

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)

Name	Alexandra Vaporidis
Area of specialisation(s)	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.
Qualifications	Bachelors in Psychology (currently pursuing a masters in Marital and Family Therapy) International trainer of Neuro Linguistic Programming Certified facilitator of Family constellations
Modalities	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.
Geographic location	Gigiri, Rosslyn Lone Tree Estate, opposite Riviera Mall
Phone email website	+254715769439 alexavapo@gmail.com
Preference of communication	Phone calls, email, WhatsApp normal text message
C&P Board Reg. no: Other professional body Reg. No.	KPsyA/SM/537/2022 Kenya Psychological Association (KPsyA) C & P License Number: C&P/P/1826/10810

Name	Anita Awuor
Area of specialization(s)	<p>Therapeutic Areas:</p> <p>Relationship Issues: Couples therapy, LGBTQ support, Interpersonal relationships and Conflict</p> <p>Mental Health Conditions: Trauma, Depression, Anxiety, Low self-esteem and Issues with anger management</p> <p>Life Transition and Loss: Grief and loss and Coping with difficult life circumstances</p> <p>Populations:</p> <p>Diverse Communities: LGBTQ community and Couples and relationships</p> <p>Individuals with Unique Challenges: People dealing with trauma, mental challenges including depression and anxiety and Individuals with anger management issues</p> <p>Professionals: Work-related issues (interpersonal conflicts, stress management, etc.)</p>
Qualifications	MA Counseling Psychology Level 2 Certified TEAM-CBT
Modalities	TEAM-CBT, Gottman, EFT
Geographic location	Currently online and Park Suite Offices (2nd Floor, No.5)
Phone email website	+254722310804 anita@querenciapride.com www.querenciapride.com
Preference of communication	Whatsapp/ phone/ email
C&P Board Reg. no: Other professional body Reg. No.	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

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

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

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

Name	Dr. Frida Kameti, PsyD.
Area of specialisation(s)	Clinical psychologist with over 14 years of experience from the USA, South America & Kenya. Work with all age groups across the lifespan and across the globe. 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 Mental Health and Psychosocial Support (MHPSS) services for organizations Clinical supervision of master and doctoral level students.
Qualifications	+Doctorate of International Psychology, International Psychology Trauma Specialization USA +PsyD The Chicago School of Professional Psychology USA +Ms Clinical Psychology & Counseling Psychology MidAmerica Nazarene University, USA

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

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

Name		Dr. Hamida Ahmed (PsyD) Tulivu Counselling and Wellness Services
Area of specialisation(s)		<p>Psychotherapist-I work with Individuals Couples & family therapy Group therapy Adults Children Pre-teens Teens</p> <p>Parenting Coach- 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. Trainer /Staff wellbeing – 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. Clinical Supervisor-Provides professional support to other counsellors and psychologists.</p>
Qualifications		<p>I am both a Clinical & Counselling Psychologist.</p> <p>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</p>
Modalities		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: Cognitive Behavioural Therapy-CBT/TF-CBT/ psychodynamic/Gestalt/Existential /EMDR/Play therapy .
Geographic location		Ridgeways -Near Runda-Nairobi-Kenya. Offering both in-person & Virtual sessions
Phone email website		<p>+254718233759 www.tulivupsychologicalservices.co.ke/</p> <p>info@tulivupsychologicalservices.co.ke</p>
Preference of communication		<p>Phone & WhatsApp +254718233759</p> <p>Email info@tulivupsychologicalservices.co.ke</p>
C&P Board Reg. no: Other professional body Reg. No.		<p>C&P Board REg no: C&P/P/0295/2023</p> <p>Kenya Psychological Association (KPsyA) Member no. KPsyA/FM/024/2022</p>

Name		Harriet Benson
Area of specialisation(s)		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.
Qualifications		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).
Modalities		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.
Geographic location		Crea House, Lower Kabete Road, Nairobi.
Phone email website		<p>Email harrietlfccarr@gmail.com</p> <p>Mobile +254 748066193</p>
Preference of communication		Email only

C&P Board Reg. no: Other professional body Reg. No.	C&P/P/1299/2024 Kenya: KCPA/5665/20 UK: PTI 201500789
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Name	Juliette Imbault
Area of specialisation(s)	Master's Degree of Psychology - French Title of Psychologist Certification EMDR-Europe
Qualifications	
Modalities	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
Geographic location	610 Mutundu Road, Old Muthaiga Online sessions and in-persons' sessions
Phone email website	+254791010016 (Tel and Whatsapp) j.imbault@gmail.com
Preference of communication	Sms or Vocal Messages on WHATSAPP +254791010016
C&P Board Reg. no: Other professional body Reg. No.	+ C&P board of Kenya Ministry of Health: C&P/P/1307/2023/B02033 + Kenya Psychological Association (KPsyA) Member no.IA/430/2022 + FFPP and EFPA (French and European Psycho Associations) no. 220032 + ADELI (French Ministry of Health) : n 139313555

Name	Kiran Singh
Area of specialization(s)	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.
Qualifications	MSc PSych
Modalities	Cognitive Behavioural Therapy (CBT) Eye Movement Desensitization & Reprocessing (EMDR) Narrative Therapy Emotional Freedom Technique (EFT) TRE - Trauma Release Exercises

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

Name	Leah Kuria
Area of specialisation(s)	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.
Qualifications	Bachelors In Counselling psychology, Masters in Clinical Psychology and Health, Masters In NLP, Training of Trainers, Diploma Counsellor Supervisor, NLP Master Practitioner, EMDR module 1,2,3, Somatic Experiencing Level 1/2,
Modalities	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 use NLP modalities Somatic experiencing and EMDR modality
Geographic location	Parklands/USIU area Online sessions
Phone email website	+254738727085 or +254723338633 www.threestoneswellness.com njerileah33@gmail.com
Preference of communication	Email, whatsapp, text
C&P Board Reg. no: Other professional body Reg. No.	KCPA: 4485/17 Kenya Counsellors Board : CP/P/0349/2023

Name	Maria Rosa (Marie-Rose) Iberl
Areas of specialisation (s)	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.

Qualifications	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
Modalities	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.
Geographic location	Nairobi, Parklands – Pramukh Swami Avenue
Phone email website	0733 736 445, maro.iberl@gmx.net
Preference of communication	Phone and email
C&P Board Reg. no: Other professional body Reg. No.	C&P/C/1214/2024

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

Name	Marion Wambui Keinamma Founder: Living Hope Counseling Services Practicing last 16 years.
Area of specialisation(s)	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.
Qualifications	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).
Modalities	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.
Geographic location	Hurlingham-for In person sessions and Virtual/Online sessions.
Phone email website	+254 722739699 wakeinamma@gmail.com
Preference of communication	Please introduce yourself via email, regular or WhatsApp text.
C&P Board Ministry of Other professional body Reg. No.	C&P/C/1007/0042 KCPA/0340/08 KPsyA/FM/440/22 Association of Play Therapy-Kenya: APTK/0014/21

Name	Mercy Ngotho-Njau
Area of specialisation(s)	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
Qualifications	Counselling psychologist (MA)
Modalities	A mix of CBT, Art & Play therapy, Solution Focused Therapy, Trust Based Relational Intervention (TBRI), and for grief, The grief Recovery Method.
Geographic location	Upper Hill and Kilimani area

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

Name	Nazia Taylor
Area of specialisation(s)	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.
Qualifications	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
Modalities	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.
Geographic location	Lower Kabete. I offer in-person sessions on Wednesdays, Fridays, and Saturdays. Whereas, tele-therapy is offered on Tuesdays and Thursdays via Zoom.
Phone email website	Mobile +254 722 784 809 Email Nazia.taylor@metanoiaseven.com Website www.metanoiaseven.com
C&P Board Reg.no: Other professional body Reg. No.	KPsyA/FM/082/2020 C&P/P/0827/2029
Preference of communication	WhatsApp, email

Name	Pinky Lakhani
Area of specialisation(s)	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
Qualifications	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.
Modalities	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.
Geographic location	Purshottam Place, Westlands Road In Person and Remote Sessions
Phone email website	(0745) 350 248 plakhani27@gmail.com
Preference of communication	Email/WhatsApp/Text Messages
C&P Board Reg. no: Other professional body Reg. No.	C&P/C/0442/2024 KPsyA/FM/334/2021

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

Name	Dr Samantha Mansell
Area of specialisation(s)	<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>
Qualifications	<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>

Modalities	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).
Geographic location	Ikigai Lower Kabete Road, Nairobi. I offer in-person sessions Mondays, Tuesdays, Thursday and online sessions Wednesdays and Fridays.
Phone email website	Website www.reflectkenya.net Email samantha.mansell@reflectkenya.net Kenya Mobile (no WhatsApp) +254742846447 UK Mobile (WhatsApp only) +447875446693
Preference of communication	Enquiry via website, email, WhatsApp.
C&P Board Reg. no: Other professional body Reg. No.	HCPC registration number: PYL34853 KPsyA Membership Number: KPsyA/FM/482/2022 C & P Board Licence number: C&P/P/0843/0136

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

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

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

Name	Wendy Aimée De Macker Vizazi
Area of specialisation(s)	<p>Target groups: couples, families, adults, youth (14+) incl. LGBTIQ+ community.</p> <p>Challenges: attachment related issues, interpersonal and relationship difficulties, parenting/dysfunctional family strategies, acting out behaviour, emotion and anger management, substance abuse treatment.</p>
Qualifications	<ul style="list-style-type: none"> + Bachelor Psychology University of Utrecht NL + Degree Social Work The Hague University of Applied Science NL + Master Intergenerational Therapy Youth, Family & Context University of Amsterdam NL + MST & MDFT Rotterdam NL + Gottman Level 1 & 2 Gottman Institute Dublin + EFCT Externship & Core Skills ICEEFT Kuwait & San Diego (online)
Modalities	<p>In-person counselling</p> <p>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 MST (www.mstservices.com) and MDFT (www.mdft.org) next to my masters in intergenerational therapy.</p> <p>These days my focus is directed to couples counselling. Trained in the evidence based couples counselling methods Gottman (www.gottman.com) and EFCT on advanced level (www.iceeft.com). Experiential learning is key in my approach.</p>
Geographic location	<ul style="list-style-type: none"> + Lower Kabete: LK Posta before 91 Grey Gables Nairobi + Google maps: -1.2406347748848343, 36.748238188302324
Phone email website	<ul style="list-style-type: none"> + 254 (0) 713 678 422 wdemacker@vizazi.org www.vizazi.org IG + Secondary contact: Mwangi Nderitu (Administrative Assistant) + 254 (0) 711 927 666 mnderitu@vizazi.org www.vizazi.org IG
Preference of communication	Email, text or WhatsApp
C&P Board Reg. no: Other professional body Reg. No	<ul style="list-style-type: none"> + C&P board of Kenya Ministry of Health: C&P/C/0415/2024 + KCPA Senior Accredited Counsellor: KCPA//4114/16

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

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

KAREN AREA

Name	Dr Bethany Elms
Area of specialisation(s)	<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:</p> <p>The potential role for educational psychologists working with systems supporting young people with eating disorders</p> <p>How schools can support pupils with eating difficulties and their families: findings from a combined-methods study (chapter in a textbook).</p>
Qualifications	Doctorate in Educational Psychology (DEdPsy) Cardiff University. BSc (Hons) Psychology (2:1) Royal Holloway University of London.
Modalities	<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>Psychological assessments: 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), Therapeutic work: 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>
Geographic location	<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>
Phone email website	<p>Website www.alfajiripsychology.com Email belms@alfajiripsychology.com</p> <p>Kenya Mobile (and WhatsApp) +254 11 4366772</p>
Preference of communication	Website, email, telephone call, WhatsApp, text.
C&P Board Reg. No.: Other professional body Reg. No.	<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&P/P/0361/2024</p>

Name	Cathrine McIlwaine aka Kaye Alianda
Area of specialisation(s)	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
Qualifications	(Bachelor of Education, Master of Arts (Kenyan Trained); Bachelor of Psychology, Master of Social Sciences -South Africa Trained)
Modalities	Person centered, Solution Focused, CBT, psychoanalysis, Trauma Tension Release Exercises (TRE), Neurotherapy. I communicate in English, French and Kiswahili
Geographic location	Karen
Phone email website	+254721722936 kayealianda@gmail.com www.pmwc-ke.org
Preference of communication	Email or WhatsApp text
C&P Board Reg. no: Other professional body Reg. No.	1. C&P/P/0324/2023 2. KpsyA/AM/254/2021

Name	Lineke Sassen (Msc. MA) Clinical Psychology
Area of specialisation(s)	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.
Qualifications	MSc Clinical psychology, Utrecht, The Netherlands MA Humanitarian Assistance, Groningen, The Netherlands
Modalities	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+).

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

Name	Mary Gitau
Area of specialisation(s)	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
Qualifications	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)
Modalities	Somatic experiencing Eye movement integration Dialectic Behaviour Therapy (DBT) Collaborative Assessment and management of Suicidality (Cams) Tension Release Exercises
Geographic location	Karen, Marist Lane, KVC Centre, off Langata Road(Tuesdays, Wednesday & Thursdays) Online: Thursdays
Phone email website	<ul style="list-style-type: none"> 254 722956738 Email: mgitauw@csricentre.org
Preference of communication	Email, WhatsApp messaging and direct call
C&P Board Reg. no:	C&P/P/0369/2024

Other professional body Reg. No.	
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Name	Nigel Wilson-Brown, BSc.Psy, Dip.CBH, Dip.SMRB.
Area of specialisation(s)	<p>BSc (Hons) Psychology: London University, UK.</p> <p>NCFA Level 4 Diploma, Cognitive Behavioural Hypnotherapy, UK College of Hypnosis & Hypnotherapy (UKCHH), London, UK.</p> <p>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 & low self-worth, work-related stress, emotional disturbance, grief & loss, school and adolescence (age 16+), mindfulness, general life coaching.</p> <p><u>Corporate & 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&G's management training in the UK, and for schools in my 17 years of pastoral care and supportive counselling in UK boarding.</p>
Qualifications	<p>BSc. Psychology (London University, FT)</p> <p>UK NCFE Level 4 Diploma CBH, Cognitive Behavioural Therapy with Hypnosis</p> <p>UKCHH Diploma, Stress Management & Resilience Building</p>
Modalities	<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>
Geographic location	Typically in-person sessions in Karen (Karen Connections). Online available if preferred.
Phone email website	<p>Email: helpforwholenessnow@gmail.com</p> <p>Mobile: 0794269949</p> <p>Whatsapp: 0794269949</p>
Preference of communication	<ol style="list-style-type: none"> 1. Email 2. Mobile
C&P Board Reg. no: Other professional body Reg. No.	<p>Kenya C&P Board Registration Number: C&P/C/0353/2024</p> <p>Kenya C&P Board License Number: C&P/C/0353/0186</p> <p>UK General Hypnotherapy Register: No. 9631</p>

Name	Sarah Vijzelman- Family House Strong Together
Area of specialisation(s)	Target groups: families, parents, children (4+) Challenges: 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.
Qualifications	-BA Social Pedagogical Care (Social Work) with specialization in Mental Health Psychology -Postgraduate Intensive Child and Family Counselling
Modalities	-Systemic Contextual and Solution Focused Approach (strengthening from inside out) -Happy With Me (Be more you) training (individual/ group) -CBT.
/Geographic location	Miotoni road, Karen
Phone email website	+254 727541226 email: strong.together.kenya@gmail.com Website: strong-together.co.ke
Preference of communication	Enquiry via website, email, WhatsApp.
C&P Board Reg. no: Other professional body Reg. No.	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

Name	Dr Tonya Shaw Clin.PsyD., C.Psychol., AFBPsS
Area of specialisation(s)	Adult Mental Health. I work with individuals and couples dealing with interpersonal and relationship difficulties, depression, anxiety disorders and eating disorders.
Qualifications	BSc (Hons) Psychology. The University of Edinburgh 1985-1989 Clin.Psy.D. Doctorate in Clinical Psychology. University of Birmingham 1992-1995
Modalities	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).
Geographic location	In-person sessions at Karen Surgery and online sessions.
Phone email website	Mobile (& WhatsApp) +254 706 297 214 Karen Surgery +254 733 642 246 , +254 755 642 246 Email Dr_TonyaShaw@KarenSurgery.com Website www.karensurgery.com
Preference of communication	Email Dr_TonyaShaw@KarenSurgery.com

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

Name	Yolandah Knopp (Yolandah Knopp Psychological Services)
Area of specialisation(s)	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.
Qualifications	MA Counseling Psychology United States International University-Africa BA Psychology University of Nairobi Maternal Mental Health Certificate Training - 2020 Moms & Postpartum Support International
Modalities	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.
Geographic location	Dari Business Park, Karen. In-person and online sessions
Phone email website	Phone: +254 722 704 523 +254 722 775 773 Email:knoppyo@icloud.com
Preference of communication	Phone call, WhatsApp or email
C&P Board Reg. no: Other professional body Reg. No.	<ul style="list-style-type: none"> Kenya C & P Board Registration Number: C&P/P/0359/2024 Kenya Counselling & Psychological Association: KCPA/4649/18 American Psychological Association (APA) Postpartum Support International (PSI)

VIRTUAL ONLY

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

Name	Isaac Maweu
Area of specialisation(s)	<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>

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

Name	Mushi Boyoi Gola Nyerdet
Area of specialisation(s)	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.
Qualifications	MA in Clinical Psychology
Modalities	CBT, psychodynamic therapy, interpersonal therapy, person centered therapy
Geographic location	Online (can offer in-person if needed)
Phone email website	0701950154 mushib6@gmail.com website
Preference of communication	Email/Texts/Calls
C&P Board Reg. no: Other professional body Reg. No.	C&P Board Reg. no: C&P/P 3458/2025

Name	Dr. Wairimu Muchai Blossom Centre for Wellness
Area of specialisation(s)	Emerging Adults (18-29 years) and Established Adults (30-45 years). 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>
Qualifications	<p>Psy.D, Clinical Psychology- United States International University-Africa</p> <p>M.A Clinical Psychology- United States International University-Africa</p> <p>B.A Psychology- Daystar University</p> <p>Dip. Counseling- Daystar University</p>
Modalities	<p>Integrative/eclectic Psychotherapeutic approaches such as CBT, Psychodynamic Transdiagnostic</p> <p>Coaching. I am a certified coach by Awaken Institute, working towards certification by the International Coaching Federation (ICF)</p>
Geographic location	Remote
Phone email website	<p>Phone; +254 780 511 880</p> <p>Email; info@blossomwellness.co.ke ; wairimu.muchiri@blossomwellness.co.ke</p>
Preference of communication	<p>Calls</p> <p>Email</p>
C&P Board Reg. no:	American Psychological Association (APA) - Member - #00195761
Other professional body Reg. No.	<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&P/P/0985/10535</p>

OUTSIDE NAIROBI

Name	Merab Akinyi Aggrey
Area of specialist of ation(s)	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.
Qualifications	Masters degree in counselling studies (University of Manchester) Certified FirstPlay practitioner Diploma in Special needs
Modalities	Teletherapy,virtual and face to face,home visits.
Geographic location	Kitengela/Nairobi only on Saturdays and school holidays.CBD and parklands.
Phone email website	+254722696226 merabakinyi19@gmail.com www.playtalkspace.co.ke
Preference of communication	Email, WhatsApp, phone
C&P Board Reg. no: Other professional body Reg. No.	C&P/P/0294/2024 TSC/236359 APTK/0016/21 KAPC/071

Name	Julia Walker
Area of specialisation(s)	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. Specialist areas: 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.
Qualifications	BA in psychology, McGill University MSc in Child Psychology, UCL & Anna Freud Centre MSc in Gestalt Psychotherapy, Metanoia, London

Modalities	Gestalt psychotherapy Internal family systems Emotion-focused therapy (EFT) - for couples Somatic experience
Geographic location	Kilifi. I work locally and online.
Phone email website	Walker.juliab@gmail.com +254705873444
Preference of communication	Phone call or email
C&P Board Reg. no: Other professional body Reg. No.	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. Yolandah 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