



Dr Kat Sephton

Clinical Psychologist

Professional Qualification

DClinPsy (Doctorate in Clinical Psychology), University of Nottingham and Lincoln, 2014
BSc (Hons), University of Warwick, 2008

Professional Membership

HCPC (Health and care professions council), Registration No. PYL31319
British Psychological Society Chartered Psychologist, Registration No. 465290
Division of Clinical Psychology
Division of Neuropsychology

Professional Biography

Dr Kat Sephton is a clinical psychologist with a special interest in neuropsychology and long term health conditions. She has more than a decade's experience working with adults and older adults in the NHS and private sector and is about to commence postgraduate training in clinical neuropsychology. She has considerable experience in the assessment, formulation and treatment of individuals adjusting to traumatic life experiences, physical health conditions, neurodegenerative conditions and brain injury. This includes comprehensive assessment of risk, capacity and cognition and the provision of psychological therapy, cognitive rehabilitation and consultation. Her primary therapeutic interests are Compassion Focused Therapy (CFT), Acceptance and Commitment Therapy (ACT) and Cognitive Behavioural Therapy (CBT) but as a Clinical Psychologist she is able to draw on a range of approaches to provide a personalised service.

Current Role

Clinical Psychologist and owner, Renew Psychology, (Jan 2020 - present)

- Provider of clinical psychology services including psychological therapy, carer and family support, and consultation to individuals and organisations in the Midlands and remotely across the UK.

Clinical Psychologist in Neuropsychology, (March 2020 - present)

Neurosciences department, University Hospital Coventry and Warwickshire, Coventry, CV2 2DX

- Outpatient diagnostic neuropsychological assessment for patients presenting with a range of neurological conditions and head injury. Experience working with interpreters and physical disability.
- Outpatient brief neuro-rehabilitation and group therapy in the rehabilitation day unit.
- Neuropsychological input to the stroke, neurology, neuro-surgery and major trauma wards including risk and capacity assessment, pre and post operative assessment, assessment to inform discharge planning and supporting the management of behaviours that present a challenge.

Contact Details

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- Provision of teaching to occupational therapists, physiotherapists and neurology registrars.
- Supervision of trainee clinical psychologists.
- Provision of teaching on the Coventry and Warwick Doctorate in Clinical Psychology.

Career Pathway:

Clinical Psychologist in Community Mental Health, (Oct 2014 - Feb 2020)

Birmingham & Solihull Mental Health Foundation Trust, 1, 50 Summer Hill Rd, Birmingham B1 3RB

- Provision of clinical psychology services to older adults and their support systems. Individual psychotherapy, assessment and management of risk and assessment of capacity
- Neuropsychological assessment
- Provision of training, supervision and consultation

Clinical Psychologist in Memory Assessment, (Oct 2014 - Feb 2020)

Birmingham & Solihull Mental Health Foundation Trust, 1, 50 Summer Hill Rd, Birmingham B1 3RB

- Neuropsychological assessment and diagnosis of individuals presenting with cognitive impairment due to dementia.
- Differential diagnostic assessment for complex cases (e.g. prior stroke or neurological condition).
- Provision of teaching and training on dementia assessment to the multidisciplinary service.
- Supervision of trainee clinical psychologists

Clinical Psychologist in a Mental Health Enhanced Assessment Service, (Oct 2014 - Jan 2017)

Birmingham & Solihull Mental Health Foundation Trust, 1, 50 Summer Hill Rd, Birmingham B1 3RB

- Providing specialist assessment, formulation and brief psychological interventions to individuals presenting with complex mental health difficulties secondary to physical health conditions within a primary care setting.
- Consultation and training to health care staff within the primary care setting

Publications

Mackenzie, K (2013). *The Modified Everyday Memory Questionnaire: Assessing saliency of everyday memory failures*

(Doctoral thesis). University of Nottingham.

Training and Professional Development.

- DBT Skills training, British Isles DBT Training
- Dementia Diagnostics, Dr Pete Bentham, Birmingham and Solihull Mental Health Foundation Trust
- STAR supervisors training, University of Birmingham
- CFT Introduction and advanced skills workshops, Professor Paul Gilbert, University of Derby
- PTSD and memory focused approaches, Dr Nick Grey, Institute for mental health
- CBT for PTSD, Oxford Centre for Cognitive Therapy