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M. Diana Helweg Newton is Senior Fellow at the John G. Tower Center for Political Studies at Southern Methodist University where she teaches National Security Policy as a visiting professor in the Political Science Department. She also runs the Japan Studies Program for the Tower Center. She has also served as the Associate Director for Programs at the Tower Center. Mrs. Newton has also taught Policy Making and US Foreign Policy in Asia as a visiting professor at the Lyndon B. Johnson School of Public Affairs, at the University of Texas at Austin. Before working at SMU, Mrs. Newton was an International Affairs Fellow and a Hitachi International Affairs Fellow at the Council on Foreign Relations in New York City, where she served as the project director for the Economic Task Force on Japan. Before working at the Council, she served as the Executive Assistant to the Deputy National Security Advisor at the National Security Council, and as the Special Assistant to the Under Secretary for Economic, Business and Agricultural Affairs at the State Department. Prior to that, she practiced law at Morrison & Foerster. She is a graduate of Yale University and Boston University School of Law.

She has lived and worked in Japan several times: serving as a Coordinator for International Relations on the JET Program in the International Affairs Office of the Yamaguchi Prefectural Government; working in the legal department of Sumitomo Corporation, Tokyo; and doing research on the Japanese economy as a fellow at the Japan Center for International Exchange, also in Tokyo. She is currently a fellow at the Robert S. Strauss Center for International Security and Law at the LBJ School for Public Affairs, University of Texas at Austin, and a member of the Council on Foreign Relations Term Member Selection Committee. She is a member of the District of Columbia Bar.