



Abigail Newland

MSW RSW

OSP Clinician

Abigail is a registered social worker who completed her Master of Social Work at the University of Toronto and is registered with the Ontario College of Social Workers and Social Service Workers.

Abigail has been formally trained in CBT for an extensive list of disorders such as anxiety disorders, depression and Cognitive Processing Therapy (CPT) for PTSD and trauma recovery. Additionally, Abigail has several years of experience providing Cognitive Behavioural Therapy (CBT) to children, adolescents and adults experiencing various challenges such as symptoms of depression, low mood, generalized anxiety, post traumatic stress, addictions and substance use challenges.

Abigail utilizes a strength-based, non-judgemental, culturally sensitive, trauma informed approach while providing a warm and safe therapeutic space for clients to be themselves, derive solutions, maintain and achieve personal goals towards their mental health.

Prior to her role at Carepoint Health, Abigail spent several years at a community mental health centre providing CBT to racialized individuals struggling with anxiety, trauma and substance use disorders.

