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Simon practices medical psychotherapy at Christiaan Barnard Memorial Hospital in Cape Town. He is the programme director of the post graduate certificate training in Mindfulness-Based Interventions at Stellenbosch University's Faculty of Medicine and Health Sciences.

He is a Director and Chairperson of the Institute for Mindfulness South Africa and co-directs the first Mindfulness-Based Stress Reduction (MBSR) programme offered in South Africa. Simon has received certification as a teacher in MBSR from the University of Massachusetts Center for Mindfulness and in psychoanalytic psychotherapy from the South African Institute for Psychotherapy.