



## Kimberley Wilson

Chartered Psychologist

*"Kimberley's work looks at the role food and lifestyle plays in our mental health"*

Kimberley Wilson is a Chartered Psychologist, with a master's degree in nutrition who has a private practice in central London. A former Governor of the Tavistock & Portman NHS Mental Health Trust, Kimberley led the therapy service at HMP & YO1 Holloway, which at the time was Europe's largest women's prison.

### TOPICS:

- Whole Body Mental Health
- Food and Lifestyle
- Mood Food
- How to Build a Healthy Brain
- The Power of Psychology

### LANGUAGES:

She presents in English.

### PUBLICATIONS:

- 2024** Podcast: Stronger Minds
- 2023** How the Food We Eat is Fuelling our Mental Health Crisis
- Fort** hcoming 2018How to Build a Healthy Brain

### IN DETAIL:

As a nutritionist, Kimberley looks at how things like diet and lifestyle affect our mental health, including disordered eating, gut-brain axis, and our emotional relationship with food. Passionate about the power of psychology to transform lives, Kimberley is committed to demystifying the theories and putting the information into the hands of the people who need it through social media, podcasts, and television appearances. Kimberley has written for BBC Science Focus and Psychologies Magazine, hosted the podcast Made of Stronger Stuff and the scientific segment of One Dish both on BBC Radio 4, appeared regularly on Lorraine ITV and been the featured mental health expert on several Channel 4 series and documentaries.

### WHAT SHE OFFERS YOU:

Kimberley believes the way we think about mental health, as separate from physical health, is flawed. Her philosophy of Whole Body Mental Health is a comprehensive approach to mental health care; integrating evidence-based nutrition and lifestyle factors with psychological therapy.

### HOW SHE PRESENTS:

An exceptional speaker, Kimberley thinks the way we treat mental illness is changing and invites audiences to join the revolution.