



Dr Daniel Anderson

Psychotherapist · Consultant Psychiatrist · Supervisor · Mentor

Services

Individual Psychotherapy

Depth-oriented therapy for anxiety, depression, trauma, identity exploration and relational difficulties.

Clinical Supervision

Reflective, psychodynamic supervision for therapists, psychologists and psychiatrists internationally.

Mentoring & Coaching

Support for clinicians, educators and professionals seeking clarity, leadership development and meaningful career direction.

Reflective Practice Groups

Small, confidential online groups for doctors and healthcare professionals worldwide, focusing on emotional insight and sustaining professional wellbeing.

I work exclusively **online worldwide**, offering a calm, reflective and psychologically informed space for personal and professional growth. My approach integrates psychodynamic and group-analytic thinking, helping individuals and organisations deepen insight, strengthen identity and navigate complexity with greater clarity and confidence.

Contact

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Available internationally · Online only
