 Kenya: KCPA/5665/20 UK: PTI 201500789
--	---

<b>Name</b>	<b>Juliette Imbault</b>
<b>Area of specialisation(s)</b>	Master's Degree of Psychology - French Title of Psychologist Certification EMDR-Europe
<b>Qualifications</b>	
<b>Modalities</b>	Private practice and psychiatric hospitals Integrative therapies (mostly EMDR, LIFE-SPAN Integration, CBT, Ericksonian and Medical Hypnosis) Specialized in EMDR, over than 5,000 sessions on 300 patients Work mostly in French but can provide English sessions for EMDR and Hypnosis
<b>Geographic location</b>	610 Mutundu Road, Old Muthaiga Online sessions and in-persons' sessions
<b>Phone   email   website</b>	+254791010016 (Tel and Whatsapp) j.imbault@gmail.com
<b>Preference of communication</b>	Sms or Vocal Messages on WHATSAPP +254791010016
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	+ <b>C&amp;P board of Kenya   Ministry of Health:</b> C&P/P/1307/2023/B02033 + <b>Kenya Psychological Association (KPsyA)</b> Member no.IA/430/2022 + <b>FFPP and EFPA (French and European Psycho Associations)</b> no. 220032 + <b>ADELI (French Ministry of Health)</b> : n 139313555

<b>Name</b>	<b>Kiran Singh</b>
<b>Area of specialization(s)</b>	Children and Families Substance Abuse Personality Disorders Couples  Focus is results orientated for self-development, motivation, social & emotional development, and assisting with helping to manage daily stressors including those that are work-related.  <u>Other key areas of expertise:</u> Psychological trauma, expatriate mental health, experience of supporting people who live & work internationally, substance abuse, mood disorders, work related stress & anxiety, complex trauma, cross-cultural adjustments & third culture children.
<b>Qualifications</b>	MSc PSych
<b>Modalities</b>	Cognitive Behavioural Therapy (CBT) Eye Movement Desensitization & Reprocessing (EMDR) Narrative Therapy Emotional Freedom Technique (EFT) TRE - Trauma Release Exercises

<b>Phone   email   website</b>	Westlands /Parklands and Online Nairobi Based
<b>Phone   email   website</b>	+254 735 617 225 LinkedIn
<b>Preference of communication</b>	Phone, WhatsApp, Email - <a href="mailto:raskiran@gmail.com">raskiran@gmail.com</a>
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	KAPC/MNO1067/01/20 Kenya Association of Professional Counsellors Kenya C&P Board of Kenya: C&P/P/1730/0330

<b>Name</b>	<b>Leah Kuria</b>
<b>Area of specialisation(s)</b>	Consultant /works in private practice and ad hoc remote work, works with clients presenting different mental health challenges,group therapy,individual therapy,corporate clients on wellness programs,family support for addiction cases, am passionate about working with teenagers and young adults, international clients working in hardship areas remotely.
<b>Qualifications</b>	Bachelors In Counselling psychology, Masters in Clinical Psychology and Health ,Masters In NLP,Training of Trainers, Diploma Counsellor Supervisor,NLP Master Practioner, EMDR module 1,2,3 ,Somatic Experiencing Level ½,
<b>Modalities</b>	I primarily use Cognitive Behavioral therapy Dialectical Behavior Therapy Person Centered theory solution focused theory not limited it depends on what the client is presenting i useNLP modalities Somatic experiencing and EMDR modality
<b>Geographic location</b>	Parklands/USIU area Online sessions
<b>Phone   email   website</b>	+254738727085 or +254723338633 <a href="http://www.threestoneswellness.com">www.threestoneswellness.com</a> <a href="mailto:njerileah33@gmail.com">njerileah33@gmail.com</a>
<b>Preference of communication</b>	Email,whatsapp,text
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	KCPA: 4485/17 Kenya Counsellors Board : CP/P/0349/2023

<b>Name</b>	<b>Maria Rosa (Marie-Rose) Iberl</b>
<b>Areas of specialisation (s)</b>	Trauma work (single and complex), depression, anxiety, toxic and narcissistic relationships (work or private), attachment wounds, any challenges coming up in adult lifespan. Working with adults, rare exceptions teenagers. No couples , no drugs or alcohol.

<b>Qualifications</b>	Clinical Psychologist (Diploma University in Germany -not accepted by english academia, board registered as counsellor) Advanced Master Program of the Treatment of Trauma ( NICABM, US) Multisensory Trauma Processing (MTP, Nacy Davis, US) Gestalt therapy (Germany-Munic, San Diego-US, Various courses comprising wholistic and systemic approaches
<b>Modalities</b>	Gestalt therapy, Traumatherapy (MTP), holistic approach including body, mind, emotions, spirituality, society. Using any creative means available.  Preferably in person, online possible, too. At my private Practice.
<b>Geographic location</b>	Nairobi, Parklands – Pramukh Swami Avenue
<b>Phone   email   website</b>	0733 736 445, <a href="mailto:maro.iberl@gmx.net">maro.iberl@gmx.net</a>
<b>Preference of communication</b>	Phone and email
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P/C/1214/2024

<b>Name</b>	<b>Maria van Helbergen</b>
<b>Area of specialisation(s)</b>	Gender Based Violence and play therapy for children
<b>Qualifications</b>	Applied Psychologist
<b>Modalities</b>	CBT, Solution-Focused Brief Therapy , Positive Psychology
<b>Geographic location</b>	Hybrid: flexibile to do sessions at home, online, during a walk in nature or at an office in Lavington.
<b>Phone   email   website</b>	0711599498
<b>Preference of communication</b>	Phone
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P/P/1789/10061 KCPA/9032/25



<b>Name</b>	<b>Marion Wambui Keinamma</b> <b>Founder: Living Hope Counseling Services Practicing last 16 years.</b>
<b>Area of specialisation(s)</b>	Specialities: I provide therapy services to children, teenagers, youth, and adults of all ages. Support groups: I provide debriefing, loss and grief, parenting, and other forms of support groups. Psycho-education: I psycho-educate on parenting and diverse mental health topics. Clinical Supervision: I provide individual and group clinical supervision.
<b>Qualifications</b>	Masters in Marriage and Family Therapy (MAMFT)-Child, adolescents and youth; Certified Eye Movement Desensitization and Reprocessing (EMDR) therapist; Certified Trauma and Tension Release Exercises (TRE) Provider; Certified Art and Play Therapist; Certified Clinical Supervisor; Certified Teacher of Trainers (TOT).
<b>Modalities</b>	Trauma informed, Integrative, holistic and systemic approaches: Client Centred, Family systems therapy; Attachment based therapy; Bowen's family therapy; Eye Movement Desensitization & Reprocessing (EMDR); Cognitive Behavioural Therapy (CBT); Art and Play therapy; Emotionally focused therapy (EFT); Satir Model; Solution focused brief therapy (SFBT); Narrative therapy etc.
<b>Geographic location</b>	Hurlingham-for In person sessions and Virtual/Online sessions.
<b>Phone I email I website</b>	+254 722739699 wakeinamma@gmail.com
<b>Preference of communication</b>	Please introduce yourself via email, regular or WhatsApp text.
<b>C&amp;P Board Ministry of Other professional body Reg. No.</b>	C&P/C/1007/0042 KCPA/0340/08 KPsyA/FM/440/22 Association of Play Therapy-Kenya: APTK/0014/21

<b>Name</b>	<b>Mercy Ngotho-Njau</b>
<b>Area of specialisation(s)</b>	I am a counselling psychologist (MA) with 10 years experience working with children, adolescents and emerging adults, from ages 7-8 to 25. Occasionally I work with older clients, capping it at 35 years. I use trauma-informed approaches to work with clients through various challenges in the home and school, developing a sense of self, self esteem challenges, anxiety and depressive symptoms, loss and grief, and navigating day-to-day life challenges. I am also a convener and speaker, facilitating conversations on mental health and wellbeing to teens, parent groups and other adult groups. A Grief Recovery Method (GRM) Specialist
<b>Qualifications</b>	Counselling psychologist (MA)
<b>Modalities</b>	A mix of CBT, Art & Play therapy, Solution Focused Therapy, Trust Based Relational Intervention (TBRI), and for grief, The grief Recovery Method.
<b>Geographic location</b>	Upper Hill and Kilimani area

<b>Phone   email   website</b>	For referrals: +254506813 mngotho@gmail.com
<b>Preference of communication</b>	Email or phone call.
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P/P/1339/2023 KCPA, APA

<b>Name</b>	<b>Nazia Taylor</b>
<b>Area of specialisation(s)</b>	Masters in Psychology, major in Child & Developmental Psychology. Certifications; CBT, DBT, CPRT, CI, MBSR, EMDR.  I specialize as a Child and Developmental Psychotherapist for children, teenagers, and emerging adults, from ages of 4 years to 24 years.
<b>Qualifications</b>	MSc Psychology, Major in Child & Developmental Psychology, University of Liverpool Mindfulness and Behavior, Somatic Institute EMDR Level I & II and Complementary Protocols Trauma Informed Therapy, CI Qualified IFS, Basic Training
<b>Modalities</b>	As a person-centered psychologist, I specialize in providing holistic guidance to children with emotional or behavioral difficulties such as anxiety, phobias, aggression, self-harming, depression, emotional dysregulation, psychosomatic disorders, attachment disorders, and eating disorders etc., using integrative psychoanalytic therapeutic approaches tailored to each child's unique needs.  I am certified in several modalities including CI, CBT, DBT, MBSR, EMDR, and CPRT, involving families, guardians, and schools in both short-term and long-term interventions.
<b>Geographic location</b>	Lower Kabete.  I offer in-person sessions on Wednesdays, Fridays, and Saturdays. Whereas, tele-therapy is offered on Tuesdays and Thursdays via Zoom.
<b>Phone   email   website</b>	Mobile   +254 722 784 809 Email   Nazia.taylor@metanoiaseven.com Website   <a href="http://www.metanoiaseven.com">www.metanoiaseven.com</a>
<b>C&amp;P Board Reg.no: Other professional body Reg. No.</b>	KPsyA/FM/082/2020 C&P/P/0827/2029
<b>Preference of communication</b>	WhatsApp, email

<b>Name</b>	<b>Pinky Lakhani</b>
<b>Area of specialisation(s)</b>	Complex Trauma, Depression, Anxiety, Cross-Addictions (Substance/Drug, Food, Gambling, Sex, Shopping etc), Personality disorders, Couples Counseling/Relationship issues, (Infidelity, Substance Abuse, Domestic Violence, Emotional abuse within a relationship); Family Therapy, Family of Origin Issues; Inner Child Work, Self-Esteem issues; Women's issues, Sexuality (LGBTQ); Codependency, & Anger Issues. Corporate Consulting
<b>Qualifications</b>	MS-Marriage & Family Therapy; BA- Psychology; Minor – Criminal Justice; Pranic Psychotherapist (Healing Chakra Blockages). Individual, Couple's, Family & Group Counseling. CADC- Certified Drug & Alcohol Counselor. Managerial/Clinical Director – Extensive experience in running 5 Dual Diagnosis (Drug & Alcohol); Treatment Centers in CA, FL (USA). Clinical Supervision – Supervise Registered Interns & Counselors.
<b>Modalities</b>	Eclectic/Integrative & Holistic. Systemic stance.  Family Systems Theory, Attachment Theory (Bowlby), Solution Focused Therapy, Narrative Therapy, Grounding techniques, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance & Commitment Therapy (ACT), Mindfulness, Gestalt Therapy, Gottman Method, Imago Relationship Therapy, Emotionally Focused Couples Therapy, Communication Styles, 12 Step Approach, AA/Al Anon, Motivational Interviewing & Team Building.
<b>Geographic location</b>	Purshottam Place, Westlands Road In Person and Remote Sessions
<b>Phone   email   website</b>	(0745) 350 248 plakhani27@gmail.com
<b>Preference of communication</b>	Email/WhatsApp/Text Messages
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P/C/0442/2024 KPsyA/FM/334/2021

<b>Name</b>	<b>Safeena Nazar- Spectrum Psychology</b>
<b>Area of specialisation(s)</b>	<ol style="list-style-type: none"> <li>1. Specialization: ADHD &amp; Autism</li> <li>2. Formal Assessments: ADHD (All ages) EdPsych (Children &amp; Teens), Neuropsychological, and Psychological for Diagnosis (All ages).</li> <li>3. Focus Areas: Depression, Anxiety, and Behavioral Difficulties</li> <li>4. Expertise: Family &amp; Relationship Dynamics</li> <li>5. Support Offerings: Group Therapy Sessions</li> </ol>
<b>Qualifications</b>	<b>PhD in Clinical Psychology</b> (in progress) - University of Edinburgh Current PhD research focuses on executive function profiles across ADHD subtypes (ADHD-C, ADHD-I, ADHD-H) and developmental stages, with emphasis on working memory, inhibition, and planning.

	<p><b>Master's Degree – Clinical Psychology (MCLinPsych)</b> University of Manchester, Manchester, UK (Honors)</p> <p><b>Bachelor's Degree – Child and Youth Mental Health (Hons BA Psychology)</b> University of Victoria, Victoria, BC, Canada <i>Major:</i> Child and Youth Mental Health   <i>Minor:</i> Developmental Disorders</p> <p><b>Postgraduate Certificate – Social, Emotional &amp; Behavioral Difficulties</b> University of Victoria, Victoria, BC, Canada</p> <p><b>Diploma (Hons) – Early Childhood Education</b> Langara College, Vancouver, BC, Canada <i>Major:</i> Neurological Disorders   <i>Minor:</i> Inclusive Special Educational Needs</p>
<b>Modalities</b>	<ul style="list-style-type: none"> <li>• CBT, ACT, E/RP, PE, DBT, EFT, Gottman, EMDR Level 2, Play Therapy &amp; Theraplay</li> <li>• Clinical Assessments: ADHD, ASD, Dyslexia, EdPsych, Neuropsychological, and Psychological</li> <li>• Client Range: Children, Adults, Couples</li> </ul>
<b>Geographic location</b>	Harmony Center, General Mathenge Rd, Westlands, Nairobi
<b>Phone   email   website</b>	<p>T: +254 759 456 811</p> <p>E: info@spectrumkenya.com</p> <p>W: www.spectrumkenya.com</p>
<b>Preference of communication</b>	WhatsApp & Email
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	<ol style="list-style-type: none"> <li>1. MOH Counselors &amp; Psychologist Board (C&amp;P)- C&amp;P/P/0894/0476</li> <li>2. Kenya Psychological Association (KpsyA)- KPsyA/FM/932/20</li> <li>3. Counselors &amp; Psychologist Society of Kenya (CPS-K)- CPS-K 051/21</li> <li>4. Teachers Service Kenya (TSC)- 972986</li> <li>5. British Counseling Association Certificate (BCAP) – 00953793</li> </ol>

<b>Name</b>	<b>Dr Samantha Mansell</b>
<b>Area of specialisation(s)</b>	<p>Doctorate in Clinical Psychology (DClinPsy) University College London (UCL). BA (Hons) Experimental Psychology (1st Class Degree) University of Oxford.</p> <p>Areas of specialisation: PTSD, psychosis, eating disorders. However, I work with adults with wide-ranging mental health presentations including depression, anxiety, panic, stress, low self-esteem, trauma related difficulties, obsessive compulsive disorder, anger, interpersonal difficulties, sleep problems. I do not work with children or couples.</p>
<b>Qualifications</b>	<p>Doctorate in Clinical Psychology (DClinPsy) University College London (UCL).</p> <p>BA (Hons) Experimental Psychology (1st Class Degree) University of Oxford.</p> <p>EMDR Part 1 Training 2023 (EMDR Kenya)</p> <p>CBTp PG Dip King's College London (Distinction)</p>

<b>Modalities</b>	I primarily work within a Cognitive Behavioural Therapy (CBT) framework. However I have an integrative style and aim to tailor therapy to the individual by drawing on other third wave approaches such as Compassion Focussed Therapy, Acceptance and Commitment Therapy, Mindfulness based CBT, Narrative Exposure Therapy (NET) and Dialectical Behavioural Therapy (DBT). I make use of trauma-focussed techniques (memory reliving and rescripting) where indicated. I am also trained in EMDR (Part 1).
<b>Geographic location</b>	Ikigai Lower Kabete Road, Nairobi. I offer in-person sessions Mondays, Tuesdays, Thursday and online sessions Wednesdays and Fridays.
<b>Phone   email   website</b>	Website   <a href="http://www.reflectkenya.net">www.reflectkenya.net</a>   Email   <a href="mailto:samantha.mansell@reflectkenya.net">samantha.mansell@reflectkenya.net</a> Kenya Mobile (no WhatsApp)   +254742846447 UK Mobile (WhatsApp only)   +447875446693
<b>Preference of communication</b>	Enquiry via website, email, WhatsApp.
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	HCPC registration number: PYL34853 KPsyA Membership Number: KPsyA/FM/482/2022 C & P Board Licence number: C&P/P/0843/0136

<b>Name</b>	<b>Sanni Bundgaard</b>
<b>Area of specialisation(s)</b>	Sexual dysfunction, reproductive trauma, sexual/intimate partner violence, gender and sexuality affirming therapy, relationship conflicts/tension, sex and intimacy education.  <b>Target groups:</b> Adolescents, adults, individuals, couples, groups.
<b>Qualifications</b>	<b>MSc in Psychology</b> (Walden University, US) <b>Certified Sexologist/Sex Therapist</b> (Modern Sex Therapy Institutes, US), <b>MPH in Sexual and Reproductive Health</b> (Uppsala University, Sweden) <b>Bachelor in Midwifery</b> (University of Copenhagen, Denmark).
<b>Modalities</b>	In-person and virtual
<b>Geographic location</b>	<b>Riara Road, Kilimani:</b> Monday, Tuesday, Thursday <b>Lower Kabete Road, Spring valley:</b> Wednesday, Friday <b>Global (online)</b>
<b>Phone   email   website</b>	+254 (0)799443404 <a href="mailto:bundgaardlimited@gmail.com">bundgaardlimited@gmail.com</a> , <a href="http://www.sannibundgaard.com">www.sannibundgaard.com</a>
<b>Preference of communication</b>	WhatsApp or email.
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	<b>C&amp;P board of Kenya:</b> C&P/P/2047/2024 <b>Kenya Counselling and Psychologist Association:</b> KCPA/00717/17/22, <b>International Society for Women's Sexual Health (ISSWSH) :</b> 32103-116471

<b>Name</b>	<b>Sophie Muriuki</b>
<b>Area of specialisation(s)</b>	Child & couples therapist, EMDR Practitioner
<b>Qualifications</b>	Clinical Psychologist (MA)
<b>Modalities</b>	EMDR, NET, couples work including use of EFT, play therapist (use of different modalities Oaklander, Child centered, play therapy using Theraplay principles)
<b>Geographic location</b>	2nd floor, office number 214. (Chiromo Hospital, Number 37, Muthangari Road).
<b>Phone   email   website</b>	Psychosocial Support Services 0712 445339 <a href="https://sophiepsychosocial.wixsite.com/website">https://sophiepsychosocial.wixsite.com/website</a> fb: <a href="https://m.facebook.com/MAMBOAKILI/">https://m.facebook.com/MAMBOAKILI/</a> Instagram: <a href="https://www.instagram.com/">https://www.instagram.com/</a>
<b>Preference of communication</b>	phone and email
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P Board Reg. no: LICENSE NO: C&P / P / 0 3 8 6 / 0 2 8 8 Other professional body Reg. No; EMDR, APTK, CPAK

<b>Name</b>	<b>Wanjiku Mwirigi</b>
<b>Area of specialisation(s)</b>	fatherlessness, absence, abusive, anxiety, depression, stress, relationships, GBV.
<b>Qualifications</b>	MA in counseling psychology
<b>Modalities</b>	CBT, narrative therapy, art therapy
<b>Geographic location</b>	Lenana Road, Nairobi, Kenya
<b>Phone   email   website</b>	+254720396957, <a href="mailto:wanjiku@psychologistoncall.com">wanjiku@psychologistoncall.com</a> , <a href="http://www.psychologistoncall.com">www.psychologistoncall.com</a>
<b>Preference of communication</b>	Either is ok
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P Board reg. No 1446/2024

<b>Name</b>	<b>Wendy Aimée De Macker   Vizazi</b>
<b>Area of specialisation(s)</b>	<b>Target groups:</b> couples, families, adults, youth (14+) incl. LGBTIQ+ community. <b>Challenges:</b> attachment related issues, interpersonal and relationship difficulties, parenting/dysfunctional family strategies, acting out behaviour, emotion and anger management, substance abuse treatment.
<b>Qualifications</b>	+ Bachelor <b>Psychology</b>   University of Utrecht   NL + Degree <b>Social Work</b>   The Hague University of Applied Science   NL + Master <b>Intergenerational Therapy</b>   Youth, Family & Context   University of Amsterdam   NL + <b>MST &amp; MDFT</b>   Rotterdam   NL + <b>Gottman Level 1 &amp; 2</b>   Gottman Institute   Dublin + <b>EFCT</b>   Externship & Core Skills   ICEEFT   Kuwait & San Diego (online)
<b>Modalities</b>	<b>In-person counselling</b> Over 20 years I have been practicing as a relationship and family counsellor specialised in youth interventions. Trained in the evidence based family counselling methods <b>MST</b> ( <a href="http://www.mstservices.com">www.mstservices.com</a> ) and <b>MDFT</b> ( <a href="http://www.mdft.org">www.mdft.org</a> ) next to my masters in intergenerational therapy.  These days my focus is directed to couples counselling. Trained in the evidence based couples counselling methods <b>Gottman</b> ( <a href="http://www.gottman.com">www.gottman.com</a> ) and <b>EFCT</b> on advanced level ( <a href="http://www.iceeft.com">www.iceeft.com</a> ). Experiential learning is key in my approach.
<b>Geographic location</b>	+ <b>Lower Kabete:</b> LK Posta   before 91 Grey Gables   Nairobi + <b>Google maps:</b> -1.2406347748848343, 36.748238188302324
<b>Phone   email   website</b>	+ 254 (0) 713 678 422   <a href="mailto:wdemacker@vizazi.org">wdemacker@vizazi.org</a>   <a href="http://www.vizazi.org">www.vizazi.org</a>   <a href="#">IG</a> + Secondary contact: <b>Mwangi Nderitu</b> (Administrative Assistant)   + 254 (0) 711 927 666   <a href="mailto:mnderitu@vizazi.org">mnderitu@vizazi.org</a>   <a href="http://www.vizazi.org">www.vizazi.org</a>   <a href="#">IG</a>
<b>Preference of communication</b>	Email, text or WhatsApp
<b>C&amp;P Board Reg. no:</b> <b>Other professional body Reg. No</b>	+ <b>C&amp;P board of Kenya   Ministry of Health:</b> C&P/C/0415/2024 + <b>KCPA   Senior Accredited Counsellor:</b> KCPA//4114/16

<b>Name</b>	<b>Zahra Juma, MA, CMHC   Therapy with Zahra</b>
<b>Qualifications</b>	<ul style="list-style-type: none"> <li>• <b>M.A Clinical Mental Health Counseling</b> - Rowan University, NJ, USA</li> <li>• <b>Sensorimotor Psychotherapy (Level 2)</b> - Sensorimotor Psychotherapy Institute</li> <li>• <b>EMDR Therapy (Level 2)</b> - EMDR Consulting &amp; EMDR Kenya Association</li> </ul>
<b>Area of specialisation(s)</b>	<ul style="list-style-type: none"> <li>• <b>Target group:</b> Adults (21+), LGBTIQ+</li> <li>• <b>Areas of focus:</b> Single-incident trauma (PTSD), Complex PTSD, attachment wounds, anxiety, depression, self-esteem difficulties, emotional disturbances, burnout and life transitions.</li> </ul>
<b>Modalities</b>	<ul style="list-style-type: none"> <li>• Trained in Sensorimotor Psychotherapy Level 2 (Somatic Therapy), EMDR Level 2, and Ego-State Therapy (parts-work) which are my main therapeutic approaches.</li> </ul>
<b>Geographic location</b>	<ul style="list-style-type: none"> <li>• <b>In-person:</b> 3.2B Kivulini House, Kitisuru, Nairobi (Tue, Wed, Fri)</li> <li>• <b>Telehealth:</b> Thursdays</li> </ul>

Phone   email   website	<ul style="list-style-type: none"> <li>● Website: <a href="https://therapywithzahra.com">https://therapywithzahra.com</a></li> <li>● Email: <a href="mailto:info@therapywithzahra.com">info@therapywithzahra.com</a></li> <li>● Phone: +254768811121 (WhatsApp only)</li> </ul>
Preference of communication	<ul style="list-style-type: none"> <li>● <a href="#">Contact form</a> on Website or Email only</li> </ul>
C&P Board Reg. no: Other professional body Reg. No.	<ul style="list-style-type: none"> <li>● American Counseling Association: ID # 6553272</li> <li>● MOH Counselors &amp; Psychologist Board (C&amp;P): C&amp;P/C/1729/2025</li> <li>● Kenya Psychological Association: ID # KPsyA/FM/466/2022</li> </ul>



## KAREN AREA

<b>Name</b>	<b>Dr Bethany Elms</b>
<b>Area of specialisation(s)</b>	<p>Areas of Specialisation: specific learning difficulties (dyslexia, dyscalculia, dysgraphia); global developmental delay and generalised learning difficulties; emotional and behavioural difficulties; neurodevelopmental differences such as attention deficit hyperactivity disorder (ADHD) and autism spectrum disorder (ASD); and mental health difficulties such as anxiety, depression, and eating disorders.</p> <p>Published research:  <a href="#">The potential role for educational psychologists working with systems supporting young people with eating disorders</a>  <a href="#">How schools can support pupils with eating difficulties and their families: findings from a combined-methods study</a> (chapter in a textbook).</p>
<b>Qualifications</b>	Doctorate in Educational Psychology (DEdPsy) Cardiff University. BSc (Hons) Psychology (2:1) Royal Holloway University of London.
<b>Modalities</b>	<p>I support children and young people ages 0-25 with a range of needs, including: literacy difficulties (dyslexia), numeracy difficulties (dyscalculia), generalised learning difficulties, ADHD, autism, attachment needs, anxiety, depression and esteem needs, eating disorders, emotional and behavioural difficulties, friendship and social challenges, and transitions to new schools/year groups.</p> <p>This can be through individual assessments, consultations, parent workshops, school staff training, school staff supervision, the running of interventions/programmes with individual or groups of children (e.g., on body image, exam and revision skills, social skills, etc). I use a child-centred approach, to ensure that I meet the needs of individual children and their families.</p> <p><b>Psychological assessments:</b> I use a range of assessment tools to explore the four main areas of development to ensure a holistic approach is used; this enables the child's personal strengths and areas of difficulties to be highlighted, and when appropriate a diagnosis is given. I make specific recommendations, based on the individual child's needs regarding how the child can be supported to make progress and reach his/her potential (e.g., certain approaches or programmes, exam access arrangements, etc), <b>Therapeutic work:</b> I use a range of psychological approaches, based on the individual child/young person's need, including cognitive behavioural therapy, acceptance and commitment therapy, solution-focused therapy, and motivational interviewing. For younger children, I offer therapeutic play sessions.</p>
<b>Geographic location</b>	<p>The Paediatric Clinic, The Hub, Karen</p> <p>I undertake full psychological assessments at the child's school; therefore, travel to the location.</p> <p>Therapeutic sessions and initial consultations can be conducted at my base in Karen or online.</p>
<b>Phone   email   website</b>	<p>Website   <a href="http://www.alfajiripsychology.com">www.alfajiripsychology.com</a> Email   <a href="mailto:belms@alfajiripsychology.com">belms@alfajiripsychology.com</a></p> <p>Kenya Mobile (and WhatsApp)   +254 11 4366772</p>
<b>Preference of communication</b>	Website, email, telephone call, WhatsApp, text.
<b>C&amp;P Board Reg. No.:</b> <b>Other professional body Reg. No.</b>	<p>Health and Care Professions Council number: PYL 38416</p> <p>Kenya Counselling and Psychological Association Membership Number: KCPA/06458/2021</p> <p>British Psychological Society: 409644</p> <p>Association of Educational Psychologists: 106295</p> <p>Counsellors and Psychologists Board number: C&amp;P/P/0361/2024</p>

<b>Name</b>	<b>Cathrine McIlwaine aka Kaye Alianda</b>
<b>Area of specialisation(s)</b>	General psychologist/Educator Work with both children and adults Relationship difficulties (couples, family, school and in the work Place settings) Personal growth (Managing transitions) Loss & grief Corporate wellness programs (training & facilitation) Community mental health promotion
<b>Qualifications</b>	(Bachelor of Education, Master of Arts (Kenyan Trained); Bachelor of Psychology, Master of Social Sciences -South Africa Trained)
<b>Modalities</b>	Person centered, Solution Focused, CBT, psychoanalysis, Trauma Tension Release Exercises (TRE), Neurotherapy. I communicate in English, French and Kiswahili
<b>Geographic location</b>	Karen
<b>Phone   email   website</b>	+254721722936 <a href="mailto:kayealianda@gmail.com">kayealianda@gmail.com</a> <a href="http://www.pmwc-ke.org">www.pmwc-ke.org</a>
<b>Preference of communication</b>	Email or WhatsApp text
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	1. C&P/P/0324/2023 2. KpsyA/AM/254/2021

<b>Name</b>	<b>Lineke Sassen (Msc. MA) Clinical Psychology</b>
<b>Area of specialisation(s)</b>	Psychological First Aid (PFA) in the immediate aftermath of traumatic incidents, (C) PTSD, depression, bipolarity, anxiety, panic, low self-esteem, obsessive compulsive disorder, anger, interpersonal difficulties, Third Culture Kid (TCK) related concerns, eating disorders, burnout/ stress-related workplace issues. etc.  Area of experience & interest: Humanitarian aid sector and/or working in (post) conflict areas.
<b>Qualifications</b>	MSc Clinical psychology, Utrecht, The Netherlands  MA Humanitarian Assistance, Groningen, The Netherlands
<b>Modalities</b>	I offer a holistic and integrative approach to therapy; including Cognitive Behavioral Therapy (CBT), Trauma Focused Therapy, Eye Movement Desensitisation and Reprocessing (EMDR), Solution Focused Therapy.  I work mostly with adults and teenagers (16+).

<b>Geographic location</b>	Karen-Nairobi and throughout the world remotely (Zoom/Skype)
<b>Phone   email   website</b>	+254 (0)724 842 731 / linekesassen@gmail.com <a href="http://www.linekesassen.com">www.linekesassen.com</a>
<b>Preference of communication</b>	WhatsApp or email
<b>C&amp;P Board Reg. no:</b>  <b>Other professional body Reg. No.</b>	C&P/P/1624/2024  Kenyan Counselling and Psychological Association  EMDR Kenya

<b>Name</b>	<b>Mary Gitau</b>
<b>Area of specialisation(s)</b>	Suicide & Self-harm Assessment and Management Single incident Trauma treatment. Global high impact trauma Physical trauma Emotional trauma Anxiety Relational issues.  Adults of 21+ years. Exception of suicide and self harm crisis
<b>Qualifications</b>	MA Counseling Psychology MSc. Suicidology BA Human Resources Management Somatic experiencing (Advanced level) Tension Release Exercises (TRE) Eye Movement Integration (EMI) Collaborative Assessment and management of Suicidality (Cams) Dialectic Behaviour Therapy (DBT)
<b>Modalities</b>	Somatic experiencing Eye movement integration Dialectic Behaviour Therapy (DBT) Collaborative Assessment and management of Suicidality (Cams) Tension Release Exercises
<b>Geographic location</b>	Karen, Marist Lane, KVC Centre, off Langata Road(Tuesdays, Wednesday & Thursdays)  Online: Thursdays
<b>Phone   email   website</b>	<ul style="list-style-type: none"> <li>254 722956738</li> </ul> Email: mgitauw@csricentre.org
<b>Preference of communication</b>	Email, WhatsApp messaging and direct call
<b>C&amp;P Board Reg. no:</b>	C&P/P/0369/2024

<b>Other professional body Reg. No.</b>	
---	--

<b>Name</b>	<b>Nigel Wilson-Brown, BSc.Psy, Dip.CBH, Dip.SMRB.</b>
<b>Area of specialisation(s)</b>	<p>BSc (Hons) Psychology: London University, UK.  NCFA Level 4 Diploma, Cognitive Behavioural Hypnotherapy, UK College of Hypnosis &amp; Hypnotherapy (UKCHH), London, UK.  Diploma, Stress Management and Resilience Building, (UKCHH), London, UK.</p> <p><u>Private Therapy for:</u> Generalised anxiety, social anxiety, panic disorders, trauma, phobias, sleep problems, chronic pain management, IBS, worry, habit change, confidence anxiety &amp; low self-worth, work-related stress, emotional disturbance, grief &amp; loss, school and adolescence (age 16+), mindfulness, general life coaching.</p> <p><u>Corporate &amp; Groups for:</u> Stress management and resilience training through my Mindflex© workshop, tailored separately for business and school contexts rooted for corporates in experience leading P&amp;G's management training in the UK, and for schools in my 17 years of pastoral care and supportive counselling in UK boarding.</p>
<b>Qualifications</b>	<p>BSc. Psychology (London University, FT)  UK NCFE Level 4 Diploma CBH, Cognitive Behavioural Therapy with Hypnosis  UKCHH Diploma, Stress Management &amp; Resilience Building</p>
<b>Modalities</b>	<p>My primary modalities are Cognitive Behavioural Therapy (CBT) and its third wave development in Acceptance and Commitment Therapy (ACT). I may add the use of hetero- and self-hypnosis to create imaginal worlds for the rehearsal of new behaviours, cognitions, and emotions, and for the replacement of self-limiting life-narratives with new and positive self-stories. My work is process/skill based for building self-efficacy in the evidence-based core processes of psychological flexibility, coupled with self-compassion, emotional freedom and behavioural activation.</p> <p>My therapy style is highly relational, rooted in the incalculable value of every individual, and the unquestioning conviction that before we <i>do</i> anything, we already <i>are</i> everything. In therapy we journey together, through all its ups and downs, twists and turns, not to an unattainable perfection, but to a place that's better than where we began.</p>
<b>Geographic location</b>	Typically in-person sessions in Karen (Karen Connections). Online available if preferred.
<b>Phone I email I website</b>	<p>Email: helpforwholenessnow@gmail.com  Mobile: 0794269949  Whatsapp: 0794269949</p>
<b>Preference of communication</b>	<ol style="list-style-type: none"> <li>1. Email</li> <li>2. Mobile</li> </ol>
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	<p>Kenya C&amp;P Board Registration Number: C&amp;P/C/0353/2024  Kenya C&amp;P Board License Number: C&amp;P/C/0353/0186  UK General Hypnotherapy Register: No. 9631</p>

<b>Name</b>	<b>Sarah Vijzelman- Family House Strong Together</b>
<b>Area of specialisation(s)</b>	<b>Target groups:</b> families, parents, children (4+) <b>Challenges:</b> behavioural challenges/ diagnosis such as ODD, Autism, ADHD, Attachment disorder, OCD, anxiety, low self esteem and challenges with emotion regulation. Parents might go through multiple challenges like divorce/ separation, struggles with understanding their child's behaviour and the family dynamics.
<b>Qualifications</b>	-BA Social Pedagogical Care (Social Work) with specialization in Mental Health Psychology -Postgraduate Intensive Child and Family Counselling
<b>Modalities</b>	-Systemic Contextual and Solution Focused Approach (strengthening from inside out) -Happy With Me (Be more you) training (individual/ group) -CBT.
<b>/Geographic location</b>	Miotoni road, Karen
<b>Phone   email   website</b>	+254 727541226   email: strong.together.kenya@gmail.com Website: strong-together.co.ke
<b>Preference of communication</b>	Enquiry via website, email, WhatsApp.
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	Registration number: C&P/P/1301/2024 License number: C&P/P/1301/0373 (BA Mental Health Psychologist) Kenya Counselling and Psychological Association KCPA/07173/2022

<b>Name</b>	<b>Dr Tonya Shaw Clin.PsyD., C.Psychol., AFBPsS</b>
<b>Area of specialisation(s)</b>	Adult Mental Health. I work with individuals and couples dealing with interpersonal and relationship difficulties, depression, anxiety disorders and eating disorders.
<b>Qualifications</b>	BSc (Hons) Psychology. The University of Edinburgh 1985-1989 Clin.Psy.D. Doctorate in Clinical Psychology. University of Birmingham 1992-1995
<b>Modalities</b>	Integrative style. Trained in: Cognitive Behavioural Therapy (CBT), Schema Focussed Cognitive Behavioural Therapy (SFCBT), Compassion Focussed Therapy (CFT), Acceptance and Commitment Therapy (ACT), Eye Movement Desensitisation Reprocessing (EMDR), Interpersonal Neurobiology (IPNB) and Relational Life Therapy (RLT).
<b>Geographic location</b>	In-person sessions at Karen Surgery and online sessions.
<b>Phone   email   website</b>	Mobile (& WhatsApp)   +254 706 297 214 Karen Surgery   +254 733 642 246 , +254 755 642 246 Email   <a href="mailto:Dr_TonyaShaw@KarenSurgery.com">Dr_TonyaShaw@KarenSurgery.com</a> Website   <a href="http://www.karensurgery.com">www.karensurgery.com</a>
<b>Preference of communication</b>	Email   <a href="mailto:Dr_TonyaShaw@KarenSurgery.com">Dr_TonyaShaw@KarenSurgery.com</a>

<b>C&amp;P Board Reg. no:</b>	C&P/P/0049/2023
<b>Other professional body Reg. No.</b>	Chartered Clinical Psychologist (CPsychol) and Associate Fellow of British Psychological Society (AFBPsS) BPS/34938 Member Kenya Psychological Association (KPsyA) KPsyA/FM/240/2021

<b>Name</b>	<b>Yolandah Knopp (Yolandah Knopp Psychological Services)</b>
<b>Area of specialisation(s)</b>	I serve moms, dads and families struggling with Perinatal Mood and Anxiety disorders. Additionally, I work with individuals, couples and families with issues relating to anxiety, depression, grief & loss, marriage & family, life transitions, relational problems as well as stress.
<b>Qualifications</b>	MA Counseling Psychology United States International University-Africa BA Psychology University of Nairobi Maternal Mental Health Certificate Training - 2020 Moms & Postpartum Support International
<b>Modalities</b>	I adopt an eclectic approach selecting techniques from various approaches to therapy including Cognitive Behavioral Therapy, Family Systems Therapy, Person-Centered Therapy, Solution-Focused Brief Therapy, among others.
<b>Geographic location</b>	Dari Business Park, Karen. In-person and online sessions
<b>Phone   email   website</b>	Phone: +254 722 704 523 +254 722 775 773 Email:knoppyo@icloud.com
<b>Preference of communication</b>	Phone call, WhatsApp or email
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	<ul style="list-style-type: none"> <li>Kenya C &amp; P Board Registration Number: C&amp;P/P/0359/2024</li> <li>Kenya Counselling &amp; Psychological Association: KCPA/4649/18</li> <li>American Psychological Association (APA)</li> <li>Postpartum Support International (PSI)</li> </ul>

## VIRTUAL ONLY

<b>Name</b>	<b>Astha Sachania   MAMFT   Relational Collective</b>
<b>Area of specialisation(s)</b>	<p><b>Target population:</b> Couples, LGBTQIA+, Adults and Youth(18 and above)</p> <p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Couples and relationships counseling</li> <li>• Premarital and early marriage counseling</li> <li>• Emotional regulation</li> <li>• Complex and chronic trauma recovery and resilience</li> <li>• Grief work</li> <li>• Addiction(Behavioral and Substance) recovery and support</li> <li>• Narrative and Identity work</li> </ul> <p><b>Experience:</b> I have worked with hospitals, cancer patients, NGO's, Psychiatric care facilities and University youth. Now in Private Practice, I work with Individual and couples.</p> <p><b>Philosophy :</b> I believe therapy is about collaboration,connection,authenticity and emotional safety</p>
<b>Qualifications</b>	<p>~<b>Bachelors in Psychology:</b> University of Nairobi, Kenya( Honors)</p> <p>~<b>Masters in Marriage and Family Therapy (MAMFT)</b> - United States International University ( First class honors)</p>
<b>Modalities</b>	EFT, Gottman, Narrative Therapy, Family Systems, Trauma-informed care, Attachment- based approaches and Mindfulness
<b>Geographic location</b>	Virtual/ physical therapy available upon request
<b>Phone   email   website</b>	0722718987, asthasachania@gmail.com, <a href="http://www@relationalcollective.com">www@relationalcollective.com</a>
<b>Preference of communication</b>	Email, WhatsApp or Text
<b>C&amp;P Board Reg. no:</b> <b>Other professional body Reg. No.</b>	<p>~<b>C&amp; P Board of Kenya-</b> C&amp;P/P/3080/2025</p> <p>~<b>Systemic Family Therapy Association Kenya-</b> SFTAK-P-011.</p>

<b>Name</b>	<b>Isaac Maweu</b>
<b>Area of specialisation(s)</b>	<p>Training:</p> <p>Degree in Counselling Psychology</p> <p>Post-grad. Certificate in Counsellor Supervision, Training of Trainers, Psychological Trauma Debriefing.</p> <p>EMDR - Part One</p>

<b>Qualifications</b>	
<b>Modalities</b>	Specialisation: Marriage and Family Therapy Life Coaching Adolescent Counselling
<b>Geographic location</b>	Main Office: Kikuyu Town, Jooi Center Virtual sessions
<b>Phone   email   website</b>	Tel: 0700060859 / 0736227758 Email: isaacmaweu01@gmail.com
<b>Preference of communication</b>	Email or phone call
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	KCPA C&P Board Processing BPS Graduate Membership

<b>Name</b>	<b>Mushi Boyoi Gola Nyerdet</b>
<b>Area of specialisation(s)</b>	Supporting adolescents and young adults with mood disorders (depression, bipolar), anxiety disorders, learning and developmental disorders (ADHD, autism spectrum), trauma, grief, school-related challenges, self-esteem, relationship issues, and everyday life stressors. Available for sessions on weekdays.
<b>Qualifications</b>	MA in Clinical Psychology
<b>Modalities</b>	CBT, psychodynamic therapy, interpersonal therapy, person centered therapy
<b>Geographic location</b>	Online (can offer in-person if needed)
<b>Phone   email   website</b>	0701950154   mushib6@gmail.com   website
<b>Preference of communication</b>	Email/Texts/Calls
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P Board Reg. no: C&P/P 3458/2025

<b>Name</b>	<b>Dr. Wairimu Muchai   Blossom Centre for Wellness</b>
<b>Area of specialisation(s)</b>	<b>Emerging Adults (18-29 years) and Established Adults (30-45 years).</b>  Individual Psychotherapy  Expert Insight into the developmental stage of Emerging Adulthood  Anxiety, Emotion Regulation and Adjustment difficulties in the transition to adulthood



	<p>Navigating the Transition to Adulthood</p> <p>Workshops, Talks and Trainings for organizations on Emerging Adulthood</p>
<b>Qualifications</b>	<p><b>Psy.D, Clinical Psychology-</b> United States International University-Africa</p> <p><b>M.A Clinical Psychology-</b> United States International University-Africa</p> <p><b>B.A Psychology-</b> Daystar University</p> <p><b>Dip. Counseling-</b> Daystar University</p>
<b>Modalities</b>	<p>Integrative/eclectic Psychotherapeutic approaches such as <b>CBT,</b> <b>Psychodynamic</b> <b>Transdiagnostic</b></p> <p><b>Coaching.</b> I am a certified coach by Awaken Institute, working towards certification by the International Coaching Federation (ICF)</p>
<b>Geographic location</b>	Remote
<b>Phone   email   website</b>	<p>Phone; +254 780 511 880</p> <p>Email; <a href="mailto:info@blossomwellness.co.ke">info@blossomwellness.co.ke</a> ; <a href="mailto:wairimu.muchiri@blossomwellness.co.ke">wairimu.muchiri@blossomwellness.co.ke</a></p>
<b>Preference of communication</b>	<p>Calls</p> <p>Email</p>
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	<p>American Psychological Association (APA) - Member - #00195761</p> <p>Kenya Psychological Association (KPsyA) – Member-</p> <p>Society for the Study of Emerging Adulthood (SSEA) – Member</p> <p>Counsellors and Psychologists Board Licence No: C&amp;P/P/0985/10535</p>

## OUTSIDE NAIROBI

<b>Name</b>	<b>Merab Akinyi Aggrey</b>
<b>Area of specialist of ation(s)</b>	Child/adolescents,couples, relationships,play therapy, a variety of models,relatce including infant mental /play therapy, infant mental health,loss and grief in children ,trauma,childre and general counselling.
<b>Qualifications</b>	Masters degree in counselling studies (University of Manchester) Certified FirstPlay practitioner Diploma in Special needs
<b>Modalities</b>	Teletherapy,virtual and face to face,home visits.
<b>Geographic location</b>	Kitengela/Nairobi only on Saturdays and school holidays.CBD and parklands.
<b>Phone   email   website</b>	+254722696226  merabakinyi19@gmail.com  www.playtalkspace.co.ke
<b>Preference of communication</b>	Email, WhatsApp, phone
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P/P/0294/2024 TSC/236359 APTK/0016/21 KAPC/071

<b>Name</b>	<b>Julia Walker</b>
<b>Area of specialisation(s)</b>	I'm a UK-trained psychotherapist, based on the Kenyan coast. I have a holistic perspective on mental health. My approach emphasizes the connection between thoughts, emotions, and our embodied experiences. Specialising in emotion-focused therapy, I help people have a clear internal sense of what is keeping them stuck, versus what they need. I have a multicultural practice and appreciate diverse cultural frameworks for mental and emotional health.  I work with older teens, adults and couples.  <b>Specialist areas:</b> grief and loss, anxiety and panic attacks, numbness or feeling disconnected, life transitions, trauma, relationship difficulties, body image and disordered eating, as well as cult recovery.
<b>Qualifications</b>	BA in psychology, McGill University MSc in Child Psychology, UCL & Anna Freud Centre MSc in Gestalt Psychotherapy, Metanoia, London

<b>Modalities</b>	Gestalt psychotherapy Internal family systems Emotion-focused therapy (EFT) - for couples Somatic experience
<b>Geographic location</b>	Kilifi. I work locally and online.
<b>Phone   email   website</b>	<a href="mailto:Walker.juliab@gmail.com">Walker.juliab@gmail.com</a> +254705873444
<b>Preference of communication</b>	Phone call or email
<b>C&amp;P Board Reg. no: Other professional body Reg. No.</b>	C&P/P/1719/2024 KPsyA/FM/549/2022

## **LIST OF NAMES (as listed in referral list)**

### **WESTLANDS AREA & ENVIRONS**

(Westlands | Parklands | Kilimani | Milimani | Lavington | Muthaiga | Runda | Ridgeways | Kitisuru)

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1. Alexandra Vaporidis            | 14. Maria van Helbergen            |
| 2. Anita Awour                    | 15. Marion Wambui Keinamma         |
| 3. Dr Bernice Nderitu             | 16. Mercy Ngotho-Njau              |
| 4. Chichi Kosgey                  | 17. Nazia Taylor                   |
| 5. Ekta Bid                       | 18. Pinky Lakhani                  |
| 6. Dr. Frida Kameti, PsyD.        | 19. Safeena Nazar                  |
| 7. Halima Khalif                  | 20. Dr Samantha Mansel I(DClinPsy) |
| 8. Dr. Hamida Ahmed (PsyD)        | 21. Sanni Bundgaard                |
| 9. Harriet Benson                 | 22. Sophie Muriuki                 |
| 10. Juliette Imbault              | 23. Wanjiku Mwirigi                |
| 11. Kiran Singh                   | 24. Wendy de Macker                |
| 12. Leah Kuria                    | 25. Zahra Juma                     |
| 13. Maria Rosa (Marie-Rose) Iberl |                                    |

### **KAREN AREA**

- |  |                            |
|--|----------------------------|
| 1. Dr Bethany Elms                     | 5. Mary Gitau              |
| 2. Cathrine McIlwaine aka Kaye Alianda | 6. Sarah Vijzelman         |
| 3. Lineke Sassen                       | 7. Dr Tonya Shaw Clin.PsyD |
| 4. Nigel Wilson-Brown                  | 8. Yolanda Knopp           |

### **VIRTUAL ONLY**

1. Astha Sachania
2. Isaac Maweu
3. Mushi Boyoi Gola Nyerdet
4. Dr. Wairimu Muchai (PsyD)

### **OUTSIDE NAIROBI**

1. Julia Walker
2. Merab Akinyi Aggrey