



# Priory Hospital Woodbourne

## Consultant and therapist list

Manor ward at Priory Hospital Woodbourne, in Birmingham, provides expert mental health care in an exclusive and modern setting. Individuals suffering from a range of mental health conditions such as anxiety, depression and bipolar disorder can access specialist treatment in a discreet and safe environment ensuring the best possible outcomes.

### Consultants

| Name  | Qualifications   | Specialities   | Outpatient clinics                    |
|---|--|--|---------------------------------------|
| <b>Dr Hayley van Zwanenberg</b>   | MBBS<br>MMedSci<br>MRCPsych<br>CCT in Child and Adolescent Psychiatry<br>Approved clinician, Diploma in Systemic Family Therapy<br>Diploma in Hypnotherapy | <ul style="list-style-type: none"> <li>• Anxiety disorders</li> <li>• Autistic spectrum disorders and ADHD</li> <li>• Autism diagnosis</li> <li>• Eating disorders</li> <li>• General Child and Adolescent Psychiatry</li> <li>• Mood disorders (depression, bipolar)</li> <li>• Obsessive Compulsive Disorder</li> <li>• Psychosis</li> <li>• Self-harm help</li> <li>• Trauma</li> </ul> | Priory Wellbeing Centre<br>Birmingham |
| <b>Dr Salman Afzal</b><br>Consultant Psychiatrist - Adult                   | MBChB<br>MRCPsych<br>Section 12(2) approved<br>Undergraduate Degree  | <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Mood disorders</li> <li>• Self-harm</li> <li>• Women's mental health</li> </ul>  | Priory Wellbeing Centre<br>Birmingham |
| <b>Dr Syed Omair Ahmed</b><br>Consultant Psychiatrist - Adult               | MBChB<br>MRCPsych<br>Dip. CBT<br>Dip.EMDR  | <ul style="list-style-type: none"> <li>• Addiction psychiatry</li> <li>• Cultural psychiatry</li> <li>• General adult psychiatry</li> <li>• Liaison (physical health) psychiatry</li> </ul>  | Priory Wellbeing Centre<br>Birmingham |
| <b>Dr Nina Champaneri</b><br>Consultant Psychiatrist - Child and Adolescent | MRCPsych<br>MBChB Medicine   | <ul style="list-style-type: none"> <li>• Child and adolescent mental health</li> </ul>   | Priory Wellbeing Centre<br>Birmingham |

### Contact us

**Priory Hospital Woodbourne**, 21 Woodbourne Road, Edgbaston, Birmingham, West Midlands, B17 8BY  
 Tel: 0121 200 5930 | Fax: 0121 434 3270 | Email: [woodbournemanor@priorygroup.com](mailto:woodbournemanor@priorygroup.com)  
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| <b>Dr Sasha Hvidsten</b><br>Consultant Psychiatrist -<br>Child and Adolescent | MBChB<br>MRCPCH<br>MRCPsych<br>PGCert (LLM)   | <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Attention deficit hyperactivity disorder (ADHD)</li> <li>• Autism assessment and management</li> <li>• Eating disorders</li> <li>• Medically unexplained symptoms</li> <li>• Mood disorders</li> <li>• Psychosis</li> <li>• Tourettes and tic's (habit reversal therapy)</li> </ul> | Priory Wellbeing Centre<br>Birmingham |
| <b>Dr Renju Joseph</b><br>Consultant Psychiatrist -<br>Adult                  | MBBS<br>MD<br>LLM (Medical Law)<br>MRCPsych   | <ul style="list-style-type: none"> <li>• Addiction psychiatry</li> <li>• Adult ADHD and autistic spectrum disorders</li> <li>• Anxiety disorders</li> <li>• Mood disorders</li> <li>• Obsessive compulsive disorder (OCD)</li> </ul>  | Priory Wellbeing Centre<br>Birmingham |
| <b>Dr Oluwagbenga Odeyemi</b><br>Consultant Psychiatrist -<br>Adult           | MBBS<br>MPH<br>PGDip Clinical Psychiatry<br>MRCPsych<br>Section 12 (2) Approved<br>CCT<br>Approved DOLS Mental<br>Health Assessor | <ul style="list-style-type: none"> <li>• Anxiety disorders</li> <li>• Bipolar affective disorder</li> <li>• Cultural psychiatry</li> <li>• Depressive disorders</li> <li>• Treatment and management of psychotic disorders including schizophrenia, schizoaffective disorder and drug-induced psychosis</li> </ul>                              | Priory Wellbeing Centre<br>Birmingham |
| <b>Dr Adelqui Villa</b><br>Consultant Psychiatrist -<br>Adult                 | MRCPsych  | <ul style="list-style-type: none"> <li>• Anorexia nervosa</li> <li>• Anxiety</li> <li>• Atypical eating disorders</li> <li>• Binge eating disorder</li> <li>• Bulimia</li> <li>• Depression</li> </ul>  | Priory Wellbeing Centre<br>Birmingham |

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| <b>Dr Chantal Bernard</b><br>Psychologist - Adolescent and Adult (Aged 14+)   | Doctorate in Counselling Psychology   | <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• General psychiatric disorders</li> <li>• Insomnia</li> <li>• Obsessive compulsive disorder (OCD)</li> <li>• Relationships</li> <li>• Stress</li> </ul>                      | Priory Wellbeing Centre<br>Birmingham |
| <b>Steven Brown</b><br>CBT & Art Therapist - Adolescent and Adults (Aged 15+)  | Post Graduate Diploma Art therapy<br>Post Graduate Diploma Psychological Counselling<br>Post Graduate Diploma Cognitive Behaviour Therapy   | <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Bipolar disorder</li> <li>• Depression</li> <li>• General psychiatric disorders</li> <li>• Insomnia</li> <li>• OCD</li> <li>• Relationships</li> <li>• Stress</li> </ul>  | Priory Wellbeing Centre<br>Birmingham |
| <b>Elizabeth Chengeta</b><br>CBT & DBT Therapist - Adolescent and Adults (Aged 16+)   | Post Graduate Diploma Cognitive Behaviour Therapy<br>Dialectical Behavioural Therapy trained<br>Registered Mental Health Nurse<br>Additional: Studying MSc in Cognitive Behaviour Therapy | <ul style="list-style-type: none"> <li>• Anxiety disorders</li> <li>• Borderline personality disorder</li> <li>• Depression</li> <li>• Low self-esteem</li> <li>• OCD</li> <li>• Panic disorder</li> <li>• Phobias</li> <li>• PTSD</li> <li>• Social anxiety</li> <li>• Stress</li> </ul> | Priory Wellbeing Centre<br>Birmingham |
| <b>Sharon Dhani</b><br>CBT & EMDR Therapist - Adults (Aged 15+)                | BSc (Hons) Psychology<br>MSc Counselling Psychology   | <ul style="list-style-type: none"> <li>• Anxiety disorders</li> <li>• Bereavement</li> <li>• Depression</li> <li>• Eating disorders</li> <li>• PTSD</li> <li>• Self-esteem</li> <li>• Self-harm</li> <li>• Stress</li> <li>• Trauma</li> </ul>  | Priory Wellbeing Centre<br>Birmingham |

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| <p><b>Arti Dhokia</b><br/>Advanced Mental Health<br/>Dietitian – Adolescent and<br/>Adults (Aged 14+)</p>   | <p>Nutrition and Dietetics<br/>BSc honours<br/>MSc Dietetics (Advanced<br/>Practice) Obesity and binge<br/>eating disorders<br/>The Low FODMAP Diet for<br/>Functional Gastrointestinal<br/>Disorders trained specialist<br/>practitioner<br/>DESMOND educator for<br/>type 2 diabetes</p> | <ul style="list-style-type: none"> <li>• <b>Corporate health promotion</b></li> <li>• <b>Early signs of disordered eating or fussy eating</b></li> <li>• <b>Eating disorders</b></li> <li>• <b>Food allergies and intolerances</b></li> <li>• <b>Healthy lifestyle consultations</b></li> <li>• <b>IBS and FODMAP diet for IBS</b></li> <li>• <b>Nutritional support for patients with dementia and other neurological conditions</b></li> <li>• <b>Obesity management</b></li> <li>• <b>Treatment for undesired weight loss</b></li> <li>• <b>Type 1 and 2 Diabetes</b></li> <li>• <b>Weight loss advice</b></li> <li>• <b>Weight management in young people</b></li> </ul> | <p>Priory Wellbeing Centre<br/>Birmingham</p> |
| <p><b>Meghan Goddard</b><br/>CBT/EMDR Therapist</p>                                      | <p>First class Psychology BSc<br/>(Hons)<br/>Psychological Interventions<br/>(CBT)<br/>Full EMDR Training – (parts<br/>1-4)</p>  | <ul style="list-style-type: none"> <li>• <b>CBT</b></li> <li>• <b>EMDR</b></li> </ul>  | <p>Priory Wellbeing Centre<br/>Birmingham</p> |
| <p><b>Kiranjit Janagal</b><br/>CBT Therapist – Adolescent<br/>and Adults (Aged 16+)</p>  | <p>BSc (Hons) in Psychology<br/>PgDip in Cognitive<br/>Behaviour Therapy<br/>Acceptance Commitment<br/>Therapy (ACT)</p>   | <ul style="list-style-type: none"> <li>• <b>Anxiety disorders</b></li> <li>• <b>Depression</b></li> <li>• <b>Low self-esteem</b></li> <li>• <b>Panic attacks</b></li> <li>• <b>Panic disorder with and without agoraphobia</b></li> <li>• <b>Stress</b></li> </ul>   |   |

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| <p><b>Joanne King</b><br/>Family Therapist -<br/>Adolescent and Adults<br/>(Aged 12+)</p>  | <p>MSc Systemic<br/>Psychotherapist UKCP</p>  | <ul style="list-style-type: none"> <li>• Attachment disorder</li> <li>• Couple counselling</li> <li>• Eating disorders</li> <li>• Family relationships</li> <li>• Parenting</li> <li>• Post adoption</li> </ul>   | <p>Priory Wellbeing Centre<br/>Birmingham</p> |
| <p><b>Liz Knight</b><br/>CBT Therapist - Adult</p>                                        | <p>BSc (Hons) Psychology<br/>MSc Forensic Psychology<br/>Postgraduate Diploma in<br/>CBT<br/>BABCP Full Accreditation<br/>as a CBT Therapist</p>  | <ul style="list-style-type: none"> <li>• Anxiety disorders</li> <li>• Depression</li> <li>• Drugs and alcohol</li> <li>• Health anxiety</li> <li>• Low self-esteem</li> <li>• OCD</li> <li>• Panic disorder</li> <li>• PTSD</li> <li>• Social anxiety</li> <li>• Stress</li> </ul>  | <p>Priory Wellbeing Centre<br/>Birmingham</p> |
| <p><b>Paramjit Mandare-Best</b><br/>CBT Therapist -<br/>Child, Adolescent and Adult</p>  | <p>Postgraduate Diploma<br/>in Cognitive Behavioural<br/>Therapy<br/>Certificate in Counselling<br/>Certificate in<br/>psychodynamic<br/>psychotherapy<br/>Registered Mental Health<br/>Nurse (RMN)</p> | <ul style="list-style-type: none"> <li>• Anxiety disorders</li> <li>• Bereavement</li> <li>• Depression</li> <li>• Low self-esteem</li> <li>• Mood disorders</li> <li>• OCD</li> <li>• Panic disorders</li> <li>• Relationships difficulties</li> <li>• Social anxiety</li> <li>• Stress</li> <li>• Transcultural mental<br/>health issues</li> <li>• Trauma</li> </ul> | <p>Priory Wellbeing Centre<br/>Birmingham</p> |
| <p><b>Sarah-Jane Otoo</b><br/>ATP Therapist - Adult</p>   | <p>MA in Integrative<br/>Psychotherapy</p>  | <ul style="list-style-type: none"> <li>• Addictive disorders</li> <li>• Anxiety</li> <li>• Depression</li> </ul>  | <p>Priory Wellbeing Centre<br/>Birmingham</p> |

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| <b>Faisal Ahmed Raja</b><br>CBT Therapist<br> | Bsc Psychology and Psychology<br>PG Cert Primary Mental Health Care<br>PG Dip Advanced Practice in Cognitive Behavioural Therapy (High Intensity IAPT) Cognitive Behavioural Therapy | <ul style="list-style-type: none"> <li>• Anxiety disorders</li> <li>• Cognitive behavioural therapy (CBT)</li> <li>• Disorders</li> <li>• Major depressive disorders</li> </ul>   | Priory Wellbeing Centre Birmingham |
| <b>Sheila Ridley</b><br>Counsellor - Adolescent and Adults (Aged 14+)  | BACP accredited Counsellor Supervisor<br>Lecturer in Counselling   | <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Attachment disorders</li> <li>• Behavioural, emotional, social and psychological difficulties</li> <li>• Bereavement</li> <li>• Binge eating</li> <li>• Depression</li> <li>• Low self-esteem</li> <li>• Obesity</li> <li>• Panic attacks</li> <li>• Postnatal depression</li> <li>• PTSD</li> <li>• Relationship issues</li> <li>• Self-harm</li> <li>• Stress</li> <li>• Trauma</li> <li>• Work related issues</li> </ul> | Priory Wellbeing Centre Birmingham |
| <b>Steve Roberts</b><br>Lead ATP Therapist   | MA counselling studies<br>Cert FE in CBT   | <ul style="list-style-type: none"> <li>• Addictive disorders</li> <li>• Anxiety</li> <li>• Borderline personality disorder</li> <li>• Depression</li> <li>• OCD</li> </ul>  | Priory Wellbeing Centre Birmingham |
| <b>Jenna Sellis</b><br>CBT & EMDR Therapist - Adult  | BSc (Hons) in Psychology<br>MRes in Psychology<br>PGCert in Psychological Therapies<br>PGDip in Advanced Practice in CBT<br>EMDR Training with EMDR Extra                            | <ul style="list-style-type: none"> <li>• Depression</li> <li>• Eating disorders</li> <li>• Generalised anxiety disorder</li> <li>• Health anxiety</li> <li>• OCD</li> <li>• Panic disorder</li> <li>• Phobias</li> <li>• PTSD</li> <li>• Social anxiety</li> </ul>  | Priory Wellbeing Centre Birmingham |

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| <p><b>Natalie Smith</b><br/>CBT Therapist –<br/>Adolescent and Adults<br/>(Aged 16+)</p>    | <p>MSc Counselling<br/>Psychology<br/>EMDR Qualification<br/>CBT training as part<br/>of CPD<br/>BABCP training days<br/>Solution Focused Training</p>   | <ul style="list-style-type: none"> <li>• <b>Body dysmorphic disorder (BDD)</b></li> <li>• <b>Early trauma</b></li> <li>• <b>General emotional difficulties</b></li> <li>• <b>OCD</b></li> <li>• <b>Panic attacks</b></li> <li>• <b>Personality disorder</b></li> <li>• <b>Relationship difficulties</b></li> <li>• <b>Stress</b></li> <li>• <b>Transference</b></li> <li>• <b>Trauma</b></li> </ul> | <p>Priory Wellbeing Centre<br/>Birmingham</p> |
| <p><b>Dr Ruth Stevens</b><br/>Clinical Psychologist –<br/>Adolescent and Adults<br/>(Aged 12+)</p>   | <p>BSc Psychology<br/>Doctorate in Clinical<br/>Psychology<br/>Post graduate diploma<br/>in CBT<br/>ADOS trained</p>   | <ul style="list-style-type: none"> <li>• <b>Anxiety disorders</b></li> <li>• <b>Depression</b></li> <li>• <b>OCD</b></li> <li>• <b>Social anxiety</b></li> <li>• <b>Phobias</b></li> <li>• <b>Working with children and young people</b></li> </ul>   | <p>Priory Wellbeing Centre<br/>Birmingham</p> |
| <p><b>Claire Tromans</b><br/>CBT Therapist –<br/>Adolescent and Adult<br/>(Aged 12+)</p>  | <p>BA Hons Degree Business<br/>Management<br/>NCFE Counselling Skills<br/>PA Connexions Diploma<br/>NVQ Level 4 equivalent<br/>Qualified NLP Practitioner<br/>Clinical Hypnotherapist<br/>Introduction to CBT<br/>PGDip High Intensity<br/>Cognitive Behavioural<br/>Therapy</p> | <ul style="list-style-type: none"> <li>• <b>Anxiety disorders</b></li> <li>• <b>Depression</b></li> <li>• <b>PTSD</b></li> </ul>  | <p>Priory Wellbeing Centre<br/>Birmingham</p> |
| <p><b>Carolin Williamson</b><br/>Addictions Integrative<br/>Psychotherapist –<br/>Adolescent and Adults<br/>(Aged 16+)</p>   | <p>MSc<br/>MA<br/>University Diploma<br/>BACP Member</p>   | <ul style="list-style-type: none"> <li>• <b>Addictions (substance and behavioural)</b></li> <li>• <b>Anxiety</b></li> <li>• <b>Depression</b></li> <li>• <b>General emotional and mental health difficulties</b></li> <li>• <b>Trauma</b></li> <li>• <b>Relationships</b></li> <li>• <b>Personality disorder</b></li> <li>• <b>Stress</b></li> </ul>  | <p>Priory Wellbeing Centre<br/>Birmingham</p> |

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