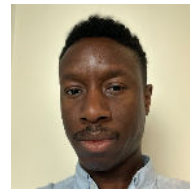


Anthony Newton

Counselling Psychologist

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Professional summary

Chartered Counselling Psychologist and BPS registered media psychologist with extensive NHS experience, specialising in delivering psychological interventions and mental health support to diverse populations. Skilled in integrating clinical expertise into health tech platforms to enhance employee wellbeing and mental health accessibility. At Unmind, I contributed to workplace wellbeing initiatives by shaping evidence-based strategies, leading global webinars, and collaborating with major clients such as Uber, SCB, Disney, Estee Lauder, and the AFL. Passionate about bridging the gap between psychology and the public, supporting organisational change, and driving measurable improvements in mental health outcomes.

Education

2012 - 2021

LONDON

Doctorate, The Metanoia Institute

Counselling Psychology and Psychotherapy

2017 - 2018

LONDON

Post Graduate Diploma, The Metanoia Institute

Integrative Psychotherapy

2017

LONDON

Post Graduate Diploma, The Metanoia Institute

Integrative Counselling and Psychotherapy

2009

ENGLAND, UNITED KINGDOM

Post Graduate Diploma, University College London

Cognitive Behavioural Therapy for Low-Intensity Intervention

2008

LONDON

Bachelor of Science, University of Lincoln

Psychology with Clinical Psychology

Employment history

JAN 2025 - PRESENT

LONDON

Counselling Psychologist, Health Partners

Working for one of the UK's largest workplace providers to support and enhance employee mental health, where I:

- Provide short-term remote therapy (10–16 sessions) to employees from major organisations including Jaguar Land Rover, Royal Mail, PepsiCo Group, Tesco and top insurance clients.
- Conduct 20-minute triage sessions, efficiently managing up to 3 consultations per hour while maintaining high-quality care standards.
- Conduct comprehensive psychological assessments, develop tailored treatment plans, and track client progress through structured evaluation methods
- Author content to meet digital marketing needs, including a published piece on digital stress for the company magazine.
- Contribute to and facilitate peer supervision groups, supporting professional development and best practice sharing.

NOV 2021 - PRESENT
LONDON

Counselling Psychologist & Psychotherapist , The Private Therapy Clinic

- Conduct individual therapy sessions, addressing diverse mental health concerns effectively.
- Provide detailed assessments and reports, facilitating client access to appropriate care.
- Offer supervision to enhance team development and practice standards.
- Create psychological content for social media, expanding online engagement.
- Consult on media projects to ensure psychological safety and readiness.

JUL 2023 - OCT 2024
BOROUGH, LONDON

Counselling Psychologist, Unmind

- Developed Unmind Talk, a global digital talking therapy and coaching service, by collaborating with product, engineering, and commercial teams in solving challenges.
- Authored guidelines and policies around risk management both internally for staff and externally for clients and practitioners.
- Led digital content creation, ensuring psychological accuracy in marketing and client communications.
- Spearheaded global webinars and events, delivering expert insights to improve workplace wellbeing.
- Ensured psychological safety, consultation and guidelines on in-house mental health productions.
- Worked closely with cross-functional teams to optimise product development and enhance user experience through clinical insights.

DEC 2020 - JUL 2023
KENSINGTON AND CHELSEA,
LONDON

Counselling Psychologist, Kensington and Chelsea Step 4 Psychology Service (NHS)

- Managed a diverse caseload, delivering specialised therapy for trauma and relational issues, achieving significant and measurable patient progress.
- Supervised and developed clinical associates and trainee psychologists, improving their professional skills and enhancing clinical effectiveness.
- Led multidisciplinary meetings to optimise patient care strategies, fostering better coordination and integration of care.
- Delivered targeted 12-week therapy programmes, facilitating substantial progress in trauma recovery and overall patient wellbeing.
- Directed case management and therapeutic interventions for complex cases, ensuring comprehensive and high-quality patient care.

SEP 2018 - JUN 2022
KENSINGTON AND CHELSEA,
LONDON

Senior Counsellor/Integrative Psychotherapist, Kensington and Chelsea IAPT Service (NHS)

- Provided high-quality short-term psychotherapy to NHS patients, managed a caseload of 30 weekly.
- Screened new referrals, assessed suitability and risk, and liaised with professionals for comprehensive care.
- Led BAME initiatives, enhanced inclusivity and cultural competence within the service.
- Presented and ran clinical meetings and training sessions, fostering professional development.
- Accredited in Dynamic Interpersonal Therapy (DIT) and completed a leadership program.

SEP 2019 - JUL 2020
LEWISHAM, LONDON

Senior Counsellor, Lewisham Wellbeing Service (IAPT/NHS)

- Led a part-time developmental role in leadership, management, and supervision.
- Initiated, supervised, and managed a men's group, fostering community support.
- Developed and implemented short-term treatment strategies for common mental health disorders, utilizing evidence-based practices to improve patient care
- Fostered interdisciplinary collaboration within NHS, contributing to comprehensive patient care and service improvement initiatives
- Provided mentorship and guidance to junior staff, promoting professional growth and maintaining high standards of patient care

SEP 2017 - JUN 2018
BROMLEY, KENT, ENGLAND

Lead Counsellor, Supervisor and Supervision Coordinator, Novo Counselling

- Delivered professional counseling, enhancing client well-being with measurable outcomes.
- Supervised staff sessions, ensuring adherence to guidelines and service quality.
- Monitored standards compliance, maintaining excellence and organizational integrity.
- Supported policy implementation, improving frameworks and operational efficiency.
- Mentored staff, fostering growth and development, boosting team performance.

SEP 2016 - JUN 2018
FOREST HILL, LONDON, ENGLAND

Counsellor, Associate Counsellor & Project Manager, The Cassel Centre

- Provided relational counselling for depression, anxiety, trauma, and personality disorders.
- Conducted CPD workshops to enhance multidisciplinary team skills.
- Integrated NHS funding, standardized measures, and trained staff for consistent care.
- Developed referral protocols and managed client files for efficient allocation.
- Handled telephone self-referrals and ensured accurate ICD-10 diagnoses.

JAN 2014 - JAN 2016
LUTON, ENGLAND, ENGLAND

Senior Psychological Wellbeing Practitioner, Luton IAPT Psychological Wellbeing Service

- Delivered individual cognitive behavioral therapy sessions, improving client mental health outcomes.
- Facilitated psycho-educational groups, enhancing client understanding of mental health.
- Organized and led peer supervision groups, fostering professional development among PWP's.
- Conducted clinical skills sessions, elevating the competency of Psychological Wellbeing Practitioners.
- Coordinated with public health services, ensuring comprehensive psychological care for patients.

AUG 2009 - MAR 2014
WESTMINSTER, ENGLAND, ENGLAND

Psychological Wellbeing Practitioner, Westminster IAPT NHS Service

- Delivered low-intensity cognitive behavioral interventions to adults in individual and group settings.
- Led team meetings for Psychological Wellbeing Practitioners, enhancing collaborative care.
- Documented patient information, ensuring accurate and comprehensive records.
- Collaborated with duty team to coordinate client care, improving service efficiency.
- Developed treatment plans focusing on accurate diagnosis and behavioral treatment.

DEC 2012 - MAR 2014
LONDON, ENGLAND, ENGLAND

Trainee Counselling Psychologist, Chelsea and Westminster Club Drug Clinic

- Delivered high-intensity CBT therapy and counselling to clients post-drug treatment program.
- Collaborated in weekly MDT meetings with psychiatrists, psychologists, and research assistants.
- Maintained up-to-date clinical records using database systems, ensuring adherence to standards.
- Monitored emerging drug trends and contributed to research, enhancing treatment approaches.

Courses

MAR 2025 - SEP 2025

Eye Movement Desensitization and Reprocessing (EMDR) training at EMDR Academy

SEP 2024 - JAN 2025

Media production psychology: An introduction to working in broadcasting, film and drama at British Psychological Society

Skills

Office Suite

Video Conferencing Technologies

Slack

Google Suite

Public Speaking

Crisis Intervention

Hobbies

Active lifestyle enthusiast with a passion for tag rugby, running, and gym classes. An avid traveller who enjoys exploring new cultures and pushing my comfort zone. Engages in meditation and continuous learning, with a deep appreciation for live music, art, and culinary experiences. I enjoy film and prestige television.