

Dr Sara Simblett
DClinPsy PhD MSc BSc
Chartered Clinical Psychologist



Health Professions Council Registration: **PYL32494**

Dr Simblett is a clinical psychologist and director of her Neurocognitive Clinic in London. She is committed to the provision of neuropsychological assessment, neurorehabilitation, and psychological therapy that is offered in a respectful and non-judgmental manner. She works collaboratively to support people to understand their strengths, deal with difficult problems, and achieve important goals.

PROFESSIONAL QUALIFICATIONS

- 2015** Doctorate in Clinical Psychology – King’s College London
- 2013** PhD in Neuropsychology – University of Cambridge
- 2008** MSc in Neuropsychology – University of Bristol
- 2007** BSc in Experimental Psychology – University of Bristol

WORK HISTORY

2022 – Present Clinical Director – Private practice

- Responsible for the clinical oversight of the business.
- Provision of neuropsychological assessments, medico-legal assessments, and neurorehabilitation for people with cognitive, behavioural, and emotional needs following a diagnosis of a neurological condition and/or mental health condition.

2021 – Present Clinical Lecturer in Neuropsychology and Clinical Psychologist – Institute of Psychiatry, Psychology and Neuroscience King’s College London and Department of Psychology South Maudsley NHS Foundation Trust

- Lecturing on Neuropsychology for the DClinPsy training course at KCL.
- Supervising and conducting research in the field of neuropsychology.
- Part-time clinical psychologist in the Neuropsychiatry and Neuropsychology service at St Thomas’ Hospital and the Maudsley Hospital delivering comprehensive neuropsychology assessments and brief neurorehabilitation interventions for adults with neurological conditions or functional neurological presentations.

2018 – 22 Clinical Psychologist – Independent Practice

- Providing specialist assessment and treatment for adults with a range of mental health difficulties including depression, anxiety disorders (OCD, panic disorder, generalized anxiety disorder, social phobia etc.), low self-esteem, PTSD and in the context of eating disorders and/or chronic physical health conditions.
- Therapeutic approaches include traditional CBT and third wave CBT, including compassion-focused therapy, mindfulness-based cognitive therapy and acceptance and commitment

therapy informed practices.

- Offers comprehensive neuropsychological assessment.

2016 - 21 Clinical Psychology Research Fellow – Institute of Psychiatry, Psychology and Neuroscience, King’s College London

- Working on the RADAR-CNS, European Union and IMI-funded programme and specialising in user experience of remote measurement technology, including wearables and smartphone apps.
- Involved end users in the design of research and evaluated their experiences of using technologies.
- Supervision of research assistants and students, leading on a departmental e-mental health special interest group and providing teaching at both undergraduate and post-graduate levels.

2019 – 21 Clinical Psychologist – South London and Maudsley NHS Foundation Trust

- Leading on development of a new cognitive management pathway to provide remote delivery of holistic neuropsychological interventions to adults with serious mental health problems (a diagnosis of bipolar disorder).

PUBLICATIONS

- Wakely, H., Radakovic, R., Bateman, A., Simblett, S.K., Fish, J., & Gracey, F. (2022). Psychometric Properties of the Revised Dysexecutive Questionnaire in a Non-clinical Population. *Frontiers in human neuroscience*, 16.
- Simblett, S.K., et al. (2020). Patients’ Measurement Priorities for Remote Measurement Technologies to Aid Chronic Health Conditions: Qualitative Analysis. *JMIR mHealth and uHealth*, 8(6), e15086.
- Simblett, S.K., et al. (2019). Barriers and facilitators to engagement with mHealth technology for remote measurement and management of depression: a qualitative analysis. *JMIR Mhealth Uhealth* 2019;7(1): e11325.
- Shek, A.C., Biondi, A., Ballard, D., Wykes, T., & Simblett, S.K. (2019). Technology-based interventions for mental health support after stroke: A systematic review of their acceptability and feasibility. *Neuropsychol Rehabil*, 13:1-21.
- Simblett, S. K., et al. (2017). The Dysexecutive Questionnaire Revised (DEX-R): An extended measure of everyday dysexecutive problems after acquired brain injury. *Neuropsychological Rehabilitation*, 27(8), 1124-1141.