



17 & 18

The Royal Society of Medicine

The Virtual Wall of Honour

Panels 17 & 18

Panel 17

	Dates	Honoured by	Testimonials
Professor Richard (JROC) Collin			Read testimonial
Dr Christiaan Barnard MD	1922-2001	Dr David Rees	
Dr Pramatha Nath Ghosh	1905-1974		
Professor Per-Olle Haraldson	1949-		
Dr R. Edgar Hope-Simpson OBE	1908-2003		
Dr Dorothy Horsfield FRCPATH	1932-		
Mr Hari Narayan Lal	1980-		
Mr Stephen Eric James MS	1953-	Mrs Amelia James	
Dr Fiona McNee Taylor BDS	1940-		
Mr Ronald McPhail BSC	1935-		
Dr Derek M.L. Doran FRCP	1914-2008	Mr Robert Doran	
Dr Malcolm Pines FRCPSYCH	1925-		
Dr David N. Brooks PhD	1944-	Ms Catherine Johnson	
Dr Richard Arthur Welch CSTJ	1945-		
Mr Samuel P.C. Udezue LLBBL	1934-2009		
Elizabeth Werry			
Dr Ivor V. Wilson FRCP	1928-		
Mrs Olushola	1910-1999	Dr Aderonke Kale	
Mr Adebowale Oderinde	1904-1983	Dr Aderonke Kale	
Professor Alan E. Read CBE	1926-1993	Mrs Louisa Henderson	
Mr Frank Bernard Cockett FRCS	1916-	Dr Sally Hull	Read testimonial
Chief Samuel Adegboye Bakare	1926-1998	Dr Ann Coxon	Read testimonial
Dr Joseph Orden MBCHB	1899-1962	Mrs Lucille Leader	
Mr Raja Mohammad Sharif	1936-2008	Dr Shazia Parveen Sharif	
Professor Terence Ryan FRCP	1932-	Dr Claire Fuller	
Dr Thomas Tibbott Davies FRCS	1914-2007		Read testimonial
Dr Michael R. Lewin PhD	1942-1989	Dr Michelle Lewin	
Ronald A. Miller FRCS	1951-		
Dr Jean Margaret Buchanan Moure MB	1931-		
Dr Antonio Abelleira Moure MD	1928-		
Mr Davod Andrew Moffat FRCS	1947-	Mrs Jane Moffat	
Dr Zumbarlal Dalichand Baldota MBBS			
Professor David Smyth Torrens	1897-1967	Dr R.M. Galloway	
Dr Peter Cruse FRCPATH			
Hon Dr Patrick M.A. Chikusu FRS	1951-2013	Dr C.M.P. Chikusu	
Royal Air Force Air Loadmaster Association		Dr Josh Stewart	
Mr Peter McKelvie FRCS		Professor Richard Ramsden and Mr David Moffat	
Air Vice Marshal C.E. (Eddie) Simpson QHS and Mrs Margaret R Simpson BSC (Hons)	1929-2016 / 1932-2017	Mr David Simpson	
Mr Philip Kollitsis FRCS	1957-2018		

Panel 18

	Dates	Honoured by	Testimonials
Dr Michael-John Torrens	1942-	Dr Patapia Maria Tzotzoli	
Dr K.S. Sithiravelu RMP	1930-		Read testimonial
Miss Bessie Darling FRCS	1896-1982	Dr Peter Fenwick	
Mr Mohamed A. Latif FRCS	1945-	Mr Robin Lee	Read testimonial
Dr Chinekwu Ayo Davies FFARCSI			
Dr Christopher Langton Hewer FFARCS	1896-1986	Professor Richard Langton Hewer	
Mr Peter Fison FRCOPHTH		Mr Gurmit Uppal	Read testimonial
Dr J. Frederick W. Silk MD	1858-1943	Professor David Silk	
Dr Simon Behrman FRCP	1902-1988	Dr Joan Mushin	
Dr Anand K. Saggar FRCP	1959-	Ms Shaama Saggar-Malik	
Dr Ronald Sandison FRCPSYCH	1916-2010	Mrs Elizabeth Sandison	
Dr R.M.J. Harper DM		Dr J.R. Harper	
Dr Mary D. Sheridan MD	1899-1978		Read testimonial
Dr David C.O. James MSC	1922-2009	Mr Paul Simon Yea	Read testimonial
Professor Mayil Vahanan Natarajan MCH	1954-	Mr Raja Marimuthu	
Dr Edward Gabriel Carolan	1923-2008	Mrs C. Carolan	
Dr Koppa Ramachandra R.A.O. Madhu FRSPH	1946-	Dr Koppa Madhu	
John McTimoney	1914-1980	Nicki Choules-Rowe	Read testimonial
Dr Lionel R.L. Edwards MD			
Niaz Ahmed Siddiki PSP	1950-		
Mr Philip Vernon Reading MS	1906-1998	Mr Omar Shaheen	Read testimonial
Dr Stretton Young FRCPath	1916-1999	Dr Katrina Young	
Dr Herbert Winthrop Zaman MBBS	1938-		
Dr Darrell Sheldon FRCP	1919-2009	Dr John Wilkinson	
Dr Raymond Geoffrey Isaac MRCS	1917-	Dr Anne Barley-Issac	
Dr Richard John Cremer DCH	1921-	Nicola and Edward Kiely	
Mr John Kiely FRCS (ED)	1899-1996	Edward and Nicola Kiely	
Dr Marshall Wilfred Annear FRCPSYCH	1917-1985	Dr John Annear	Read testimonial
Mr Grant Williams FRCS	1932-	Mrs Karen G. Williams	
Dr Ian C. Brooman FRCGP	1949-		
Professor Douglas Radford Shanklin	1930-		
Henrietta Reid Nicol	1917-1994	Mr Christopher Bee	
Professor Khalil Nael Shihabi FRCS	1936-	The family	Read testimonial
Professor Kenneth J. W. Taylor MD	1939-2003		
Dr Michael N Oster	1896-1971		
Mr Raymond Francis MBSC	1947-		Read testimonial

Panel 17 - Testimonials

Professor Richard (JROC) Collin

The greatest teacher, mentor, colleague and friend one could possibly imagine. Elegant, tolerant, wise, and generous... a true gentleman. Don't know anyone other than him who encompasses all these attributes. I am hugely grateful for his existence.

Michèle Beaconsfield (22 March 2011)

Richard is a true gentleman and friend: always generous with his wisdom, teaching, humour and caring friendship. To have time with Richard is a delight and privilege; having social time with Richard is to experience the real meaning of a "bon viveur"! I give my wholehearted thanks to such a great friend, as do countless others.

Geoffrey Rose (20 August 2012)

The quintessential British gentleman, worldly wise in all aspects of the good life. Internationally known for his contribution to our understanding of oculoplastic. It was an honour to have been his fellow and a pleasure to be his friend.

Naresh Joshi (23 August 2012)

Richard Collin is an inspirational teacher. He graduated from Cambridge University in 1967 and trained in ophthalmology at Westminster Hospital, Croydon Eye Unit and Moorfields Eye Hospital. Having trained with Dr Crowell Beard in San Francisco he brought enthusiastic expertise in the new sub-speciality of oculoplastic surgery back to Moorfields. Here he teamed up with Richard Welham (lacrimal surgeon) and John Wright (orbital surgeon) to protect and preserve ocular function.

Richard was the founder president of the British Oculoplastic Surgery Society (BOPSS) and past president of the European Ophthalmic Plastic and Reconstructive Surgery Society (ESOPRS) and he is now Professor of Ophthalmology at UCL (University College London). His essential *Manual of Systematic Eyelid Surgery* has drawn world-wide acclaim. It is an immense privilege to have trained as a 'JROC' fellow and used that training in my surgical practice for many years.

Carol Lane (27 August 2012)

Mr Frank Bernard Cockett FRCS

Frank Cockett was a general and vascular surgeon at St Thomas's Hospital London, and made major contributions to vascular surgery research with his work on the pathology and surgery of venous disease. He was also an intrepid sailor and collector of marine paintings, becoming an international expert, advisor to Christie's auction house, and the author of two books on early *English sea painters*.

Born in Rockhampton, Queensland, Australia in 1916 his early years were spent in Hobart, Tasmania attending Hutchins school. His father, the Reverend Charles Bernard Cockett, became minister at the Bunyan meeting house in Bedford in the 1920s, so the family moved to England and he was educated at Bedford and later City of London School for boys. Given a choice between law, the church or medicine as a career he chose to study medicine and won an entry scholarship to St Thomas' Hospital in London. His graduation in 1939 coincided with the outbreak of war, and his early years in training as a surgeon included the bombing of St Thomas's. He wrote to his parents, who had moved back to Australia, describing the bombing on September 8th 1940 thus:

“My bedchamber is now set in the basement of the X-ray department. Well, at about 7pm bombers came over and lit fires with incendiary bombs. I did my night rounds and watched the bombs dropping for a bit, and then about 2am went to bed and got to sleep. The next thing I found myself sitting up in bed... chaps were rushing here and there. St Thomas’ had been hit by a bomb. I went out and found the nurses home had been demolished and was just a heap of ruins. We found five nurses who were trapped and let them out.”

While the hospital was evacuated to Hydestyle near Godalming, Cockett went on to serve in the RAF from 1942-6. He spent time as a medical officer in Malta and Gozo towards the end of the siege of Malta and during the start of the allied invasion of Sicily in July 1943, events which he brought to life vividly many years later in his book *The Maltese Penguin*.

Returning to London after a final war spell in Algiers, he was appointed as consultant surgeon to St Thomas’ Hospital in 1954. Frank Cockett’s main contribution to vascular surgery began in 1950.

“As a junior surgeon I took over the leg ulcer clinic in 1949, and for the first time saw what an enormous unsolved problem there was. Of course, all were called varicose ulcers, but most of them had no varicose veins.”

During numerous painstaking dissections on cadaver limbs, including the new technique of arterial and venous injections, he learned that the ankle perforating veins and not the saphenous vein were the direct venous drainage pathways of the ulcer bearing area in the lower leg. He found that the ankle perforating veins were occasionally enormously enlarged, and in 1951 operated on his first case with considerable trepidation that the wound would not heal. By 1953 he had operated on a series of cases and published “The ankle blowout syndrome” in *The Lancet* with D.E. Elgan Jones. He was also interested in venous compression syndromes, and published widely on anatomical compression of the left iliac vein which he first wrote up as “The Iliac Compression Syndrome” with his colleague M. Lea Thomas in 1965. His major textbook, written with Harold Dodd, *Pathology and Surgery of the Veins of the Lower Limbs* went through two editions in 1956 and 1976. Thoroughly respected by surgical colleagues, and an excellent teacher in the ward and operating theatre who took an enduring interest in his students, he became a founding member of the Vascular Surgical Society and served as president in 1980.

Throughout his professional life Cockett had a flourishing private practice, run initially from his home in Kensington, and latterly from Harley Street. Perhaps his most unusual commission was a request in 1963 from the British government to fly out to Zanzibar to offer vascular surgery to the last Sultan. In spite of his best efforts the Sultan was too sick to survive, and within a short period there was a revolution, the Sultanate and the British Residency were dismantled and Zanzibar became part of Tanzania under President Nyerere.

A keen athlete, Frank Cockett enjoyed squash, swimming and skiing but his most exciting and rewarding activity was sailing. He owned a series of boats, but the most illustrious was a steel-hulled classic ocean racing yacht named *Saphena*, with its dinghy *Varix*. Generations of students and doctors will remember crewing with him in this boat. Some of his adventures in the Solent channel were distinctly hair-raising, but for some years he gathered a crew and competed in the Cowes-Dinard and Cherbourg races. Realising that ocean racing was fast becoming a professional sport the boat was latterly used for cruising and family holidays and sold on to another vascular surgeon in 1973.

Retiring from his NHS consultancy in 1981 Frank Cockett continued in private practice for some years, but increasingly his time was devoted to the blossoming of a second career as an expert on early English marine artists. From the 1970s he had built up an impressive collection of marine paintings (some of which is now housed at the Yale Centre for British Art, Connecticut, USA) getting to know many of the dealers at the London auction houses, which he frequently visited between trips to clinics and hospitals, always with his magnifying glass.

A serious traffic accident in 1993 left him less mobile, but with time to pursue research and write his autobiography. In his 1995 monograph, *Early Sea Painters*, he chronicles the rise of marine art in England, which started when Charles II invited the Van de Velde brothers from the Low Countries. His interest is

focussed on some of the previously unknown artists of this period, ‘cabinet’ painters for the emerging middle class, Isaac Sailmaker, L. D. Man, J.K.D. van Beecq and others. These are brought to life with a lively description of their painterly technique and an insight into attribution through attention to the minutiae of each painters’ ‘identification tags’. This was followed, in 2000, by a biography and assessment of Peter Monamy, the first English marine artist of stature.

In 1973 he bought an early, unrecognised, portrait of William Cheslden (a founding father of surgery as science) from Bonhams. Removed from St Thomas’ when the hospital moved from London Bridge to its current site near Westminster Bridge in 1860, he took pleasure in presenting this back. He was an active member of the St Thomas’s History and Works of Art Committee, serving for twelve years as chairman, and published regular historical gems in the St Thomas’s Hospital Gazette. In 1991, with his wife Dorothea, he edited the war diary of St Thomas’, preserving a valuable archive of pictures, documents and diaries of a heroic period.

In 1945 he married his first wife Felicity Fisher with whom he had three children, she died tragically in a car accident in 1958. With his second marriage to Dorothea Newman in 1960, he had two further children. He continues to live in Kensington with Dorothea, where he has lived for so much of his long and eventful life.

Sally Hull (July 2012)

Chief Samuel Adegboye Bakare

Chief Samuel Adeboye Bakare also known as grandpa to me was one of the kindest and wisest men I have known. He always had a wise word to tell us his grandkids and always stuck up for us when we were in trouble with our parents. Even though I was only ten when he died, the impact he had on me has lasted until now and I still have vivid memories of him. I am so pleased that he touched others with his kindness, hence him being honoured here by his doctor. I miss him very much.

Oluwaseun Fayemi (26 September 2010)

“Chupa Chups Grandpa Ilara” as I liked to call him.

Chief Samuel Adeboye Bakare was a very jovial man with a kind word for everyone he came across. In the short time that I knew him I came to appreciate the respect that he received from the people he kept around him. Despite being a leader, he always prioritised his family and never complained when all his grandchildren crept into bed with him after a hard day’s work!

Out of the thousands of people doctors come across in their lifetime, I am truly proud that my grandfather was one that impacted upon his doctor. In the face of his own trials, his positive attitude to life not only affected his own health but was used on occasion to encourage others. As a young person he has inspired me to adopt a similar approach to life, valuing every human interaction as an opportunity to make a positive influence.

Grandpa we really miss and love you but thank you for all that you have taught us.

Ayomide Adedunni Fayemi (26 September 2010)

Dr Thomas Tibbott Davies FRCS

My father, Dr Thomas Tibbott Davies, passed away peacefully at his home in Aberdyfi on 9th July 2007, aged 92.

“Dr Tom” served his community in the Aberdyfi and Tywyn area as a GP for more than thirty years, having first joined Dr Wright’s practice in Aberdyfi in the early 1950s.

He was a local boy, born in Tywyn to a rural Brynecrug family, and he spent his formative years in Bryngolau in Tywyn or at his mother's family farm in Carno. His surgical interests developed early and he was encouraged by the headmaster of Tywyn Grammar School to seek a career in medicine.

He was accepted at Guy's Hospital in London at the young age of 17 (one of an impressive list of local Alumni from that time) and when the Second World War broke out during his surgical training he was enrolled as 2nd Lieutenant Surgeon on the aircraft carrier HMS Illustrious. The ship saw much action in the Mediterranean and was instrumental in the rout of the Italian fleet at Taranto early in the war ("Operation Judgement", which greatly helped the war effort on the Western Front and the desert campaign in North Africa). Illustrious became an avowed target of the Luftwaffe and his surgical skill was much in demand, particularly after severe strafing which caused 128 casualties and as many severe injuries among the crew.

In an extraordinary twist, in addition to saving many lives he was also called on to man the guns at one point, downing an enemy Stuka. For these actions he was mentioned in despatches. He went on to lecture in the USA on surgical techniques gained and developed during his experiences when the ship visited the North-Eastern Seaboard in 1941.

Later when on shore leave in the UK he fell in love with Jean, a WRN officer, who became his wife for 59 years, predeceasing him in 2001. They raised 6 children together and for most of this time lived in Aberdyfi following an initial 5-year stint in Cornwall and Devon.

When taking up his appointment in the area, Dr Tom undertook the provision of an emergency and routine surgical service to the locality from a small operating theatre in Tywyn Cottage Hospital, in addition to the busy requirements of rural general practice. It is perhaps salutary to remember that at that time the nearest district hospital was Chester, more than 80 miles away. In addition, many of the community did not have transport and the home visits book was always busy. At times, his surgical prowess (with anaesthetic assistance from his GP colleague Dr Marshall Lloyd) was even called upon in the outlying homes of members of the farming community. But he was a man of great vision, enthusiasm and energy, and despite his busy working life he did also find time for many interests and abiding passions. In his spare time, he was often to be found duck-fighting, rough-shooting or flyfishing – the former, on occasion, before morning surgery!

My father was never afraid to enter the political fray in support of his beliefs. Possibly one of his greatest achievements, and a political coup, occurred in the 1970s when his beloved Tywyn Hospital was threatened with closure as a result of one of the sporadic initiatives to centralise rural services and reinvent the wheel, it seems regardless of local need and opinion. Along with other similarly dedicated local representatives, he managed to not only turn the tide of controlling NHS local politicking, but also led a campaign to raise money for the opening of a new Geriatric wing at Tywyn Hospital, realising with prescience how much this would be needed in the future. When matched official funding was offered, he refused preferring the controlling interest to remain with the community. The opening ceremony in 1973 was presided over by the Duke of Edinburgh.

My father was much loved and trusted, perhaps most of all by the local farming community in which he had his roots. The last word should go to his lifelong friend and fellow luminary, Sir Meuric Rees OBE, who gave the address at his packed funeral service: "I know I am among many who will sadly miss him. Dr Tom served his country generously in time of need; he contributed greatly to the community he lived in; he made sincere friendships; and most of all he was a dedicated husband, father and family man".

Dr David Davies (2 October 2012)

Panel 18 - Testimonials

Dr K.S. Sithiravelu RMP

Dr.K.S.Sithiravelu was born in Trincomalee, Ceylon (now Sri Lanka) on the 1st of May 1907. He was the son of Mr. K.Subramaniam, a Tobacco farmer in Trincomalee.

After studying in the primary school in Trincomalee, he was invited to Singapore for further studies by his maternal uncle Mr. V. K.Chinniah. There he passed the London Matriculation examination and qualified to enter the Ceylon Medical College. At the Medical College he won two gold medals for getting excellent results in the examinations. After qualifying, he joined the Department of Health, Ceylon, and rendered his service in various parts of the country. It was during his service in Muthur Hospital that he started becoming popular.

After working in Muthur, he left the Department of Health, and became a General Practitioner in his home town Trincomalee. Very soon his popularity increased and patients started coming to get treatment from him not only from the town of Trincomalee but also from the surrounding villages. People believed that if they got medicine from him the illness would be cured. On average he would treat around 200 patients a day; out of which half the patients who were poor were treated free of charge.

He worked tirelessly every day from early morning till late evening. He also did home visits in the evenings, emergency cases in the nights and saw patients at the British Naval Base in Trincomalee, thereby gaining the highest respect from all.

Because of his generosity he was nominated as patron of various schools, religious societies and organisations of Trincomalee. In particular, he was the patron of Shanmuga Vithiyalayam, St. Francis Saviour School, Sivayoga Samajam, Arulneri Mantram and the Lanka Soviet Friendship League. Most of all, he was the president of the board of trustees of the Thiru Koneswaram Temple. This famous Hindu temple is situated on Konesar Hill in Trincomalee.

The original temple was built by King Kulakodan who also built the big irrigation tank at Kanthalai. The temple area covered the whole of Konesar Hill. When the Portuguese colonisers came looking for a safe harbour for their sailing ships (as they had found that the sails of their ships got frequently broken by the monsoon hurricane off the west coast of India – Goa) they saw Trincomalee harbour (which is one of the best harbours in the world) as an ideal harbour for their ships.

En route to the harbour, the Portuguese Captain Constantin De Sa, who commanded the fleet of ships, saw the Koneswaram Temple which was full of wealth and jewels. He and his men looted and destroyed the temple. However, the temple priests had taken the important bronze statues out of the temple via the underground pathway to their homes in the town and secretly hidden them. The Portuguese captain used the destroyed temple stones and pillars to build Fort Frederick.

The locals cheated Captain Constantin De Sa by becoming friendly with him and giving him the false hope that he could easily capture the Kandyan Kingdom by going through a certain path in the forest of Badulle. Having unknowingly fallen into the trap, Constantin De Sa and his men, totalling 2900, were killed by the locals and the Guerilla soldiers of Kandyan King in the thick jungle of Badulle.

Kind Kulakodan, who had built and had donated treasures to the temple, predicted that anyone who brought harm to the temple would perish. His prediction came true as far as the Portuguese captain and his men were concerned.

Trincomalee harbour not only played an important role during the colonial period, but also during the Second World War as it was a British Naval Base. It remained as such for a number of years after Ceylon had got its independence and the country had become a republic. The original bronze statues, which were found soon after the country's independence, were restored in their place at the newly built temple on the highest

part of Konesar Hill.

Dr Sithiravelu was very much devoted to the temples of Koneswaram, Veruhal and Kathirhamam. During his period as the president of the board of trustees of the Koneswaram temple he invited various dignitaries to Koneswaram and tried his best to have the whole of Konesar Hill become a sacred area. He had nearly achieved this when the Rt. Hon. Dudley Senenyake, the then Prime Minister, agreed to declare half the area sacred. However, some Trincomaleeans demanded that the whole area should be declared as sacred to which the Prime Minister did not agree for his own political reasons. As such Dr Sithiravelu's dedicated attempts to make the Koneswaram area become sacred were in vain.

In 1971 he had the desire to visit London. His trip was organised. He informed to say that he would finish the temple festival and come one month after. Unfortunately, he suddenly and unexpectedly became very ill and passed away on the 3rd of October 1971.

His death was a big loss for the people of Trincomalee and its surrounding villages. On the day of his funeral schools and shops were closed and everyone mourned his death. Mr Kasinather, the former Head Master and Tamil Scholar, praised him as the 'Servant of Lord Koneswarar' in the memorial songs (Kalvettu) which he narrated about him.

Now he has been honoured by having his name inscribed on the RSM's Wall of Honour along with other honourable names.

This way, his desire to visit London has been fulfilled.

Dr Sithiravelu Saravanapavan (13 March 2012)

Mr Mohamed A. Latif FRCS

I am proud that my father has been honoured with a place on the wall of honour. He has devoted great time to education in ENT surgery and is well loved and respected by his patients. He has been working as a doctor in the NHS since the early 1970's.

Dr Sherif A Latif (2 September 2011)

Mr Peter Fison FRCOPHTH

Thank you for the many pearls of wisdom you passed on to us. You're a fantastic role-model and I shall aspire to be half as good one day. I'm very sorry I couldn't attend the ceremony, but I hope it was a memorable one.

Dania Qatarneh (24 September 2010)

People talk a great deal about technological advances in medicine with each generation. In truth, it is the teachers in medicine who have a more enduring and powerful influence on generations of doctors. Amongst such teachers there is a broad spectrum encompassing the good and the bad with each giving lessons by their example of how to and how not to live.

Mr Fison has 'walked the talk' in a humble yet incredibly inspiring way that has had a positive impact upon generations of doctors and medical students many of whom have chosen ophthalmology as a career through Mr Fison's example and being introduced to his colleague Professor Maxwell.

Faisal Idrees (26 September 2010)

Dear Mr P, now where do we start? I am but one of many individuals whom through your thoughtfulness, endless patience, and exceptional teaching skills decided to pursue a career in this wonderful speciality. You took me through my first whole phaco (90mins!!) and my first ever cryo/ buckle (11 hours?? Lol) 11 years

ago. Here I am, not only an ophthalmologist but also specialising in VR.... I wonder how that happened?!

You were also the first to point out to me, whilst I was a house officer, that I really should spell opHthalmology correctly on my CVs!! Oops! I only ever considered a career in this wonderful speciality because of you, and you only. You were a tremendous guiding force in my fledgling career and helped to lead me to success. I know of no one else who has been or could be such a genuine and wonderful teacher, boss and friend; someone who would never hesitate for a moment to put others' needs before his own.

A lot of people are coming to see you and thank you today, all of whom jumped to the opportunity, without hesitation, to pay this wonderful tribute to an exceptional man. We are all where we are today because of you, and will all forever be indebted to you. You have certainly left your mark in the world of ophthalmology (and I am not talking about retractors or indirect ophthalmoscopes!!) ... We will all always be here for you Peter, whenever you may need a friend. To eternal youth Mr P!!..... Kambo

Kam (26 September 2010)

It has been a truly wonderful period of my life to have spent those few months receiving the training I did when I was with you at Sutton in 1999-2000. I can only say, and I say it again to my trainees, how important it was to be trained by someone who ignites that flame that leads one to follow the same path as his trainer. I can only hope that I follow the guiding principles that you taught us in as calm and measured a way as you do yourself and I can think of nobody as deserving of this honour as you.

May we all take these principles and pass them on to the generations of trainees that follow you.

Ash Sharma MRCP FRCOphth (26 September 2010)

Thank you for mentoring me and being a friend in need, showing perseverance, patience and consideration in training me, offering unfathomable support in all aspects of clinical issues at any time of any day, guiding me in all administrative concerns and being an immense source of moral support at all times. The list goes on...

And finally, thank you for giving me the privilege of working with you since February 15th, 1993 and being an example of professionalism at its purest.

Sujatha Subramaniam (26 September 2010)

Whilst we never worked directly together, I will never forget the time you wrote to me before my interview for SHO at Moorfields. We had only met once, but you gave me real encouragement, support and belief. I could not quite fathom why anyone would be so kind, but gladly took what you said on board, and that so definitely helped. Of course, my life changed at that point, and has no doubt helped me get where I am now. Thank you for the inspiration and your kindness, it will never be forgotten.

Anthony Khawaja (25 October 2010)

Dr Mary D. Sheridan MD

Dr Mary Dorothy Sheridan, OBE, MA, MD, FFCM, DCH, LRAM.

Dr Mary Sheridan was born in 1899, the eldest daughter of a Liverpool Irish GP and a district nurse. From an early age she displayed an interest in medicine and was fortunate enough to obtain a scholarship to the University of Liverpool School of Medicine where she graduated with honours in 1923. Among a number of her distinguished contemporaries was Dr Henry (later Lord) Cohen of Birkenhead who became a lifelong friend and supporter of her work. After house jobs at Liverpool Royal Infirmary and a brief period as

assistant in her father's practice, Dr Sheridan chose to pursue a career in paediatrics.

Liverpool University was one of the first to admit women as medical students, however prejudice against women doctors was still strong and this fuelled Dr Sheridan's early commitment to feminism. She started her career in the relatively humble job of assistant school medical officer in Manchester. Here she first encountered the gross deprivation in the health, housing and education of many children from the poorer areas of the city. She was disturbed to find that the schooling of these children was being hampered by the late diagnosis of hearing, speech and visual handicaps. She soon saw that in order to be able to recognise the earliest symptoms and signs of these conditions, it was essential to be thoroughly familiar with developmental progress in infancy and early childhood and more particularly with the range of normality. From practical experience she found that the accepted tests of children's intelligence and maturation were in many ways inadequate. This drove her to discover for herself what the normal parameters of a child's development should be at different ages and how best to detect handicapping conditions in their earliest stages.

Dr Sheridan was particularly concerned about speech and language delay in the young child and how this was affected by poor hearing. To facilitate her work, she took the Licentiate in Speech and Drama of the Royal Academy of Music. She had always been interested in literature and drama and was proud of her descent from Richard Brinsley Sheridan, the famous 18th century playwright. Encouraged by William Armstrong, the dynamic director of the Liverpool repertory theatre, she wrote and had successfully performed at the rep a number of plays: *'The City of Ships'* (Liverpool and the slave trade), *'Miss Linley of Bath'* (R.B. Sheridan's elopement with his wife to be), *'The House on the Moor'* (The Brontes and Haworth parsonage) and *'The courageous Sex'* (Women doctors and feminism).

She continued her work in Manchester throughout the war becoming a senior school M.O. and publishing a number of papers on speech and language delay. Her expertise in the field of developmental paediatrics was recognised by Dr George Godber, later Chief Medical Officer for England, and shortly after the war she was invited to join the children's department of the Ministry of Health. Here she continued her research and published under the Department's aegis first: *'The Child's Hearing for Speech'* (1948) and then the seminal work on child development for which she was to become famous: *'From Birth to Five Years: Children's Developmental Progress.'* This was followed by subsequent publications *'Play in Early Childhood: from birth to six years'*, *'Spontaneous Play in Early Childhood'* and *'The Handicapped Child and His Home'*. These were illustrated with line drawings based on the many photographs Dr Sheridan took of children in clinics or at play.

To facilitate early diagnosis Dr Sheridan developed the STYCAR (Standard Tests for Young Children and the Retarded) which, in modified form, have remained in use in child health clinics and schools to the present. She was an early advocate of the screening of all infants and young children for potentially handicapping conditions and of the setting up of 'at-risk' registers. Her publications on child development (updated to include more recent research) are still widely used to train doctors, nurses and health visitors in clinics and hospitals. An inspiring teacher, Dr Sheridan continued throughout her professional life to emphasise the importance of observing the child and recording what he or she actually does as well the vital necessity of listening to the mother's concerns about her child's growth and progress.

Dr Sheridan retired from the Department of Health in 1964-the importance of her work being recognised by the award of an OBE. She continued research and lecturing as Emeritus Consultant in Paediatrics at Guys Hospital and The Nuffield centre for Speech and Hearing. Her outstanding contribution to the field of developmental paediatrics was recognised by the award of the James Spence medal of the British Paediatric Association in 1968.

Although her mobility was increasingly hampered by arthritis, Dr Sheridan continued to be active and travelled extensively. It was shortly after giving a lecture in her beloved Dublin in 1978 that she collapsed and died at home of a sudden myocardial infarct.

Dr Sheridan is recalled by the founding of a number of child developmental centres in her name - the first

of which was at Guys Hospital. While outwardly somewhat forbidding in manner, Dr Sheridan was a kindly woman, whom children trusted completely. She encouraged many (including your contributor) to pursue a medical, particularly paediatric, career. A doughty feminist she particularly championed the role of women in medicine.

The inscription of her name on the RSM's 'Wall of Honour' commemorates her pioneering work in child development and screening for handicapping conditions which remains influential to this day.

Dr Gervase R. Hamilton. MB, MSc. FFPHM, DCH

Dr David C.O. James MSC

A pathologist responsible for blood transfusion at Westminster Hospital, David started the first bone marrow register, I think, in the world; providing the donor for Simon Bostic, the first successful unrelated transplant.

This publicity led to the arrival of Anthony Nolan with his mum Shirley to the UK. David was the founding medical director of the Anthony Nolan laboratory, which after the incredible publicity drive of Shirley led to massive and effective involvement from the Round Tables organisation, who later took over the laboratory and extended the research to the lifesaving inspirational work they do today.

Rosemary Yea (23 January 2018)

John McTimoney

Members, both current and former, the Chair and Executive Committee, together with friends of the McTimoney Chiropractic Association (MCA) honour John McTimoney.

John McTimoney ('Mac') developed the McTimoney method of chiropractic and was the driving force behind the founding of the McTimoney College of Chiropractic and the Association itself. McTimoney chiropractic has helped millions of patients over the past 30 years and will continue to do so well into the future.

The McTimoney Chiropractic Association

McTimoney method of chiropractic changed my life; gave me a purpose I never dreamt of; opened my heart to healing I never knew before.

Dana Green (1 November 2010)

Mr Philip Vernon Reading MS

He introduced modern otological concepts and practices to Guy's ENT surgery. He broadened the repertoire of head and neck tumour surgery, and was himself a superb practitioner in this field. Long before combined clinics had become established, he set up the head and neck tumour clinic together with John MacArthur, and with Mary Sheridan the Hearing and Language clinic for deaf children. He was one of the first to use visual aides at Guy's and his passion for teaching was legendary.

His book Common disease of the Ear Nose and Throat, a byword for simplicity and clarity, ran to four editions.

Omar Shaheen (26 October 2012)

Dr Marshall Wilfred Annear FRCPSYCH

Born 1917. After Tavistock Grammar and Latymer Upper Schools, Marshall Annear qualified MRCS LRCP in 1941 from West London Hospital Medical School. He undertook Wartime Service in RAMC as Captain in the 8th Armoured Division, where he specialised in Psychiatry. Afterwards at Whitchurch Hospital,

qualifying DPM Eng. & Bris. Appointed Consultant in Morgannwg Hospital 1951, where he became Medical Superintendent 1958-74; served as member and chairman on medical and psychiatric committees of the Welsh Hospital Board and Mid-Glamorgan Health Authority.

From 1956 he engaged in Postgraduate Medical Education under University of Wales Extra-Mural Department, later as Psychiatric Clinical Tutor, and Postgraduate Organiser. He was elected Foundation Fellow RCPsych 1971, which he served on several education committees, as Convenor Welsh Approval Panel and on Central Approval Panel, and as Member of Council. Founder Member and Chairman Welsh Psychiatric Society; and History of Medicine Society of Wales. Member of BMA, chairman of Mid-Glamorgan Division; member of RSM and regular attender including presentations.

Retired 1977; continued as postgraduate organiser, also Supervisor in Penarth Pastoral Foundation, President of MIND in Barry. Interests in antiquarian books, medical and psychiatric history, anthropology and folklore, photography. He died aged 67 in 1985. Marshall was in the third of five (out of six) successive generations of medical doctors; much esteemed by his trainees from UK and overseas, by his family and descendants.

Dr John Marshall Annear (30 September 2013)

Professor Khalil Nael Shihabi FRCS

On behalf of the many friends, colleagues and admirers who Professor Nael Shihabi recruited to help set up the first Palestinian School of Medicine in Al Quds, I would like to pay tribute to the extraordinary influence Nael had on medical education both in Jordan (from 1972) and in Palestine (from 1990).

Faced with a great deal of opposition from rivals inside Palestine but the support of the then President, he single-handedly and with great courage started a Faculty of Medicine in Abu Dies with a handful of 32 students admitted in 1994. He showed that with decent teaching the Palestinian medical students could rival any in the world.

Indeed, there are now four campuses in the West Bank and Gaza with Faculties of Medicine comprising some 2,500 medical students. Palestinian graduates both women and men now provide medical services all over the world not just in Palestine. To achieve this in just over two decades is remarkable and for me owes everything to Nael Shihabi. It would not have happened without him.

Colin Green, Emeritus Professor of Surgical Science, University College London; Academician of the Ukraine National Academy of Sciences

Mr Colin Green (21 November 2017)

Raymond Francis at The Apex Practice

I was lucky enough to be recommended to Raymond about 18 months ago and I have very much benefitted from his outstanding help with powerful insights, hypnotism and talking therapy. I very appreciate his support and concern too.

N.B London

Raymond helped me through a very, very difficult time when sudden poor health collided with a long term relationship breakdown. He has continued to be a trusted confidant and cheerleader for many years since, guiding me to a happy and more balanced life. He is an outstanding, kind and highly professional medical consultant who blends candour and empathy in expert fashion. I was very lucky to have been able to have access to his support and would recommend him without reservation”.

C.J London

I have had the privilege of being the recipient of Raymond's invaluable therapeutic consultations. Raymond has been my guiding voice of reason and unwavering support over the last two years. He is the first clinician who has offered me more than active listening as a therapeutic approach to my life's challenges. Beyond reflecting back on his own impressions and understanding of my experiences, he has drawn upon his extensive experience and knowledge base to teach me new strategies in managing life's ups and downs and ways of thinking about problems. Further to these attributes Raymond's empathy, high intellect and exceptional intuition has him indispensable to me and the value I derive from the practice of psychology.

Through our ongoing therapeutic relationship, Raymond inspires hope and optimism that I can make positive changes in my life for the future.

As a medical clinician myself, it is apparent to me that Raymond is truly passionate about his career and the clients who entrust him with their care. While he is undoubtedly rewarded by the personal investment he has made to the psychology profession, he is truly deserving of lifetime recognition by an esteemed body that represents the collective impact he has made on so many people's lives, including my own.

P.S. Sydney, Australia

From the moment I took my first apprehensive steps for our first session Raymond set me at ease with his empathy, tact and professionalism.

In the years since his insights have proven invaluable and he's invariably the first person I call in times of need.

G.R. Lisbon Portugal

Raymond was recommended to me by a medical professional (a surgeon) who too had benefited from Raymond's help. I am a professional manager in a safety critical role. I experienced a traumatic event at work which directly impacted my ability to do my job effectively.

I was introduced to Raymond and I can honestly say that the work we have done together to help me process, reason and self-manage the responses I got from this event, has enabled me to stay doing the job I love.

Raymond has also made a number of other positive impacts on my life and ways of thinking as well as helping me take control of how I choose to react to events and situations in my life.

Raymond has an effective and natural skill of intuition. This, coupled with the bespoke, patient-centred techniques that are used, make you as the patient feel at the centre of everything. All of this you review together as you go through the sessions to ensure that they are still effective and appropriate.

I can't thank Raymond enough for what he has helped me achieve and in turn has ensured that I am able to stay doing the job I love. APB

A.B. Sussex

I have been working with Raymond as a patient since September 2019 and I can testify to the amazing transformation he has made to my mental health, personal life and family life.

Raymond is friendly and professional always. He has educated me on the mind, thought and uses techniques which encourage me to open up my mind.

I believe this area of work is important in today's society and should be encouraged across all communities.

Thank you Raymond for helping me to enjoy work and family life balance.

S.G. London

I have been seeing Raymond (albeit virtually) for the past year.

I was having a difficult time going through a divorce and a friend had recommended him.

Now, this friend is somewhat “new agey” and spiritual (and I’m really not) so I wasn’t sure quite what to expect.

However In the time I’ve been seeing him time his advice, his wisdom and yes, even the hypnotherapy, have helped me immensely.

I can think of no greater endorsement of Raymond’s work than how I feel after our sessions.

And I write this testimonial with many thanks.

T.B. Suffolk

I am so grateful to Raymond for his kindness, professionalism, and expertise, and for the immeasurable impact he has had on my healing journey for the past three years.

Raymond helped me navigate the complex and difficult emotions that arose after the tragic death of my brother. He helped me to identify and express my emotions in a healthy and constructive way, and provided me with practical tools and strategies for managing my distress.

But beyond just helping me to cope with my grief, through his skilled and compassionate approach, Raymond helped me to understand the root causes of my pain and to find healthy and constructive ways to cope with and process my emotions.

Raymond also helped me to address and work through some unresolved childhood trauma that had been impacting me for years.

Raymond’s guidance and support have been invaluable to me in so many ways, and I am deeply grateful for the positive impact he has had on my life.

N.A-H London

Raymond has helped me have more confidence in who I am and allowed me to become more aware of my subconscious. He always challenges my thoughts in a professional & ethical way. Thanks to Raymond i always feel lighter and more energised after our sessions.

T.P. New Zealand

Raymond has been an immense help in my life and has helped me understand my emotions more. Through the work we have done, he has helped me grow a healthier relationship with my sub conscious and as a result I was able to build a platform to work on my responses to events. Over the last 18 months, with Raymond’s help, I have used the techniques provided to positively impact my life and relationships.

M.O’B New Zealand

Raymond’s tireless dedication, passion and forceful positivity has transformed my life. Through his unique combination of classic therapeutic modalities and modern approaches, he managed the impossible: to smash through a blooming ego and help me heal from trauma, shame and unimaginable loss. Brick by brick, Raymond has helped me build the life I’ve always imagined. From the inside, out. I will be forever grateful to him.

S.M London

If you're lucky enough to get to work with Raymond, I would highly recommend it!

Through his many years of experience and methodology Raymond has helped me grow as a person in unexpected and positive ways.

When I first came to Raymond I didn't realize how extreme some of my world views were, and Raymond did an excellent job of helping me find answers to tough questions through self reflection. I've been especially impressed with his deep knowledge of the subconscious, and how he has been helping me be kinder to myself. I appreciate Raymond's positive but direct way of working, and he's been instrumental in helping me overcome roadblocks in my life (both self imposed and external). I feel grateful to have someone like Raymond who not only has amazing professional knowledge, but is also kind and passionate about helping people around him maximize their lives! If you get the chance to work with Raymond, take it!

M.F Chicago USA

Raymond is a brilliant listener who has a unique ability to connect with his patients on a very human level. By doing this, he fosters a space where his patients feel heard, secure, free from judgement, and trust. The environment that he creates along with his wealth of knowledge across a multitude of therapeutic modalities helps his patients learn, discover and heal. I'm only halfway on my journey with Raymond, but I wouldn't want any other guide.

P.C. San Francisco USA

I first started working with Raymond in 2017, at a time when I faced both grave personal and professional obstacles. I had seen therapists over the years so believed that I was familiar with the process, until I met Raymond.

He has re-defined the true meaning of therapy and counselling. The approach that he has mastered over the years and the intelligence and heart that he has brought to every one of our sessions, transformed me and the way in which I live my life. His wisdom brought me great insight into the importance of self-awareness and understanding the power of my choices.

We have continued to work together over the years, and I have continued to value and treasure each session.

I have recommended many other friends and colleagues to him. And for those that are couples, he has single-handedly saved their marriages.

The difference that he makes to those in his care could never be truly reflected in words.

I cannot thank Raymond enough, and will forever be indebted to him, for the role that he has played in my life.

J.G London

I have found Raymond's support helpful in identifying where my own choices regarding my attitude towards a particular situation can help or hinder me, and how I have a choice not only in relation to what I do but also how I feel. This has had a direct impact on how I relate to my husband, children and situations. Raymond has also helped me to recognise where parts of what I am saying or feeling reflect the thoughts or feelings of an earlier iteration of myself, as contained within the person I am today. This has helped me to disentangle my thoughts and feelings about a number of current situations.

H.G. London

Having initially approached Raymond Francis for relationship counselling, I have now been seeing Raymond for around 9 years, in his capacity as a psychotherapist.

We have worked together in a number of areas including improving self-belief and confidence, overcoming procrastination, reducing stress and increasing focus - all with excellent results.

Raymond uses a number of techniques including hypnotherapy which have had an outstanding and lasting impact on both my work and personal lives.

Having overcome many of my confidence and stress problems, with Raymonds help, I still engage in regular, though less frequent, sessions to provide an occasional boost, and to maintain the new found confidence and sharpness he has helped to develop.

I consider Raymond to be a friend and mentor as much as a therapist/counsellor.

D.J. Devon

I worked with Raymond during the pandemic. His dedicated support helped me realise that it is never too late to improve one's mental health and that with the right person, that is very much possible to do so. I often remember our conversations, and the greatest gift has been to have the toolkit to become my own therapist. His dedication, frankness, and sincerity, I'm sure, has helped and will continue to help many others.

C.Y London

It is with enormous gratitude that I recall the many ways in which you have helped me navigate through life's challenges in the past few years. I feel that I have grown as a person with the support of your amazing professional capacities and the ways you have known how to connect me to my own individual resources.

This has greatly improved my capacity to weather life's challenges and difficulties while strengthening the scope of my understanding and self belief.

I carry with me the feeling of privilege for having had the opportunity to work with you and also the comfort of knowing that I can reach out in any circumstance, which feels like a special gift from life.

G.M. Spain

In December 2014, when I was completing my 3rd year of unsuccessful fertility treatments. I was beyond depressed and disappointed. I was hopeless. I couldn't understand why this was happening to me as I had everything on my side. I was only 32, I was in a stable loving marriage, I was financially secure, healthy, had a supportive family. Why was I failing?

I knew intellectually that all I had to do was to keep going, continue with more treatment cycles, after all, as my husband used to tell me "this is a numbers game, the more we try, the luckier we get". But after so many failures I lost faith in science and in myself. Then I remembered reading an article about hypnosis somewhere and decided to give it a go. Through Google, I found the highest rated hypnotherapist in Central London and went to see him. His name is Raymond. Raymond told me that my problem was common and he helped countless other women in my situation. He asked me commit to attending weekly sessions for 6 months while having a break from medical treatment. He assured me that I'd be a mum one day. I didn't really believe him, but went along because I couldn't bring myself to go back to the same hospital, to the same fertility doctor, to the same back of fertility drugs, syringes and needles.

My first session was on the 10 January of 2015.

The best part my hypnosis journey is that it was easy and it was fun – the weekly sessions consisted of a short catch-up chat, then me getting cosy under a fluffy blanket, being talked through to a relaxed and open

state of mind. Then being told affirmations about my body, my health, my potential, my future. Raymond would paint images of my reproductive systems working perfectly, me having a healthy pregnancy, then holding my little baby in my arms. It felt so good to imagine this future. Sometimes I'd come out of the sessions with pain in my jaws because I spent the hour grinning from ear to ear.

Pretty much on the anniversary of 6 months of starting hypnosis I felt pregnant naturally. I just couldn't believe it – I contacted my fertility doctor and she couldn't believe it either. I went to see her on the following day and got something that very few people have – a 5 week scan that showed a baby as big as a grain of sand... I was actually true.

I went on to have an easy healthy pregnancy, gave birth to a precious little girl then a couple of years later to a wonderful little boy. And logically, I prepared for their births with Raymond's help with more hypnotherapy. They were both born at home, with no drugs, no cuts, no medical intervention. Classical music was playing in the background. A total dream.

The saddest, most challenging, most trying period of my life led me to Raymond, how showed me hypnosis, which in turn resulted in the most empowering experiences of my life: the natural conception and birth of my two children. It changed me from feeling a bitter failure into feeling like a superwoman. Thank you Raymond for paving the way for such a miraculous change in my life.

P.H. London

Raymond has helped me work through a traumatic birth so I can focus on the here and now of my beautiful baby daughter. He has provided me with practical tools that I have implemented in my daily life, ensuring that I keep this focus and stay grounded, thinking less and less of the trauma that brought me to him in the first place. I feel his genuine compassion and deep care for the wellbeing of my family in every session and I always end the call feeling lighter and more confident in myself.

R.R. London

I have been a patient of Raymond Francis for a year and a half. The process he uses of working in tandem with the conscious & subconscious has radically changed the way I approach my internal thinking and how interact externally in the world. Significant unhealthy automatic behaviors have been unlocked, rerouted and corrected through his interventions. As a patient I believe his dedication, compassion, intuition and willingness to go far beyond, have created the facility for this success.

From my perspective growing up inside a medical family, I cannot help but feel his inclusion and acknowledgment is fitting to the work the society advocates, and further had my forebears been able to witness his working practice too, they would have be delighted at his inclusion.

C.P-T New York

Just before the pandemic lockdown in 2020 I was diagnosed with a degenerative neurological disease. Six months later I was diagnosed with skin cancer and underwent significant surgery to remove it; all this after a lifetime of good health. Usually highly self-confident, the experience had left me feeling anxious and vulnerable, eventually my wife persuaded me to talk to somebody.

I first met with Raymond in the summer of 2022. I found him to be immediately likeable, warm, pragmatic, compassionate and supportive. After only a few meetings it felt as if we had known each other for years and had strong friendship. This engendered my confidence and trust in him and his techniques, further enhanced by Raymond always explaining what he was recommending as an approach and why. I now feel much more myself and have some simple but highly effective coping strategies if the anxiousness momentarily returns.

A.M. Herts

Raymond has helped me through my toughest time in life, and has provided me with many invaluable advice and assurance so I had the confidence and strong mindset to keep going. I am extremely grateful for all his support.

L.W. London

I have found my sessions with Raymond to be of great benefit through challenging times in the last two years. His wisdom and practical advice have been enormously helpful. But above all he is a very kind person.

G.F London

How does one convince a spouse — who is hesitant to do couples therapy in the first place, and says if he does, it would absolutely need to be in person — to work with someone in another country?? I thought long and hard about how to approach Peter and ended up doing so honestly and openly... He said to me “why do you really wanna work with this guy?” And my simple, sincere response to him was ... “Because he is really good at his work AND because I think he truly cares.” And that was all he needed to hear.

Thank you for the work you’re doing with us. I think it will change our lives.

M.C San Francisco California

It is my pleasure and good fortune to know Raymond Francis professionally. During that time he has supported and aided my health with great attention, insight and wisdom but above all grace and kindness. My life is better for it. I whole heartedly support his inclusion on The Royal Society of Medicine’s prestigious ‘Wall of Honour’

D.T. Miami Florida

I am grateful for the work Raymond has put in. I am happy I decided to go down this path and seek help.

Raymond has provided me with the tools to make positive changes in mindset. Improving my mood at work and home. I am a happier person every day and that is all down to Raymond. I look forward to our meetings and future development.

D.B. London

Raymond was of huge help in resolving a problematic relationship, he helped us both see what was best for us, and then continued to help me personally in finding strength and confidence to continue my own journey with authenticity and optimism. A big focus in the work was around developing psychological flexibility, which has become a guiding principle through challenges and decision making, and I will be eternally grateful for.

J.A. London

Raymond Francis is an excellent psychotherapist, I would highly recommend him. My time spent attending his sessions were life-changing. Prior to meeting him I did not know much about anxiety or mental illnesses in general however, he completely reassured me that anxiety was something curable. He ensured that I did not give up and was always supportive and comforting. I am now able to control my anxiety through methods and words that Raymond has taught me and this is something that I use daily. I will forever be grateful for meeting Raymond.

L.N. London

I firstly contacted Raymond because of a long time sleep disorder and also stress and anxiety all of which conditions were causing both myself and my wife serious problems. From my very first meeting with Raymond I felt at ease and realised he was a person I could work with well.

Raymond treated me with CBT and relaxation method he also provided several audio tapes that I could listen to at home, all of this treatment work extremely well.

It took a long time for his treatment to work but eventually it was totally successful, and for this I will always be very grateful to Raymond. Both myself and my wife noticed a huge change for the better in my condition, and my sleep pattern was greatly improved.

It is always very reassuring that I know should I ever need Raymond's expert help again he is always only a phone call away.

H.J. London

I was referred to Raymond by a Professor of Neurology who was treating me for Chronic Fatigue and recognised that I needed help with anxiety. Raymond also helped me overcome PTSD using EMDR which was genuinely life changing - forgive the cliché. He has been equally brilliant at helping me navigate the shifted dynamics of my relationship with my father after the death of my mother. His approach is gentle, but persistent, and I'm so grateful to him for persevering with my stubborn streak. Without my being aware, he's taught me how to manage my 'autonomic' emotional responses which makes for a much happier existence.

J.R. Sussex

It's hard for me to realize that I have known Raymond for only a brief time. I came to him through a friend who had told me multiple times to about him. I live in Los Angeles and it seemed out of the question for me to reach across the Atlantic for a couple's therapist but knowing my situation, she insisted. I was at the end of a cycle of 4 therapist in 4 years with my husband. I was hopeless and couldn't imagine there could be a different way to approach our marital problems. I had hit bottom. After a few meetings with Raymond we are on a road of recovery. Raymond has created an environment (over zoom mind you) that is safe, honest and filled with empathy for the both of us. For the first time we both feel heard and can hear each other. We are creating a future path together that did not seem tenable. Raymond has created a dynamic where I feel we are a team of three. He is just as invested in us as my husband and I are with each other. Although we have eight hours and 6000 miles between us there is a connected closeness that is something I could not have imagined and I'm eternally grateful for.

R.A. Los Angeles California

I would like to confirm that the therapy work that I have received through Mr Raymond Francis has been very helpful and supportive , it has really benefited me in dealing with a time in my life that was difficult .

Through gentle techniques and thoughtful therapy I have been able to re frame and re think about in a more positive way how life has or had dealt me my hand .

Its been a tremendous support .

I look forward to our sessions which are ongoing and rewarding .

M.P. London

I have been a client of Raymond Francis for ~18 months. I wish to attest to the invaluable psychotherapy, education, counsel, and care that Raymond has provided to me during that time.

I am a 52yo investment banker and Managing Director of a boutique advisory firm that I founded. I was previously a Managing Director at a major global investment bank. I am a divorced father of three teenage children. I am now in a two-year relationship with a 41yo doctor. She has a 4yo child from a previous marriage.

I first sought assistance from Raymond in relation to a psychological dependency on Viagra that I had developed through “recreational” use over some years. I researched the issue online, and found an article on the subject which featured Raymond as an expert.

I reached out to Raymond for an introductory session, and was immediately impressed by his clear intelligence and expertise, as well as his professionalism and rapport-building skills. He exhibited a strong client-first philosophy, grounded in a bespoke approach and underpinned by informed consent. His manner instilled confidence and trust. I had no hesitation in engaging him.

Our sessions since then have involved a moving agenda that we have defined together over time, including the Viagra dependency, guilt / depression / anxiety, communication skills, relationship issues, emotional responsibility and self-acceptance, inner child and self-love, children-related and parenting concerns, and obsessive-compulsive behaviours.

Raymond has used various psychotherapy techniques to great effect during our engagement, including rational emotional behavioural therapy, cognitive behavioural therapy, and hypnotherapy.

With Raymond’s assistance and genuine care, I am thrilled to have: (a) overcome my Viagra dependency, (b) unburdened myself of divorce-related guilt, (c) developed improved communication and relationship skills, (d) reached a better emotional understanding, (e) developed a toolkit to challenge and process negative emotions, (e) made progress towards emotional responsibility and self-acceptance, and (f) obtained enhanced insights into my children.

Our work is ongoing and is hugely beneficial to me in multiple dimensions of my life, including my work and client relationships, my personal relationships, my sexual relationship, and my parent-child relationships. With Raymond’s assistance, I am on a journey of self-improvement, including greater self-awareness, self-control, self-acceptance, and self-love.

In our first session, Raymond told me that his aim was to teach me to become my own therapist. I did not fully understand that at the time, but now I do. Raymond’s therapy is exceptional and effective, but what is most enduring and therefore most valuable is the education that is attached.

I have dealt with numerous professionals in both my career and my personal life, and I am therefore well-equipped to assess them. Raymond is a stand-out. I am fortunate to have engaged with him and he has my unequivocal commendation.

A.C. Sydney Australia

I was first introduced to Raymond Francis many years ago at a time where I had experienced great personal trauma. Raymond was a kindred soul at a time when I was going through an incredible difficult time in my life and through his professionalism, expertise, kindness and care I was slowly able to get back to a place of balance and calm.

Raymond's ability to help me deal with the immense challenges that have come my way and his peaceful and endearing energy was a joy to be around.

I cannot express my deep gratitude and appreciation for how Raymond Francis literally came into my life, gave me the tools and helped me to truly change my outlook on life for the better.

S.S. Spain