

# Mr Ian Best

BSc (Hons), PG Dip, PG Cert.

## Clinical Psychotherapist



I have been a Psychotherapist for almost eighteen years. I have worked with clients who have presented with a range of mental health difficulties such as anxiety, depression and stress. People who have endured traumatic events have also been a major part of my practice. This includes those who have suffered injury in car accidents, people in military zones and people who have been attacked.

My therapeutic style is quite informal, and I embrace the collaborative nature of therapy. I am extremely passionate and genuinely energised when engaging in the therapeutic process for the benefit of my clients. I am experienced with longer term psychotherapy including complex and long-term issues such as personality issues, complex grief and co-morbid mental health problems. Through my career I have witnessed people who have recovered from the most awful situations to enjoy life again and as such I have a deeply rooted belief in the power of therapy and what it can achieve. I also firmly believe in the benefits of working collaboratively with other professionals to obtain the best for our clients.

## Contact Details

I undertake private work as an Associate with Newby Psychological Services and can be contacted at [info@newbypsychological.co.uk](mailto:info@newbypsychological.co.uk)

## Relevant Professional Qualifications

- BSc (Hons) Counselling studies, 2007, University of Huddersfield
- P.G. Dip. Cognitive Behavioural Psychotherapy, 2009, University of Derby
- PG Cert. Clinical Supervision 2011, University of Derby
- EMDR Practitioner Qualified 2011, University of Derby

## Membership of Professional Bodies

- British Association for Behavioural and Cognitive Psychotherapies (BABCP) - fully accredited member

## Experience:

### Associate Clinical Psychotherapist

**Newby Psychological Services**

October 2024 – present

In my role with Newby Psychological Services, I deliver psychotherapy for anxiety, panic, depression, OCD and phobias. I treat people with symptoms of trauma and repetitive instances of depression and anxiety. I utilise Eye Movement Desensitisation and Reprocessing (EMDR) along with Cognitive Behavioural Therapy (CBT) yet my style and approach is intertwined with Humanistic theories, the power of collaboration and the therapeutic alliance. I also work within and as part of professional teams to maximise client outcomes.

### Cognitive Behavioural Psychotherapist and EMDR Practitioner

**Total Therapeutics**

September 2011 - present

Independent provider of EMDR and trauma-focused CBT as well as expert witness reports. I also provide and facilitate clinical supervision for other psychotherapists, create therapy tools, resources and books.

### Cognitive Behavioural Psychotherapist and EMDR Practitioner

**NHS IAPT Lincolnshire Partnership Foundation Trust**

September 2008 – December 2018

I worked as a high intensity Psychotherapist. Responsibilities included working in a primary care psychological therapies environment. This involved providing CBT interventions to individuals with varying types of anxiety including GAD, OCD, panic and phobic disorders. I regularly treated highly entrenched and embedded co-morbid presentations. I also treated victims of trauma i.e. RTA, rape and physical attacks. I also gave clinical supervision to practitioners including Psychological Wellbeing Practitioners and other Cognitive Behavioural Therapists.

### Counsellor

**NHS**

May 2008 – September 2008

I worked as a clinician in a busy NHS base. Responsibilities included working effectively within the NHS in primary care culture. I worked as a part of a multi-discipline team and dealt with common mental health problems. This was a busy role working with clients who had often been enduring long standing issues that were made more complex by health concerns and social difficulties. This part of my career was an immensely powerful experience dealing with a vast array of problems and issues. My role involved achieving results in restricted time frames and ensuring that people became robust enough to cope alone and remain resilient to relapse and future issues.

## Counsellor

### Drug and Alcohol Rehabilitation Centre

December 2006 – December 2007

I provided advice on reduction plans and facilitate group sessions as well as developing individual care plans. I also co-ordinated the assessment needs of referrals including non-clinical requirements. I liaised with GP's, drugs workers and after care workers and provided supervision and conflict resolution. Clients were often dealing with chronic addiction intensified by the culture of addiction they were subsumed within. This role involved managing high levels of therapeutic compassion combined with a humanitarian foundation and a belief in recovery.

## Recent Relevant CPD

In recent months I have been involved with further Eye Movement Desensitisation and Reprocessing (EMDR) training. This has involved enabling people to comprehensively move on from trauma with the aim of restoring them to function as close as possible to the level they were at previously. I have conducted therapy in sports and entertainment as well as other sectors using EMDR to resolve psychological obstacles that people can experience in all walks of life. I have also been involved with conducting therapy for EMDR and recurrent depression and anxiety.

## References

Reference contact details available on request