



**Dr Samuel Newton**  
D.Clin.Psych, PG Dip CBT.  
**Clinical Psychologist**



Health Professions Council Registration: **PYL041135**

Dr Newton is a Clinical Psychologist & CBT Therapist with over 15 years' experience in the NHS and working privately. He has worked across the lifespan with people experiencing depression, anxiety disorders (including trauma/PTSD), as well as everyday emotional struggles that affect work, relationships or wellbeing.

He offers structured, collaborative assessment and report writing, adapted to both mild–moderate difficulties and more complex presentations, as well as providing expert witness services.

#### **AREAS OF SPECIALISM**

- Mental Health
- Trauma
- Veterans
- Looked after Children
- Forensic
- Trauma
- CBT
- Therapies
- Civil Court
- Criminal Court

#### **PROFESSIONAL QUALIFICATIONS**

- 2025** Postgraduate Certificate in CBT for Psychosis & Bipolar - University of Exeter
- 2022** Doctorate in Clinical Psychology – University of Sheffield
- 2015** Postgraduate Diploma in Cognitive Behavioural Therapy - Canterbury Christchurch University
- 2011** Postgraduate Certificate in Evidence-Based Psychological Therapy – University of Reading
- 2010** BSc (Hons) Psychology - University of Hull (1st Class)

#### **WORK HISTORY**

**2026 – Present Principal Clinical Psychologist (Part-Time), Mental Health Treatment Requirement Service**

*Derbyshire Healthcare NHS Foundation Trust*

- Provide senior clinical leadership within adult mental health services.
- Lead on clinical governance, supervision structures, and quality improvement.
- Support staff development through supervision, teaching, consultation, and reflective practice.
- Contribute to strategic service development and multidisciplinary decision-making.

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**2024 – 2026 Senior Clinical Psychologist, Primary care Mental Health Team**

*Sheffield Health and Social Care NHS Foundation Trust*

- Lead psychological provision within adult mental health services.
- Provided Senior leadership across multiple PCN's.
- Provided supervision, teaching and consultation to clinicians working within NHS Talking Therapies.
- Delivered evidence-based psychological therapy to individuals with complex presentations.

**2022 – 2023 Clinical Psychologist, Early Intervention Service**

*Sheffield Health and Social Care NHS Foundation Trust*

- Delivered CBT-based psychological interventions within secondary care services.
- Supported staff development through reflective practice and supervision.

**2020 – 2022 CBT Therapist, Sheffield Treatment and Recovery team**

*Sheffield Health and Social Care NHS Foundation Trust*

- Designed, implemented and delivered CBT therapy offer for the service.
- Supervised & delivered training to Recovery Workers.

**2017 – 2020 Trainee Clinical Psychologist, Multiple specific Services**

*University of Sheffield & Sheffield Health and Social Care NHS Foundation Trust*

- Rotations across adult, older adult, CAMHS, looked after children, neuropsychology, and learning disability services.
- Conducted qualitative research on the role of negative emotions in men with muscle dysmorphia.

**2016 – 2017 Veterans Outreach Worker/Therapist, Veterans Outreach Service**

*Humber NHS Foundation Trust*

- Provided trauma-informed interventions and liaison across NHS, MOD, and third-sector organisations.
- Contributed to service development and multi-agency strategy meetings to improve veteran access.

**2008 – 2016 High Intensity CBT Therapist / PWP, NHS Talking Therapies Services**

*Various NHS trusts – Hackney, Worthing, East Sussex, Dorking*

- Delivered high and low intensity CBT interventions within NHS Talking Therapies services.
- Worked in line with national curricula, protocols, and outcome monitoring requirements.

**RELEVANT SKILLS & EXPERIENCE**

- Working knowledge of NHS Talking Therapies national curricula and treatment protocols
- Supporting skill development through teaching, supervision, mentoring, and reflective practice
- Explaining CBT models and interventions clearly within clinical supervision & teaching contexts
- Providing constructive, timely, and individualised feedback
- Facilitating group reflective practice and skills-based practice & discussions
- Supporting trainee wellbeing and professional development
- Collaborative multidisciplinary working
- Use of digital systems for remote meetings, supervision, teaching and clinical work