

# Educational Psychology Overview Guide

## Educational Psychology Consultation

*“Working together to create positive change”*

### What is EP consultation?

*Consultation is a way of thinking through concerns relating to an individual or group of students. Concerns may relate to any aspects of teaching, learning or behaviour etc. The approach is essentially solution orientated and aims to find a way of managing the situation that suits you.*

- The EP will explain the purpose of the consultation and facilitate it using problem-solving frameworks to support discussion.
- It enables the expertise of school staff, parents, other agencies and the psychologist to be utilised within a structured time frame.
- All parties share problem solving and work together to create change based on psychological formulation.
- Next steps are agreed based on what participants believe will work best for themselves and for the child/young person.

### What are the benefits of Consultation?

- It provides opportunities to discuss strategies that support early intervention
- It focuses on identifying factors that can be changed
- It recognises teacher/family/carer knowledge and experience/skills
- It moves away from a within child focus to consider contextual information in relation to concerns

### EP consultation is most successful when:

- Key people who can effect change and know the child well (e.g. SENCo and class teacher) in setting are released to participate and have adequate time.
- There is a quiet, calm confidential space provided.
- Adult/s at the consultation have already reflected on their concerns and issues in order to share these at the consultation in as much detail as possible.
- Parents/carers are involved.

