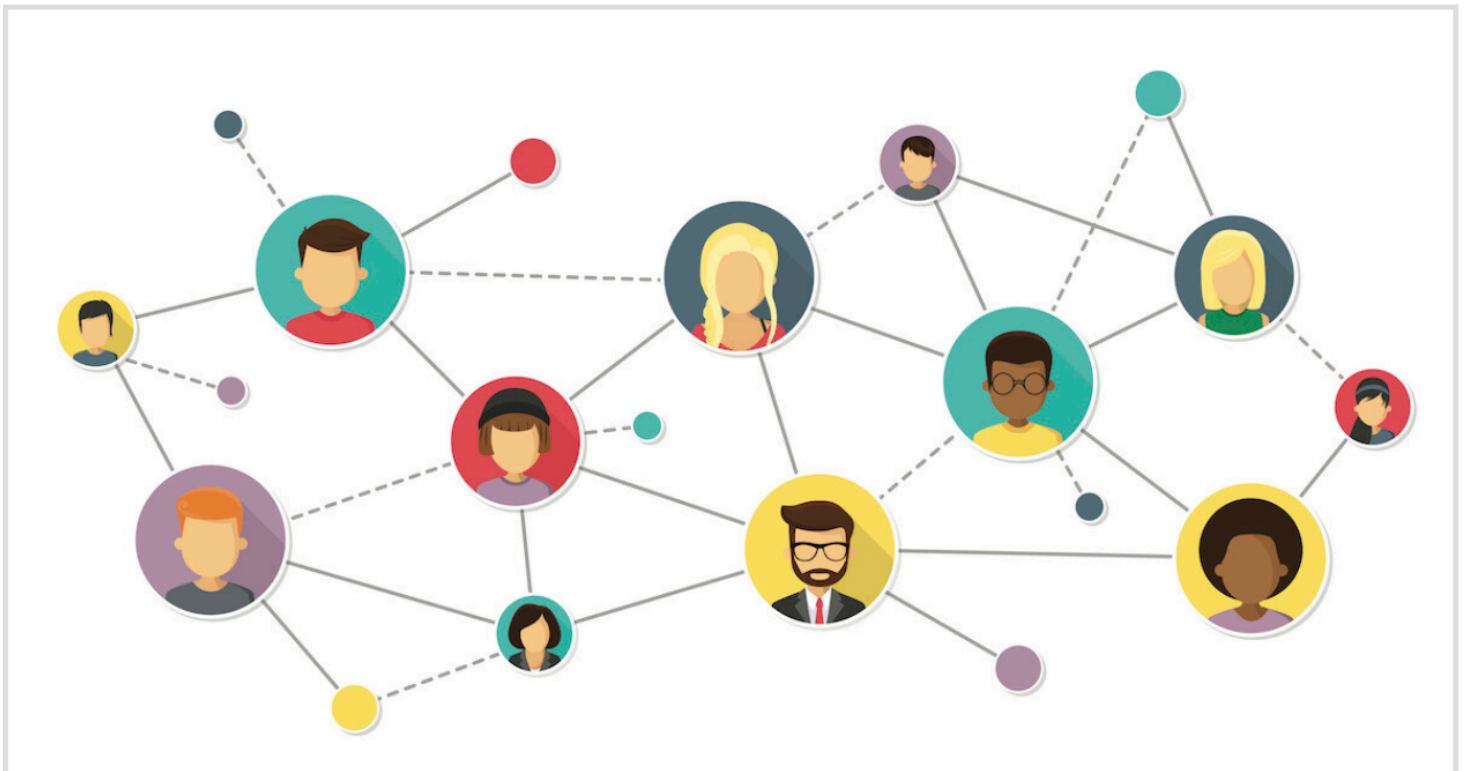


Counsellors and Psychologists Referral List January 2026



About us

Our mission as psychologists and counsellors, in this informal yet structured forum, is one of collaboration and building community. It is to network and get to know each other so as to feel supported and make trustworthy referrals, whilst also offering peer support.

Referral list **Inclusion criteria:**

- 1) C&P Board registration;
- 2) Membership with a Kenyan association (e.g. KPsyA, KCPA, KAPC, CPS-K);
- 3) Minimum qualification required: Bachelor degree with post-grad. qualification in therapy/counselling and/or masters/doctorate level for psychologists;
- 4) community meeting attendance of 2 meetings per year in person or online.

Disclaimer

This referral list is intended for professional use only. Inclusion does not constitute endorsement. Referring practitioners are responsible for conducting appropriate due diligence.

Alexandra Vaporidis

Qualifications: Bsc Psychology, Masters in MFT in training (completed my courses and practicum, awaiting approval of thesis and graduation in Oct 2026)

Therapeutic Approach / Specialisation:

Bowenian, Existential, Attachment and EFT, Mindfulness, NLP, conscious breath-work
Family constellations facilitator, focusing on life transitions, grief, trauma. I support schools with child, protection issues, Individuals, couples, families

Client Population: children from age 7 onwards, adolescents, young adults

Languages: English, Kiswahili, Greek

Mode of Practice: Virtual and In-person

Location: Gigiri

Phone: 254715769439

Email: alexavapo@gmail.com

Anita Awuor

Qualifications: MA Counselling Psychology

Therapeutic Approach / Specialisation:

Advanced training in TEAM-CBT (Level 3), and use Emotionally Focused Therapy (EFT), and the Gottman Method. Specialises in anxiety, depression, grief, trauma, and work with couples in relationship conflict, individuals, and groups.

Client Population: Adults

Languages: English

Mode of Practice: Virtual and In-person

Location: Parklands

Phone: 254722310804

Email: Anita@querenicapride.com

Website / Social: www.querenciapride.com

Astha Sachania

Qualifications: Doctorate in Educational Psychology

Therapeutic Approach / Specialisation:

My Specialties are Couples and relationships counselling, Emotional regulation, Complex and chronic trauma recovery and resilience, Grief work, Addiction (Behavioural and Substance) recovery and support, premarital and early marriage counselling, Narrative and Identity work. My modalities are: Narrative Therapy, EFT, Family Systems, Trauma-informed care, Attachment-based approaches and Mindfulness, Individuals, Couples, LGBTQIA+

Client Population: Adults, teenagers

Languages: English, Hindi, Gujarati

Mode of Practice: Virtual and In-office

Location: Westlands

Phone: 254722718987

Email: asthasachania@gmail.com

Website / Social: Iwww.relationalcollective.com

Bethany, Dr. Elms

Qualifications: Doctorate in Educational Psychology

Therapeutic Approach / Specialisation:

I provide psychological assessments using a range of tools, and work using a person-centred approach. Strengths and needs are identified and, where appropriate, a diagnosis is given. I offer clear, individualised recommendations to support progress and potential, including interventions and exam access arrangements. I support needs such as learning difficulties, ADHD, autism, emotional and mental health needs, and social challenges. I also offer therapy using CBT, ACT, solution-focused approaches, motivational interviewing, and therapeutic play for younger children.

Client Population: 0-25yrs

Languages: English

Mode of Practice: in person and virtually

Location: Karen, but travel to schools

Phone: 254114366772

Email: belms@alfajiripsychology.com

Website / Social: IG: alfajiripsychology, <https://alfajiripsychology.com>

Carol, Dr. Watson

Qualifications: Doctor of Psychology, Clinical Psychology, PSY.D. MA. Clinical Psychology

Therapeutic Approach / Specialisation:

Professional Supervision, Consultation, and Training with Psychologists and Counsellors. Psychotherapy: Individuals, Couples, Parenting Skills, Family Therapy, Group Therapy, Acute Stress, Social Anxiety, General Anxiety, Panic Attack, PTSD, Depression, Substance Use, Suicide Risk Assessment, Anger Intervention, Therapy, Domestic Violence Treatment Offenders & Victims, Cognitive Behavioural Therapy, EMDR Therapist.

Client Population: Adolescents, Emerging Adults 18-28, Mid Adulthood, Late Adulthood

Languages: English

Mode of Practice: In person or virtual

Location: Karen

Phone: 254793259979

Email: www.relationalcollective.com

Catherine McIlwaine

Qualifications: Bachelor of Psychology, MaSocSci (community mental health promotion) HPCSA-South Africa trained. Bachelor of Education, Master of Arts (Kenyan Trained)

Therapeutic Approach / Specialisation:

School related challenges (bullying/behavioural), Relationship difficulties (couples (bi-racial), family, the work Place settings, Personal growth, Managing transition/relocation, Emotional regulation. Loss and grief, Corporate wellness programs (training & facilitation), Community mental health promotion, Psycho-therapy: Person centred, Solution Focused, CBT, psychoanalysis, Somatic: Trauma Tension Release Exercises (TRE), Neuro-feedback., Mindfulness practices: (meditation, relaxation techniques)

Client Population: All

Languages: English, Kiswahili, French (as a second language)

Mode of Practice: In person or virtual

Location: Karen

Phone: 254721722936

Email: kayealianda@gmail.com

Website / Social: www.pmwc-ke.org

ChiChi Kosgey

Qualifications: MA. Marriage & Family Therapy | BA. Psychology | Level 1 Gottman Method Couples Therapy | EFCT

Therapeutic Approach / Specialisation:

Therapeutic lens: Collaborative, person-centred, culturally sensitive. Population serving: Couples and Families. Modalities used: Structural Family Therapy, Emotionally Focused Couples Therapy, Narrative Therapy, Satir Experiential Model, Attachment Theory, Feminist Theory. Areas of focus: Relational patterns, relational traumas, self-worth, identity and self concept, attachment injuries, neurodivergent issues in couples systems, chronic illness management, trauma-informed care training for organisations and systems. Individuals and groups.

Client Population: Adults 21+

Languages: English, Swahili

Mode of Practice: In person or virtual

Location: Westlands

Phone: 254768433770

Email: chichi@themftcollective.com, hreltherapy@gmail.com

Website / Social: www.holisticrelationaltherapy.co.ke

Ekta Bid

Qualifications: BA(Hon), certified Play Therapist

Therapeutic Approach / Specialisation:

I specialise in Synergetic Play therapy with relationship mastery and ecotherapy. I am a reiki master and certified in crystal and energetic healing

Client Population: Both. Preferably 5-18 yrs

Languages: English, Gujarati, Kiswahili.

Mode of Practice: In person or virtual

Location: New Muthaiga

Phone: 254734974957

Email: playversitybeing@africansojourn.co.ke

Frida, Dr. Kameti

Qualifications: PsyD, MSc Counselling Psychology, + Bachelor of Applied Science-BASc, Clinical Psychology, Bachelor of Science (BS) Human Development and Family studies, General,

Therapeutic Approach / Specialisation:

Over 15 years of experience from the USA, South America;Kenya. .

Anxiety, depression, emotional dysregulation difficulties, personality disorders, trauma, interpersonal challenges, and work system challenges, C-PTSD, stemming from childhood trauma, and attachment wounds/disruptions, self-esteem difficulties, emotional disturbances, burnout, and life transitions, adoptions, human and sexual trafficking MHPSS services for organisations. Clinical supervision of master and doctoral level students. Couples, EAP & families navigating trauma, grief, identity shifts, and complex relational histories.

Client Population: Young adults, adults

Languages: English, Swahili

Mode of Practice: in-person, virtual and site visits

Location: Lavington, Langata, Kilimani

Phone: 269489604811

Email: kametipsychotherapy@outlook.com

Hamida, Dr. Ahmed

Qualifications: Doctorate in Clinical Psychology (PsyD) | MA in Counselling Psychology | BA in Psychology with a minor in industrial Psychology) | Certified in EMDR | Play Therapy

Therapeutic Approach / Specialisation:

Eclectic/integrative therapist Some of the therapies I use include: Cognitive Behavioural Therapy-CBT/TF-CBT/ psychodynamic/Gestalt/Existential /EMDR/Play therapy. Psychological First Aid (PFA) TOT, Parenting Coach- I facilitate one on one parenting sessions & parenting workshops. Trainer |Staff wellbeing – Supports staff-wellbeing & provides training at the workplace. Clinical Supervisor-Provides professional support to other counsellors and psychologists.

Client Population: Adults, Children, Pre-teens, Teens

Languages: English & Swahili

Mode of Practice: In-person, virtual

Location: Ridgeways (Near Runda/Kiambu Rd)

Phone: 254718233759

Email: info@tulivupsychologicalservices.co.ke

Website / Social: www.tulivupsychologicalservices.co.ke/

Kiran Singh

Qualifications: MSc Psychology EMDR International Association (Europe),EMDR Assoc Kenya

Therapeutic Approach / Specialisation:

Children and Families. Substance Abuse. Personality Disorders. Couples deployment and/or reintegration. Other key areas of expertise: 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.

Client Population: Children & Adults

Languages: English, Punjabi, Hindi, Urdu, Swahili, Intermediate French

Mode of Practice: In person, Tele-health

Location: Westlands

Phone: 254735617225

Email: raskiran@gmail.com

Website / Social: https://mentalwealthwkiran.wixsite.com

Margaret (Maggie) Gitu

Qualifications: MAMFT - Sex Therapist

Therapeutic Approach / Specialisation:

Marriage, Family and Sex Therapist for 11+ years. I offer support on issues such as depression, anxiety, stress, trauma, major life transitions, loss & grief, expats, refugees & immigrants, family/friendship/business disputes + group therapy + Clinical Supervision + care for caregivers + mediation. I am also a trained opera singer (Mezzo) who works with artists on issues unique to them. I lean toward post-modern models such as STST, EFT, Narrative Therapy, Gottman, SFT among others. Couples, Families, Expats/Immigrants, Friends/Business Associates/Artists, Clinical Supervision

Client Population: Adults

Languages: English, Kiswahili, Kikuyu, French and Spanish (although not a native speaker :)

Mode of Practice: Virtual Office

Location: Global via Zoom or other platforms

Phone: 254725530368

Email: therapistmaggiegitu@gmail.com (much faster response via WhatsApp/Text)

Website / Social: IG: MaggieTheTherapist

Maria van Helbergen

Qualifications: MSc Psychology

Therapeutic Approach / Specialisation:

Therapeutic approach is trauma informed, cultuursensitive, CBT, EMDR and positive psychology. Expertise in domestic violence, abusive relationships, gender based violence and FGM. Working with couples, families and individuals. Community work.

Client Population: Children & Adults

Languages: English, Dutch

Mode of Practice: In-person, online

Location: Kilimani, house visits

Phone: 254711599498

Email: mariavanhelbergen@live.nl

Marie-Rose Iberl

Qualifications: Psychologist (Diploma University Germany), Gestalt Therapy (Erv and Miriam Poslster San Diego/US, MTP (Multisensual Trauma Processing, EMDR principles), Advanced Master program on Treatment of Trauma (NICABM, The National Institute for the Clinical Application of Behavioural Medicine)

Therapeutic Approach / Specialisation:

Private Practice, Trainer for Gestalt therapy, Supervision, Coaching for 18 years in Germany. Lecturer for Neuropsychological basics UNI Germany. from 1990 private practice in Kenya, specialising in Trauma work (individual and groups), depression, anxiety, toxic relationships, attachment and development issues, crisis intervention. My approach is holistic: body, mind, emotions, spirituality. Creativity, laughter and joy... whatever is helpful!

Client Population: Adults and Teenagers

Languages: English, German

Mode of Practice: preferably in person, virtual

Location: Parklands

Phone: 0733 736445

Email: maro.iberl@gmx.net

Mary Gitu

Qualifications: Msc. Suicidology, MA Psychology, BA Human Resources Major Employee Wellness

Therapeutic Approach / Specialisation:

Suicide and Self harm work under the Centre for Suicide Research & intervention (CSRI) Providing care and support for those in suicide crisis. Trauma work especially Emotional Trauma and GHIA. Healing Centred and Peace-building in war and conflict areas in the region. Modalities include CAMs, SI, DBT, SEP, TRE, EMI, EMDR level 1

Client Population: Teen, youths and Adults

Languages: English and Swahili

Mode of Practice: In person and Virtual

Location: Karen-Nairobi, Milimani-Nakuru

Phone: 254722956738

Email: innostaan@gmail.com

Website / Social: www.innostaan.org

Munira Ahmed

Qualifications: MA Clinical Psychology, MA Counselling Psychology

Therapeutic Approach / Specialisation:

I work from a trauma-informed framework, adapting therapy to each client's needs. My approach incorporates CBT, EMDR, DBT, EFT, and THERAPLAY to support emotional regulation, healing, and connection. I work with children, couples, and families, and specialise in trauma and psychiatric disorders.

Client Population: Children, Adolescents, Adults. Elderly

Languages: English, Hindi, Gujarati
Mode of Practice: In-person, Online
Location: Westlands, Nairobi
Phone: 254734461175
Email: muniraahmed@hotmail.co.uk

Neesha Bhullar

Qualifications: MA Clinical Psychology, BA (Hons) MA (Clin Psych)

Therapeutic Approach / Specialisation:

Comprehensive Neuropsychological and Psycho-educational evaluations for children and adults. Areas of Specialisation: Specific Learning Difficulties: (Dyslexia, Dyscalculia, Dysgraphia), Social, Emotional and Behavioural Difficulties, and Neurodevelopment issues such as ADHD, ASD and Mental Health Difficulties such as Depression and Anxiety. I use a wide range of formal standardised and informal assessment tools for the above. I will also do basic screenings for Dementias in older adults in the new year.

Client Population: Children, Teenagers and Adults

Languages: English and Kiswahili

Mode of Practice: Initial and Follow up consultations are done Online. The psychological assessments are done in person at their school or home so I travel to their location.

Location: Karen

Phone: 254719701663

Email: neesha.bhullar@gmail.com

Nigel Wilson-Brown

Qualifications: BSc Psychology, DipCBH, DipSMRB

Therapeutic Approach / Specialisation:

My primary modalities are Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT). My work is process/skill based in the core processes of psychological flexibility, coupled with self-compassion, emotional freedom and behavioural activation. I work with anxiety, panic disorders, trauma, phobias, sleep problems, chronic pain management, habit change, confidence anxiety & low self-worth, work-related stress, emotional disturbance, grief & loss, general life coaching.

Client Population: 16+

Languages: English

Mode of Practice: In person and online

Location: Karen

Phone: 254794269949

Email: helpforwholenessnow@gmail.com

Pinky Lakhani

Qualifications: MS-Marriage & Family Therapy; BA- Psychology; Minor - Criminal Justice; Pranic Psychotherapist (Healing Chakra Blockages). Individual, Couple's, Family & Therapy; CADC- Certified Drug & Alcohol Counsellor. Managerial/Clinical Director - Extensive experience in running 5 Dual Diagnosis Alcohol); Treatment Centers in CA, FL (USA). Clinical Supervision - Supervise Registered Interns & Counsellors

Therapeutic Approach / Specialisation:

Complex Trauma, Depression, Anxiety, Cross-Addictions (Substance/Drug, Foc Sex, Shopping etc), Personality disorders, Couples Counselling/Relationship issues, Substance Abuse, Domestic Violence, Emotional abuse within a relationship); F Family of Origin Issues; Inner Child Work, Self-Esteem issues; Women's issues, (LGBTQ); Codependency, & Anger Issues.

Client Population: Adolescents, adults

Languages: English, Indian

Mode of Practice: Virtual and In-person

Location: Purshottam Place, Westlands Road

Phone: 7453502480

Email: plakhani27@gmail.com

Safeena Nazar

Qualifications: PhD in Clinical Psychology (in progress) Research focus: executive function profiles across ADHD subtypes. MClInPsych - Clinical & Health Psychology (Honours). Hons BA - Child and Youth Mental Health. Postgraduate Certificate - Social, Emotional & Behavioral Difficulties. Diploma (Hons) -Early Childhood Education. Major: Neurological Disorders. Minor: Inclusive Special Educational Needs

Therapeutic Approach / Specialisation:

Developmentally informed and integrative approach with a primary focus on ADHD and strong experience with Autism. I provide ADHD, educational psychology, neuropsychological, and diagnostic assessments. Clinical focus includes anxiety, depression, and behaviour challenges. Modalities include CBT, ACT, ERP, DBT skills, EFT, EMDR (Level 2), Gottman, Play Therapy and Theraplay. Individuals and couples.

Client Population: Children, teenagers, adults

Languages: English

Mode of Practice: In-person & Online

Location: Westlands

Phone: 254759456811

Email: safeena@spectrumkenya.com

Website / Social: www.spectrumkenya.com

Samantha, Dr. Mansell

Qualifications: Doctorate in Clinical Psychology (DClinPsy) University College London (UCL). BA (Hons) Experimental Psychology (1st Class Degree) University of Oxford.

Therapeutic Approach / Specialisation:

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 Focused Therapy, Acceptance and Commitment Therapy, Narrative Exposure Therapy (NET) and Dialectical Behavioural Therapy (DBT). I make use of trauma-focussed techniques (memory reliving and rescripting) where indicated, including Eye Movement Desensitisation Reprocessing.

Client Population: Adults

Languages: English

Mode of Practice: In person or online

Location: Lower Kabete

Phone: 254742846447 (local), 447875446693 (WhatsApp)

Email: samantha.mansell@reflectkenya.net

Website / Social: www.reflectkenya.net

Sanni Bundgaard

Qualifications: MSc Psychology, Clinical Sexology/Sex Therapy (certified), MPH Sexual and Reproductive Global health, B.S. Midwifery

Therapeutic Approach / Specialisation:

Therapeutic approach is trauma informed, gender/sexuality affirmative, sex/body-positive and integrative with elements of somatic therapy, CBT, EFT.

Sexual dysfunction, reproductive trauma, sexual/intimate partner violence, gender identity and sexual orientation, relationship dysfunction, sex and intimacy education.

Individuals, couples, groups.

Client Population: Adolescents, adults

Languages: English, Danish

Mode of Practice: In-person, Online

Location: Spring Valley, Kilimani

Phone: 254799443404

Email: bundgaardlimited@gmail.com

Website / Social: www.sannibundgaard.com, IG: WomanhoodBySanni

Tonya, Dr. Shaw

Qualifications: BSc (Hons) Psychology. The University of Edinburgh 1985-1989
Clin.Psy.D. Doctorate in Clinical Psychology. University of Birmingham 1992-1995

Therapeutic Approach / Specialisation:

Adult Mental Health. I work with individuals and couples dealing with interpersonal and relationship difficulties, depression, anxiety disorders and eating disorders. 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).

Client Population: Adults

Languages: English

Mode of Practice: In-person and virtual

Location: nan

Phone: +254 706 297 214, Karen Surgery: +254 733 642 246 , +254 755 642 246

Email: Dr_TonyaShaw@KarenSurgery.com

Website / Social: www.karensurgery.com

Wairimu Muchai

Qualifications: Psy.D Clinical Psychology ; M.A Clinical Psychology ; B.A Psychology ; Dip, Counselling

Therapeutic Approach / Specialisation:

Therapeutic approach is culturally sensitive, developmentally informed treatment modalities with integrative elements of Psychodynamic, Transdiagnostic, DBT and EFT. Services include; Individual Psychotherapy. Expert Insight into the developmental stage of Emerging Adulthood. Anxiety, Emotion Regulation and Adjustment difficulties in the transition to adulthood. Navigating the Transition to Adulthood. Workshops, Talks and Trainings for organisations on Emerging Adulthood

Client Population: Emerging adults (18-29) , Adults (30-45)

Languages: English, Kiswahili

Mode of Practice: Hybrid

Location: Ruaraka Housing Estate, USIU-ROAD

Phone: 254780511880

Email: info@blossomwellness.co.ke ; wairimu.muchiri@blossomwellness.co.ke

Website / Social: www.blossomwellness.co.ke

Wendy Aimée De Macker

Qualifications: Master Intergenerational Therapy | Youth, Family & Context | University of Amsterdam | NL + Degree Social Work | The Hague University of Applied Science | NL + Bachelor Psychology | University of Utrecht | NL + MST / MDFT + Gottman Level 1 & 2 | Gottman Institute + EFCT | Externship & Core Skills | ICEEFT

Therapeutic Approach / Specialisation:

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 and MDFT next to my masters in intergenerational therapy. These days my passion is directed to couples counselling and I lean heavily into the evidence based method EFCT | 'Emotionally Focused Couples Therapy', after being trained in the modalities Gottman and EFT (www.iceeft.com) on advanced level. Individuals, Couples, Families, Parents, Co-parents and other relationships as Friends or Siblings.

Client Population: Adolescents (14+ years), Adults,

Languages: English and Dutch

Mode of Practice: Hybrid (in-person and online)

Location: Lower Kabete

Phone: 254711927666 (Administrative Assistant Mwangi Nderitu; available every Tuesday & Friday)

Email: welcome@vizazi.org (Administrative Assistant Mwangi) or wdemacker@vizazi.org (Wendy)

Website / Social: www.vizazi.org & IG: vizazi_org..Online booking: www.vizazi.janeapp.com
