

Dr Sana Gill

BSc, MSc, D.Clin.Psy. PGDip

Clinical Psychologist Specialising in Neuropsychology



Sana qualified as a Clinical Psychologist in January 2019. Her clinical background includes working for a medical charity at the Royal Hospital for Neurodisability with Prolonged Disorders of Consciousness. Within the National Health Service, she has worked in Brain Injury (inpatient and community), Stroke rehabilitation and mental health services in Manchester. Sana has experience of working with complex presentations following brain injury in the context of rehabilitation and capacity assessment. She also has considerable expertise in working with clients from various cultural backgrounds such as those from Syria, Eritrea, Sudan, Somalia, Iraq and South Asia.

Sana draws on Narrative Therapy and Systemic principles in her work with individuals and their families who have experienced a brain injury. She places importance on using values-based goal setting as an inclusive approach within multi-disciplinary teams. She places a particular emphasis on considering religiocultural and sociopolitical factors within assessment, formulation, and intervention to support individuals and families with their cognitive, emotional, and behavioural difficulties following a brain injury.

Qualifications

PGDip Clinical Neuropsychology

University of Glasgow - 2023

Doctorate in Clinical Psychology

University of Lancaster – 2018

MSc Rehabilitation Psychology with Distinction

University of Nottingham – 2012

BSc Psychology with Cognitive Neuroscience

University of Nottingham – 2011

Relevant skills

Assessment

- Assessment of the psychological wellbeing of adults with brain injury or a neurological condition
- Assessment of challenging behaviour in adults
- Assessment of emotional difficulties experienced by family members of those who have

experienced a brain injury and/or a neurological condition.

- Neuropsychological assessments of adults and older people
- Assessment with individuals within a range of social context including a refugee and asylum-seeking population, working with interpreters and considering a range of cultural and religious backgrounds.

Formulation

- Formulating an adult or older person in the context of their background, developmental history, experiences, current environment, neurological condition and neuropsychological functioning
- Developing person-centred neuropsychological formulations to inform appropriate interventions.
- A consideration of culturo-religious factors which may be influencing or maintaining difficulties with engagement or emotional distress. I am careful to consider cultural differences in the conceptualisation and expression of emotional distress as well as the impact of such differences on help-seeking behaviours.

Intervention

- I work directly with patients and their families within the context of brain injury across various settings.
- I also work indirectly with multidisciplinary team members including physiotherapists, occupational therapists, speech and language therapists, nurse, doctors, music therapists, art therapists and dieticians through supervision and consultation.
- I draw upon a range of therapeutic modalities, including systemic principles, Acceptance and Commitment Therapy (ACT), Narrative Therapy and Cognitive Behavioural Therapy (CBT) taking a person-centred and systemic approach to inform both my formulation and interventions.
- I adopt a values-based approach in my work within brain injury where possible, in order to ensure that services remain as inclusive and as person-centred as possible, providing consultation and supervision on such issues where possible.

Consultation, Supervision and Training

- Supervising and providing consultation for members of multidisciplinary teams to work psychologically with patients experiencing emotional distress or behaviours which are challenging.
- Development and delivery of values-based goals training for neurorehabilitation settings
- Specialist area of knowledge: Neuropsychological assessments within a multicultural population. Presentation completed in November 2024 at the North West England Neuropsychology Special Interest Group (NW Neuro SIG)

Membership of Professional Bodies

- Registered Clinical Psychologist - Health Professionals Council (HCPC No. PYL36954)
- Registered as a Chartered Psychologist

Experience

Clinical Psychologist in Neuropsychology

Newby Psychological Services Ltd

March 2025-Present

In my role with Newby Psychological Services I am primarily providing neuropsychological rehabilitation and therapy to support those affected by acquired brain injury. This includes those also affected by trauma and functional neurological disorders. I am also conducting capacity assessments for a variety of issues such as testamentary capacity, to manage property and affairs and make welfare decisions. I have a particular interest in working with clients within their cultural context.

Principal Clinical Psychologist in Neuropsychology (NHS)

Stroke Rehabilitation Unit,

Greater Manchester Mental Health Trust

July 2024-Present

Principal Clinical Psychologist in Neuropsychology (NHS)

Neuropsychological Consultation and Assessment Service

Greater Manchester Mental Health Trust

July 2024-Present

Clinical Psychologist in Neuropsychology (NHS)

2020 –2024

Intermediate Neurorehabilitation Unit,

Salford Royal Foundation Trust

Assessment, formulation and intervention for emotional, behavioural and cognitive difficulties for adults and their families, following brain injury of mixed aetiology using complex neuropsychological assessment, including those of mental capacity, for a range of decisions related to patient care. I developed a values-based goal setting protocol and upskilled the multidisciplinary team, to ensure that rehabilitation encompasses a multitude of cultural, religious and spiritual beliefs, pertinent to each patient.

Cultural Competence in Community Psychology

2021 – current

Just Psychology, CIC

Consultancy/supervisory role with a Trainee Clinical Psychologist in developing culturally competent services to improve the emotional wellbeing of those who identify as BAME within Greater Manchester. This project included work with families of refugee status who have been separated by conflict and have recently been reunited. Parenting groups, cultural consultancy and family therapy were implemented in a culturally appropriate context with the aim to prevent emotional difficulties of future generations within Greater Manchester.

Prolonged Disorders of Consciousness, Brain Injury Service

Royal Hospital for Neurodisability, Putney 2019 – 2020

Assessment, formulation and intervention for emotional, cognitive and behavioural difficulties of patients who presented in a prolonged disorder of consciousness (PDOC) at a specialist hospital in London. My work included chairing of best interest meetings, working alongside families to act in the best interests of my allocated patients. My role also included leading on the provision of self-care and resilience for staff members across the hospital, including reflective support in groups to healthcare assistants from a range of cultural backgrounds.

Perinatal Emotional Wellbeing Group Lead 2018

Just Psychology, CIC

Development and delivery of group therapy for women, of refugee and asylum-seeking status, experiencing mental health and emotional difficulties. Development of culturally competent outcome measures and session content to engage women based in the city of Manchester, UK. Considering the transcultural experiences and needs of a diverse group, I developed strategies to engage women identified as vulnerable to developing mental health difficulties. Sessions considered emotional wellbeing including diverse conceptualisations of mental health with women from Syria, Eritrea, Sudan, Somalia, Iraq, Iran and other cultural backgrounds.

Children and Families School Project Co-Facilitator

Just Psychology, CIC 2018

Development and delivery of CBT-informed emotional health and wellbeing groups for children and their families within Greater Manchester. Group sessions were held for families who were identified as being particularly vulnerable to developing mental health difficulties. Group sessions involved psychoeducation and management of anxiety, depression and anger offering early intervention for those who could not access this through mainstream services.

Relevant CPD

- March 2023 - The Institute of Narrative Therapy, London
Narrative Therapy Level 2
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- Nov 2020 - Bond Solon
Excellence in Report Writing Training
- March 2020 - The Institute of Narrative Therapy, London
Narrative Therapy Level 1
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- September 2019 - The family experience of PDOC (prolonged disorders of consciousness)
Ahead Together

- June 2019 - Mental Capacity and Deprivation of Liberty Safeguarding Level 3
Royal Hospital for Neurodisability
- December 2018 - Developing cultural competence as an expert witness
Just Psychology CIC
- October 2018 - The Anatomy of Islamic Psychology: an international symposium
Alif Institute
- October 2018 - Witnessing resistance to 'trauma' and interpersonal & political violence: a social justice approach
The Institute of Narrative Therapy, Manchester

Publications

Vedhara, K., Gill, S., Eldesouky, L., Campbell, B.K., Arevalo, J. M. G., Ma, J. & Cole, S.W. (2015).

Personality and gene expression: do individual differences exist in the leukocyte transcriptome?

Psychoneuroendocrinology 52 (1), 72-82

Unpublished research:-

Doctoral Thesis, Doctorate in Clinical Psychology (2018)

Acknowledging the unseen: Therapeutic processes used by Muslim practitioners to alleviate emotional distress, among British Muslims

Service-Related Project, Doctorate in Clinical Psychology (2017)

Exploring experiences of breast cancer among South Asian women, living in the UK

References

Reference contact details available on request.

Contact details

I undertake private work as an associate with Newby Psychological Services and can be contacted at:
info@newbypsychological.co.uk / +44 (0)7775 437363