



Sally Cubbin

Consultant Psychiatrist
Oxfordshire

Based in Oxford, Windsor and Southampton, Dr Sally Cubbin is a highly qualified, experienced, sensitive, and caring Consultant Psychiatrist with special expertise in the diagnosis and management of Adult ADHD (Attention Deficit Hyperactivity Disorder).

Dr Cubbin is trained in both general adult psychiatry and old age psychiatry and is happy to assess and treat patients from 18. In some cases she may see patients from age 17. Her interest and expertise in psychotherapy complements the medical management of her patients and puts her in the position of being able to offer both a medical and psychological assessment and approach to treatment simultaneously.

She holds a Diploma in Cognitive Behavioural Therapy from Oxford University and uses these skills for the treatment of mental illness using a psychological approach to complement her medical skills. She also has an interest in sleep medicine and has higher training in CBT for insomnia. Many patients, especially those with ADHD, suffer from poor sleep and she aims to optimise this, as well as daytime symptoms of their ADHD or other mental health problems.

Dr Cubbin was first registered by the General Medical Council (GMC) in 1993 (GMC number 4009027). She completed her higher psychiatric training in psychiatry in the Oxford Deanery and also The Maudsley Hospital, London. She is registered on the GMC Specialist Register for General Adult Psychiatry and the Psychiatry of Older Adults. In 2009/2010 she also held a permanent, substantive part time NHS post working as Consultant General Adult Psychiatrist in Hampshire. She has also worked part time as a Consultant Psychiatrist at the The Maudsley Hospital Adult ADHD National Referral Service in London for four years where she assessed and managed patients with this disorder.

She continues to work in this area in both the NHS and private practice. She has a private practice in Adult ADHD / ADD and general psychiatry with clinics in Oxford, Windsor and Southampton. She also sees NHS patients who are registered in Southampton CCG. She is a member of the executive committee as well as the training sub committee for UKAAN, the UK Adult ADHD Network (<https://www.ukaan.org/>) which promotes training for health care professionals in adult ADHD. As part of this role she runs internationally attended workshops on the treatment and diagnosis of ADHD in adults and lectures at ADHD conferences.

Accreditation and Admitting Rights

Sally Cubbin is an accredited consultant for the following hospitals, clinics and groups



Contact

0845 5280 898

help@mentalhealthclinic.co.uk

www.adhdclinic.co.uk

Specialises in

- Adult ADHD and Adult ADD
- Mood disorders
- Anxiety disorders
- Insomnia

Professional Details

Qualifications

MBChB MRCPsych MSc DipCBT
Qualified in 1993

Registrations and licensing

General Medical Council (GMC)
Registration no: 4009027
Date of registration: 01-Aug-1994

Memberships and Associations

- Royal College of Psychiatrists
- British Medical Association

Locations

Main location

Nuffield Health Oxford Hospital,
The Manor
Beech Road
Headington
Oxford OX3 7RP

Other locations

Cardinal Clinic
Oakley Green
Windsor SL4 5UL

Priory Wellbeing Centre
Southampton
62 The Avenue
Southampton SO17 1XS