

# MEET THE TEAM

INTELLECT MEETS EMPATHY AND  
DISCRETION MEETS RIGOUR



Minds in  
Session

# WELCOME TO MINDS IN SESSION

Minds in Session is a London-based **psychological consultancy** working with individuals, institutions, and philanthropic organisations across the UK and globally.

Our work blends **evidence-based psychology, cultural intelligence, and executive insight** to support high-stakes decision making, personal transformation, and systemic change.

We work with you at the intersection of **psychology, leadership, and social impact** to offer insight-led services for those who have accepted the responsibility to shape culture, guide institutions, and seek clarity in complex times.

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## ESTHER JOHN

**FOUNDER**  
**CLINICAL & FORENSIC PSYCHOLOGIST**  
**EXECUTIVE LEADERSHIP COACH**

Esther John is the Founder of Minds in Session, a Clinical and Forensic Psychologist, and an Executive Leadership Coach. Her work encompasses personal transformation and systemic change, supporting individuals, leaders, and organisations to navigate psychological complexity with clarity, depth, and care.

With over twenty years of experience in clinical and forensic psychology, leadership development, and organisational transformation, Esther offers a unique combination of rigour and compassion.

Her approach combines deep psychological insight with cultural intelligence, systemic thinking, and philanthropic fluency.

Whether delivering therapeutic input, preparing expert witness reports, or advising executive teams, Esther is known for her reflective, relational, and incisive approach. She helps people think clearly in complexity, lead with conviction, and act with integrity even in the most high-stakes environments.





## DR JONATHAN VINCE

### CONSULTANT FORENSIC GENERAL ADULT PSYCHIATRIST

Dr Jonathan Vince is a dual-qualified Consultant Psychiatrist with over 35 years of experience in psychiatry and 25 years as a consultant across forensic and general adult specialities. Known for his clinical precision, calm authority, and depth of cultural awareness, Dr Vince works across criminal, civil, and family law contexts, offering psychiatric expertise in some of the most complex and sensitive cases.

Dr Vince is dual registered on the GMC Specialist Register in both Forensic Psychiatry and General Adult Psychiatry. His career has spanned both the UK and the Caribbean, including extensive leadership in psychiatric services for diverse and marginalised populations. He is particularly skilled in working with schizophrenia, bipolar disorder, PTSD, delusional disorders, autism, addiction, and personality disorders, frequently where psychiatric disturbance overlaps with risk, trauma, or legal complexity.

At Minds in Session, he provides psychiatric consultation, medico-legal reports, and clinical supervision across high-stakes environments. His areas of specialist competence include sexual offending, risk assessment, asylum-related mental health, and neurodevelopmental disorders such as ADHD, including medication management and autism.

What distinguishes Dr Vince is his ability to hold clinical authority and human complexity in equal measure. His work reflects a deep commitment to justice, clarity of thought, and the responsible use of psychiatric expertise, especially in environments where decisions carry significant impact.

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## Dr VIRNA TEIXEIRA

**MEDICAL DOCTOR**  
**PSYCHIATRIST**  
**NEUROLOGIST**  
**SLEEP MEDICINE SPECIALIST**

Dr Virna Teixeira is a medical doctor with over 25 years of clinical experience, blending expertise in neurology, psychiatry, and sleep medicine with a deeply human approach to care. Originally trained as a neurologist in Brazil, she also holds an MSc in Sleep Medicine from the University of Edinburgh.

Since 2017, Dr Teixeira has worked in UK psychiatry, gaining extensive experience with neurodiverse individuals, including during her work at HMP Wandsworth. She is fully qualified to conduct ADHD assessments and brings an evidence-based, compassionate lens to each case. Her additional training in substance misuse further informs her understanding of complex presentations and comorbidities.

Currently training part-time as a Jungian analyst, Dr Teixeira integrates medical, psychological, and symbolic frameworks into her work, offering a truly holistic understanding of mental health. Her approach is marked by care, clinical rigour, and deep respect for each individual's uniqueness.





## DR JULIE BAAH

### CLINICAL PSYCHOLOGIST

Dr Julie Baah is a highly experienced, HCPC-registered Clinical Psychologist and academic who provides psychological therapy, consultation, and reflective space for individuals navigating personal and professional challenges. With a calm and attuned presence, Julie supports clients experiencing stress, anxiety, trauma, low mood, and difficulties adjusting to change or adversity.

Her approach is holistic and relational, grounded in evidence-based practice while deeply respectful of the individual's values, beliefs, and cultural background. She integrates psychological theory with practical skills and resources, helping clients build resilience, deepen self-understanding, and move forward with clarity.

Julie combines clinical expertise with an academic lens, making her especially effective at translating psychological knowledge into real-world, human solutions. She creates a safe, non-judgemental space where clients feel seen, heard, and empowered to grow.



## DR KUMAR BIRCH

### CLINICAL PSYCHOLOGIST (specialty Child and Adolescent)

Dr Kumar Birch is a thoughtful and experienced clinical psychologist who brings warmth, rigour, and curiosity to his work. With a background spanning forensic, child, adult, and research settings, he has developed a deep specialism in child and family psychology, with a particular focus on supporting individuals and communities affected by trauma to become more emotionally agile.

He is highly skilled in conducting complex psychological assessments across the spectrum of mental health and is especially interested in the role of relational dynamics, how people use their emotional lives to form connections and draw on inner strengths.

In addition to his clinical work, Dr Birch supports staff in complex systems to reflect on their values as a means of sustaining purpose and motivation. He is known for his grounded, reflective style and his ability to create a sense of safety when exploring emotionally challenging terrain.

Beyond individual therapy and assessment, Dr Birch is engaged in organisational work around equity and resilience. His practice is grounded in trust-building across differences, and he navigates sensitive topics with both care and clarity.

Dr Birch brings a quiet assured presence to every space he enters, embodying a rare blend of clinical depth, cultural awareness, and personal integrity.



## **GILLIAN CAMPBELL**

**DOCTORAL TRAINEE  
COUNSELLING PSYCHOLOGIST**

Gillian Campbell is a Doctoral Trainee Counselling Psychologist currently completing her clinical placement at Minds in Session. Her main clinical interests lie at the intersection of education, emotional wellbeing, and neurodiversity. With over 15 years of experience in the education and learning support sectors, Gillian brings a wealth of expertise in working with children and adolescents presenting with literacy difficulties, emotional distress, and developmental challenges.

She is a SASC-approved Specialist Teacher Assessor and offers comprehensive diagnostic assessments for Specific Learning Difficulties (SpLD), with a particular speciality in dyslexia for children aged 8 to 15. Her practice is grounded in a solid understanding of both cognitive and emotional development, enabling her to work holistically with young people navigating academic and psychological challenges.

Gillian is a Qualified Teacher and holds active memberships with PATOSS and the British Psychological Society. Her professional background is defined by care, precision, and a commitment to providing accessible, evidence-informed support. Gillian contributes to our integrative therapeutic work, always bringing curiosity, warmth, and a desire to deeply learn from each client interaction.



## **DR LARISSA JOHNSON**

**FORENSIC PSYCHOLOGIST & TRAUMA  
THERAPIST**

Dr Larissa Johnson is a Chartered Forensic Psychologist, Certified Clinical Trauma Professional, EMDR therapist.

With over a decade of experience in the NHS and in secure hospital and prison settings, she is highly experienced in working with complex trauma, forensic assessment, and trauma-informed systems. Dr Johnson has worked closely alongside hospital and prison staff, as well as hospitalised and imprisoned individuals across the UK, UK overseas territories, and Canada, and brings a deep understanding of systemic traumas within healthcare and carceral systems.

She works to foster psychologically safe spaces for staff and service users to reflect, grow, and support one another in emotionally demanding environments. Her current focus is on providing education on working with complex trauma, helping organisations become trauma-informed, and building resilience in teams.



## DR SADE KING

**CLINICAL PSYCHOLOGIST  
LECTURER  
EQUITY ADVOCATE**

Dr Sade King is a Clinical Psychologist with over 10 years of experience in the mental health field. Her clinical and academic work focuses on racial trauma, the social determinants of mental health, and the psychological impact of systemic and structural inequalities.

Dr King works within a specialist NHS service supporting refugees and asylum seekers in recovery from complex trauma. In her private practice, she supports individuals navigating a broad range of emotional and psychological challenges. Her therapeutic approach is grounded, relational, and attuned to the lived realities of those she works with.

In addition to her clinical work, Dr King is a Lecturer and Academic Tutor at the University of East London. She facilitates reflective practice spaces for psychologists at all stages of their careers and contributes widely to initiatives promoting equity, inclusion, and culturally informed care.

Dr King is known for her depth of thought, critical insight, and commitment to creating spaces where voices are heard, power is examined, and psychological support is both ethical and effective.



## DR NADIA MANGIAMELI

**ITALIAN CLINICAL PSYCHOLOGIST &  
PSYCHOANALYTIC PSYCHOTHERAPIST**

Dr Nadia Mangiameli is an experienced clinical psychologist and psychoanalytic psychotherapist with a deep commitment to psychological healing, emotional insight, and human dignity. With over 15 years of clinical practice across hospital, legal, community, and residential settings, she brings a rich and steady presence to her work with individuals and families navigating trauma, neurodevelopmental conditions, and psychological distress.

Trained in Italy and registered across multiple jurisdictions, Dr Mangiameli has worked extensively with both adults and minors, offering psychological assessments, psychodynamic psychotherapy, and trauma-informed support in complex and sensitive contexts, including child protection, family law, and mental health rehabilitation. Her work is marked by a careful attention to relational dynamics, unconscious processes, and the inner architecture of emotional life.

In addition to her therapeutic practice, she has significant experience conducting parenting evaluations and consultations for proceedings. She is also skilled in the administration and interpretation of cognitive, neuropsychological, and psychological assessments, bringing rigour and clarity to multidisciplinary teams.

At Minds in Session, Dr Mangiameli offers both therapeutic intervention and expert psychological input on complex cases. She is valued for her calm, thoughtful approach and her ability to meet people where they are, especially in contexts where trust must be earned rather than assumed. Her psychoanalytic grounding and cross-cultural sensitivity make her particularly attuned to the emotional nuances that matter most in high-stakes settings. Dr Mangiameli is not yet registered as a psychologist in the UK but is fully registered and accredited in Italy.



## KIRSTEN MCCALLUM

### FORENSIC PSYCHOLOGIST & THERAPIST

Kirsten McCallum is a Chartered Forensic Psychologist and Systemic Practitioner with over 15 years of experience working across custodial, community, and therapeutic environments. With a career grounded in psychological risk assessment, trauma-informed practice, and rehabilitation, Kirsten specialises in working with young people and adults affected by violence, exploitation, gang affiliation, and complex social contexts.

Kirsten is trained in both Cognitive Behavioural Therapy and Functional Family Therapy (Gangs), and has developed a reputation for her ability to work effectively with high-risk and high-vulnerability populations. She is the author of *Think & Connect*, a 1:1 CBT-informed intervention developed to support young people navigating complex emotional and behavioural challenges.

Her forensic expertise spans the assessment and management of violent, extremist, and sexual offending, including the use of structured clinical tools such as the HCR-20, SAPROF, ERG, and PCL-R. She has extensive experience delivering psychological reports for parole boards and court proceedings, as well as providing oral evidence in high-stakes legal contexts.

Kirsten currently leads the implementation of the "Your Choice" intervention within the London Borough of Haringey, a CBT-informed pilot supporting young people affected by serious youth violence. In this role, she provides both clinical supervision and workforce training, contributing to systemic change at the community level. At *Minds in Session*, Kirsten brings a grounded, trauma-informed, and systemically attuned approach to therapeutic and forensic work. She is committed to improving outcomes for marginalised groups through clinical excellence, community engagement, and values-driven practice.



## DR JENNIFER NICHOLAS

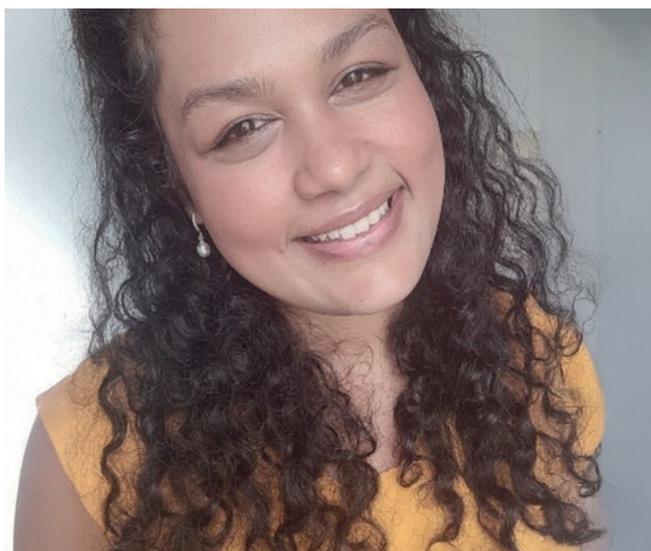
### CLINICAL PSYCHOLOGIST, FACILITATOR & LECTURER

Dr Jennifer Nicholas is a London-based Clinical Psychologist with a deep commitment to inclusive, community-rooted practice. Her work spans paediatric, adult, and systemic settings, with a strong focus on supporting marginalised communities and addressing the impact of inequality on psychological wellbeing.

Jennifer currently works across NHS services, delivering psychological interventions to children, families, and staff teams. She is based within community and hospital-based contexts and is known for her warm, thoughtful, and culturally attuned approach. Her clinical interests include the intersection of mental health, racial justice, spirituality, and social context.

At *Minds in Session*, Jennifer facilitates reflective practice groups in university and organisational settings, bringing depth, containment, and psychological insight to high-pressure professional environments. Her group work is characterised by safety, rigour, and the ability to engage with complexity around identity, power, and belonging.

Jennifer holds specialist training in CBT for Psychosis and completed her Doctorate in Clinical Psychology at the University of East London, where her doctoral thesis focused on Black and Asian women's experiences of psychosis and compulsory admission. She continues to contribute to the field as a lecturer, mentor, and workshop facilitator, supporting the next generation of inclusive clinical thinkers.



## DR TRENE CHANDREA RAMA

### CLINICAL PSYCHOLOGIST & CBT THERAPIST

Trene is a HCPC-registered Clinical Psychologist with a diverse and grounded background across forensic, community, paediatric, and neurodivergent services. She brings over a decade of experience in mental health, having trained and worked across adult CMHTs, residential services, trauma pathways, and primary care.

Her clinical practice is informed by a strong foundation in Cognitive Behavioural Therapy (BABCP accredited), Interpersonal Psychotherapy, and emerging training in EMDR. She is particularly skilled in working with trauma, neurodevelopmental needs, adjustment difficulties, and complex health-related presentations. Her therapeutic work is integrative, person-centred, and shaped by a deep commitment to accessibility, compassion, and evidence-based care.

Trene's doctoral research at Cardiff University focused on the academic outcomes and wellbeing of trainee CBT therapists, examining the role of service infrastructure and engagement. Her broader academic interests include cross-cultural supervision, reflective practice, and systemic barriers to equitable mental health care.

At Minds in Session, she contributes to diagnostic assessment, formulation, and therapeutic support for clients with complex presentations, and is valued for her emotional depth, clinical precision, and intellectual curiosity. Her approach is relational, thoughtful, and quietly rigorous, marked by a commitment to working ethically within systems that often require reform.



## DR RICHARD WILKES

### CONSULTANT COUNSELLING PSYCHOLOGIST

Dr Richard Wilkes is a highly experienced Consultant Counselling Psychologist known for his depth of compassion, clinical insight, and ability to work meaningfully with complexity. Since qualifying in 2008, he has spent over a decade in secondary mental health services, supporting individuals facing profound psychological distress. His work is grounded in a deep understanding of trauma, bereavement, and emotional recovery.

Now leading a specialist neurodiversity department, Dr Wilkes brings particular expertise in autism, ADHD, and how neurodivergent minds process emotion, identity, and relationships. He has an intuitive grasp of how brains work; how people think, feel, and make sense of their experience, and uses this understanding to help others grow in self-awareness and resilience.

Colleagues and clients alike value Dr Wilkes' capacity to create space for thoughtful reflection, and his steady, relational approach. He brings a rare ability to hold emotional intensity with calm, and to facilitate change through dialogue, not pressure.

Dr Wilkes combines his therapeutic expertise with systemic awareness, making him a trusted guide in emotionally nuanced environments. His quiet authority and empathic presence make him especially attuned to the values and human focus of people.



## SANDY BANIC

EXECUTIVE COACH  
LEADERSHIP STRATEGIST

Sandy Banic coaches leaders navigating complexity, critical transitions and the often-isolating weight of responsibility at the top. Her approach is bespoke, discreet and grounded in real-world business experience, built on a 20+ year career in financial services, corporate HR and business development.

Her clients value a coach who brings both sharp strategic thinking and the ability to go deep, a trusted thinking partner who listens without judgment, challenges with precision and helps surface the patterns, beliefs and blind spots that shape how they lead.

Her work is shaped by executive coach training from the University of Cambridge, an MBA, and a solid foundation in various psychological frameworks. These include cognitive-behavioural coaching, neuroscience, person-centred methodology, and insight-based approaches rooted in Jungian psychology. The outcome is coaching that is not only reflective but also highly actionable, helping leaders shift mindsets, unlock potential, and lead with greater clarity and intention.

At the heart of Sandy's work is a firm belief in human potential and a deep commitment to helping leaders show up at their best. She supports them to lead with aligned vision, purpose and strategy, inspiring the hearts and minds of others to create the conditions for trust, engagement and high-performing teams. She is passionate about values-driven, human-centred leadership as the key to sustainable success.



## RODRIGO JAZINSKI

EXECUTIVE COACH

Rod is a systems-oriented executive coach and technology strategist with over 25 years of experience bridging software engineering, digital innovation, and human development.

With a career spanning healthcare, media, education, and research, he assists leaders and teams in navigating their personal complexities to bring organisation, insight, and calm to high-stakes decision-making moments.

As both a fractional CTO and executive coach, Rod operates at the intersection of product architecture, cross-functional leadership, and emotional intelligence. He partners with founders, senior leaders, and high-growth organisations to align vision with execution and helps teams scale not only their platforms, but also their thinking. His coaching brings a rare blend of technical precision and human depth to support leaders to lead with clarity, coherence, and presence.

Rod's approach is shaped by a deep commitment to systems thinking. He helps clients see the patterns beneath the pressure, make grounded decisions in the face of uncertainty, and lead in ways that are both emotionally attuned and strategically rigorous.

Besides his coaching and technology work, Rod manages an independent research initiative centred on symbolic systems, harmonic epistemology, and computational emergence, where he enjoys exploring how knowledge develops at the intersection of structure, resonance, and intention.

Rod brings a reflective, systems-informed lens to leadership development that makes him a trusted partner for mission-driven executives and organisations seeking to scale with integrity.



## FUNGAI GONHI

**ACCREDITED CBT, IPT THERAPIST  
EMDR PRACTITIONER**

Fungai is a fully accredited Cognitive Behavioural Therapist and Interpersonal Therapist with over 13 years of experience supporting adults in both NHS and private mental health services. Her clinical approach is warm, evidence-based, and adaptable, informed by years of front-line work and team leadership in IAPT services, where she delivered both CBT and IPT to a diverse range of clients.

She specialises in treating depression, anxiety, and the full spectrum of common mental health difficulties, including generalised anxiety disorder, panic, health anxiety, social anxiety, low self-esteem, OCD, PTSD, and long-term health conditions. Fungai also has significant experience working with complex trauma, including childhood sexual abuse and neglect.

Her therapeutic work is sensitive to the real-world contexts that shape mental health, such as work-related stress, financial pressure, bullying, racism, relationship strain, and challenges related to gender and sexual identity. She brings compassion, curiosity, and cultural awareness to every client interaction.

Fungai holds postgraduate qualifications in CBT (BABCP-accredited) and IPT (IPT UK-accredited), a BSc in Psychology, and further training in EMDR and Acceptance and Commitment Therapy (ACT). She is committed to ongoing professional development and brings an integrative, person-centred mindset to her work.



## NATALIE MEEK

**BABCP ACCREDITED COGNITIVE  
BEHAVIOURAL PSYCHOTHERAPIST  
LECTURER IN CLINICAL PSYCHOLOGY (FHEA)**

Natalie Meek (she/they) is a BABCP-accredited Cognitive Behavioural Psychotherapist with over 15 years of experience working in primary care mental health services across both NHS and private practice settings. Known for their clarity, thoughtfulness, and values-driven approach, Natalie brings depth and rigour to their therapeutic work.

In addition to clinical practice, Natalie is a Lecturer in Clinical Psychology at the University of Reading. They play a key leadership role at the Charlie Waller Institute, serving as both the Disability Representative and the Decolonising Lead. They are a Fellow of the Higher Education Academy and are actively engaged in research focused on anti-discriminatory clinical practice, examining how therapist behaviours and clinical decisions are shaped by awareness of identity, power, and systemic context.

Natalie is particularly focused on how to effectively educate psychological professionals in supporting the trans community and has delivered workshops for the BABCP on the topic. They also recently delivered workshops for Bespoke Mental Health on delivering anti-discriminatory therapy for minoritised communities.

Natalie's work is informed by a commitment to justice, inclusivity, and therapeutic integrity. Whether in the therapy room or the classroom, they foster environments where complexity is welcomed, identity is honoured, and meaningful change can unfold.



## **JANEEN WILSON**

**DRAMATHERAPIST  
SENIOR CBT THERAPIST  
SUPERVISOR**

Specialist Experience with children and adolescents.

Janeen is a highly experienced dramatherapist, CBT therapist, and clinical supervisor, with over 15 years of expertise across the mental health and therapeutic fields. Based in London, she has worked across health, education, and both public and private sectors, bringing a rich, cross-disciplinary understanding to her work.

Her supervision practice is grounded in compassion, clarity, and collaboration. She offers a safe, reflective space for both trainee and qualified professionals to explore their work, deepen insight, and refine clinical judgement. Her approach is relational and robust, centred on mutual respect, psychological safety, and continuous professional development.

Janeen brings a distinctive therapeutic voice to supervision, integrating the expressive depth of dramatherapy with the structured rigour of CBT. This blended approach creates space for both emotional exploration and practical skill-building, helping supervisees navigate the complexity of their roles with confidence and care.

Her work is characterised by warmth, curiosity, and clinical excellence, qualities that make her a valued guide for those committed to delivering meaningful, ethical, and transformative psychological care.







## Minds in Session

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Minds in Session Ltd is registered in England and Wales. Care Quality Commission registered.

All clinicians are HCPC-registered and operate under professional codes of conduct.