## **EDUCATIONAL PSYCHOLOGY SERVICE ACTIVITIES**

The Educational Psychology Service can offer the following activities either as part of the work carried out in time allocated to individual schools or as an additional allocation. Access to these types of work is through discussion with the link Psychologist who will either provide them directly or seek the support of colleagues within the wider team.

**Group work with children and young people**

Typically, groups comprise 4 to 8 participants with at least two adults. Groups normally meet weekly for between 6 and 12 sessions, depending on the nature of the work. Group work can address issues such as:

Social skills Study skills

Anger management Bullying

Confidence Bereavement and loss

Service members are trained to deliver the FRIENDS programme which focusses on anxious pupils.

**Intensive case work**

Individual work with a child or young person over several sessions to address concerns such as learning style, self-esteem, anxiety, behavioural/social difficulties and emotional issues. Approaches may include

Solution focused therapy Cognitive

Behaviour Therapy Human Givens

Therapy

Psychologists may also offer to work intensively with individual children with complex special educational needs to support their inclusion. This would mainly consist of work with the staff team and parents.

**Parent work**

These are examples of work that the Service has undertaken with parents:

One off talks for parents on psychological issues

Drop in parent surgeries

Parent support groups

We are interested in exploring with school staff ideas about potential work with parents.

**Professional development**

Circle of Friends ELSA

Attention Deficit Hyperactivity Disorder Nurture group support Family Therapy Precision teaching

Effective Pupil Participation Effective communication Promoting Mental Health

The Service offers bespoke school-based sessions for the whole staff or groups of staff on a wide range of themes e.g. dyslexia, autistic spectrum disorders, inclusion issues, bereavement & loss, ADHD, promoting mental health, challenging behaviour, emotional literacy, learning styles, resilience and learning difficulties. Please see attached flyer.

**Critical incident support**

The Service seeks to offer immediate support where there has been a traumatic event or loss within the school community. Critical incidents include events such as the sudden death of a child or member of staff, severe violence witnessed or experienced by pupils in the school setting, major accidents involving members of the school community. In such circumstances, Head teachers are welcome to contact the Service directly to discuss the support on offer.

**Supervision and individual counselling**

The Service offers supervision for school leaders charged at an hourly rate. In addition, ELSA supervision and supervision for Designated Safeguarding Leads is offered as an annual package.