

DAWN ESTEFAN

Dawn Estefan is a London based Psychotherapist who works both within the public and voluntary sector; as well as having her own Private Practice. Her core clinical expertise is embedded within the area of trauma; working with those from marginalised communities, specifically women who have experienced Sexual, Spiritual and Domestic Abuse providing Mental Health interventions and Psychoeducation in some of the most socially and economically challenged boroughs of London. From this work and from her own personal experiences has grown a specialist interest in Race, Culture and Spirituality and its impact on Mental Health within African, Caribbean and Latino communities in the UK. This interest has led to her expanding her career as a therapist into other realms, she now develops trainings on Race and Mental Health for organisations such as The National Theatre, has been invited to speak at numerous universities on Race and Mental Health and more recently been made a Parliamentary Round Table Member of the Mental Health Act Review, specifically commenting on Institutional Racism and systemic cultural incompetency.

Dawn cites “creativity” and “fearlessness” as the two main elements that drive her career. Prior to her work as a psychotherapist Dawn worked for 20 years in the Entertainment and Music industry as Tour Manager as well as launching her own event and broadcast PR Agency. Although it may seem that there is little to no correlation with Dawn’s two career paths ironically It was her work in the entertainment industry that prompted her interest in Mental Health, finding it difficult to ignore the psychological casualties of the entertainment industry that she witnessed “mental health written off and ignored as creative genius” after the death of a close artist friend from drug overdose and breakdown of her 18 year marriage due to her own partners addiction Dawn experienced what she describes as a “epiphanic moment” left the industry and returned to University to retrain as a psychotherapist.