

Anthea Hewitt Dip C.O.T / MSc Mental Health

Anthea qualified from the University of Northumbria at Newcastle in 1990 and completed an MSc in mental health studies at Oxford Brookes University in 2001.

She is currently Lead Occupational Therapist in a busy community drug and alcohol service for a London NHS trust. Part of her responsibilities within the Trust include delivering Motivational Interviewing skills training to both NHS and voluntary sector workers. Both at introductory and advanced level. As such, she is an active member of the Motivational Interviewing Network of Trainers (MINT).

Anthea is a highly experienced practitioner having had many years experience in a variety of mental health settings within the NHS and the Voluntary Sector. She has worked in acute care, day care and community mental health teams. She was also involved in setting up and evaluating an action research project focussing on 'hard to engage' clients in contact with the police and acting as training co-ordinator– for the charity Revolving Doors Agency. Training and development is central to Anthea's practice. For example, although initially a trustee for a small local charity, she soon became responsible for training volunteer befrienders, a role she currently maintains.

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