



Dr Ian Newey, Consultant Clinical Psychologist.

I have over 26 years of clinical experience. I have chosen to work primarily with children and young people since completing my Doctorate in Clinical Psychology.

I have, however, also accrued over fifteen year experience of working privately with adults. This is useful as much work with children requires interfacing with parents, carers and the professional system around the child.

I believe that one of the most important things to do in Clinical Psychology, is to co-create a collaborative, shared understanding of the presenting issues, the difficulties, the strengths and resilience required to survive life events. Once we have this formulation, we can

start to think together about solutions, values and directions of therapeutic travel.

I have expertise in working with adults and young people who have experienced trauma and am trained in the NICE guideline approved therapies for post trauma presentations, i.e. Trauma Focused Cognitive Behavioural Therapy or TF-CBT and Eye Movement Desensitisation Reprocessing or EMDR.

I can draw from family therapy models. I have training and experience in behavioural family therapy and systemic family therapy.

I have skills utilising behavioural and cognitive behavioural models and have developed a special interest in third wave cognitive and behavioural therapies, particularly Acceptance and Commitment Therapy, Compassion Focused Therapy and Mindfulness.

I have considerable experience of working with a range of presentations and ages. I have worked in community teams and inpatient settings.

I have considerable experience working with people on the autistic spectrum and with other neurodevelopmental differences.

As a Dad of a wonderful daughter (who we adopted) I have a particular love for, and interest in, adoption and attachment.

I have clinical interests including Post Traumatic Stress Disorder (PTSD), Developmental Trauma and Complex Post Traumatic Stress Disorder (CPTSD), Obsessive-compulsive disorder (OCD), Bereavement, Depression and Anxiety.

I can offer a range of approaches including Cognitive behaviour therapy (CBT); Emotional Regulation, Trauma focused CBT, Eye Movement Desensitisation and Reprocessing (EMDR), Mindfulness, Acceptance and Commitment Therapy and Compassion Focused Therapy,