



## Kimberley Wilson

### Chartered Psychologist

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



Kimberley Wilson is a Governor of the Tavistock and Portman NHS Mental Health Trust and the former Chair of the British Psychological Society's training committee in counselling psychology. She also managed the psychology service for Holloway Prison, 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

#### 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, she 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 hosts the podcast *Made of Stronger Stuff* alongside Dr Xand van Tulleken on BBC Radio 4. Its unique approach takes the pair on a journey around the human body exploring a different body part in-depth in each episode, asking what it can tell us about our innate capacity for change.

#### LANGUAGES:

She presents in English.

#### PUBLICATIONS:

2023 How the Food We Eat is Fuelling our Mental Health Crisis  
2018 How to Build a Healthy Brain

#### 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.