

From mountain to sea

# Information for Educational Establishments and Other Agencies

## Educational Psychology in Aberdeenshire

Using psychology to help improve wellbeing and learning for all children and young people to develop the skills, confidence and resilience to flourish throughout life.



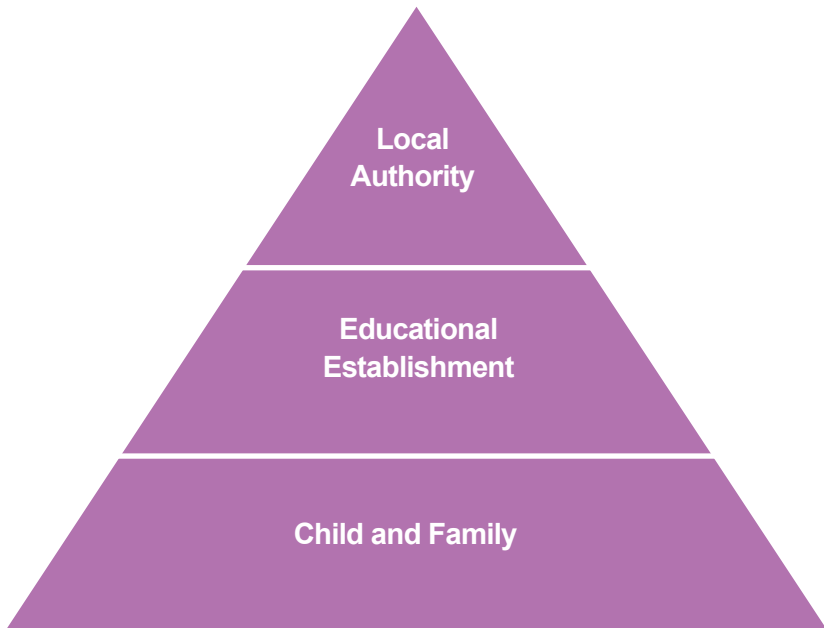
# What is an Educational Psychologist?

The Educational Psychology Service is part of Aberdeenshire Council Education and Children's Services. Every school has a named Educational Psychologist who works in collaboration with school staff, parents and other professionals to help children and young people achieve their full potential.

We use psychology to help improve wellbeing and learning for all children and young people, as well as those with additional support needs. Educational Psychologists have skills in problem analysis and solution-focused frameworks. They also have an understanding of:

- Child development and children in social contexts
- Potential barriers to learning
- School systems

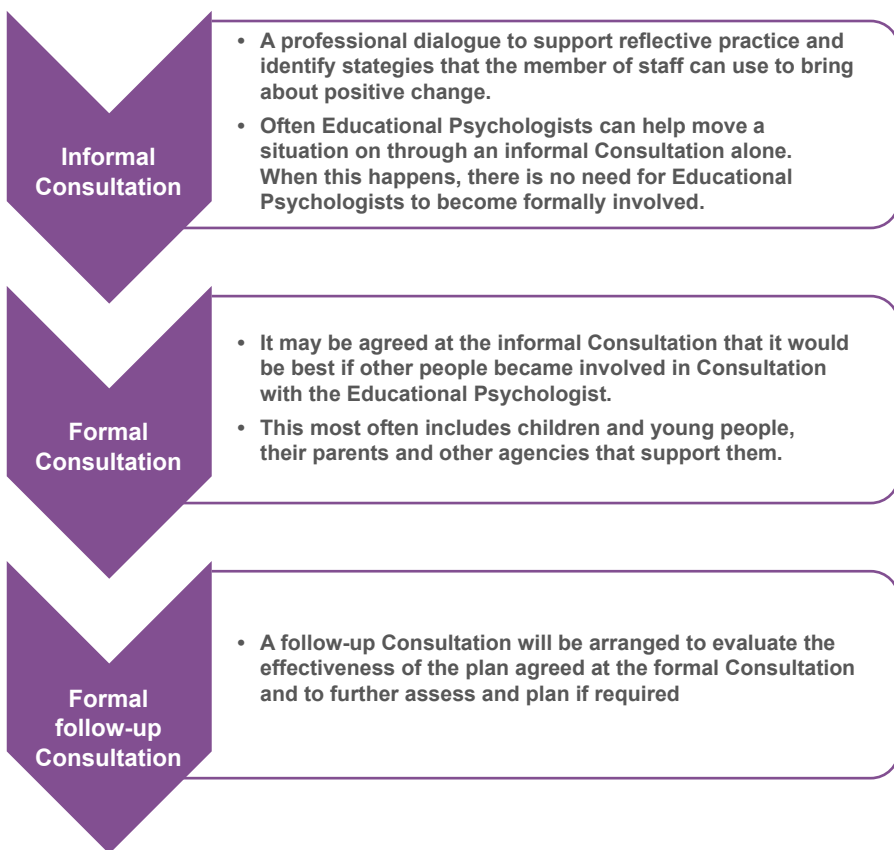
Educational Psychologists work at 3 different levels:



## How do Educational Psychologists become involved?

The Educational Psychology Service works through a Consultation model of service delivery.

When there are concerns about a child's wellbeing or learning, the appointed co-ordinator in a school (normally a member of the School Leadership Team) will arrange for an **informal Consultation** with the members of staff who raised the concern. Other agencies can make contact directly with the Educational Psychology Service. Our process of involvement is described below:



## What does Consultation look like?

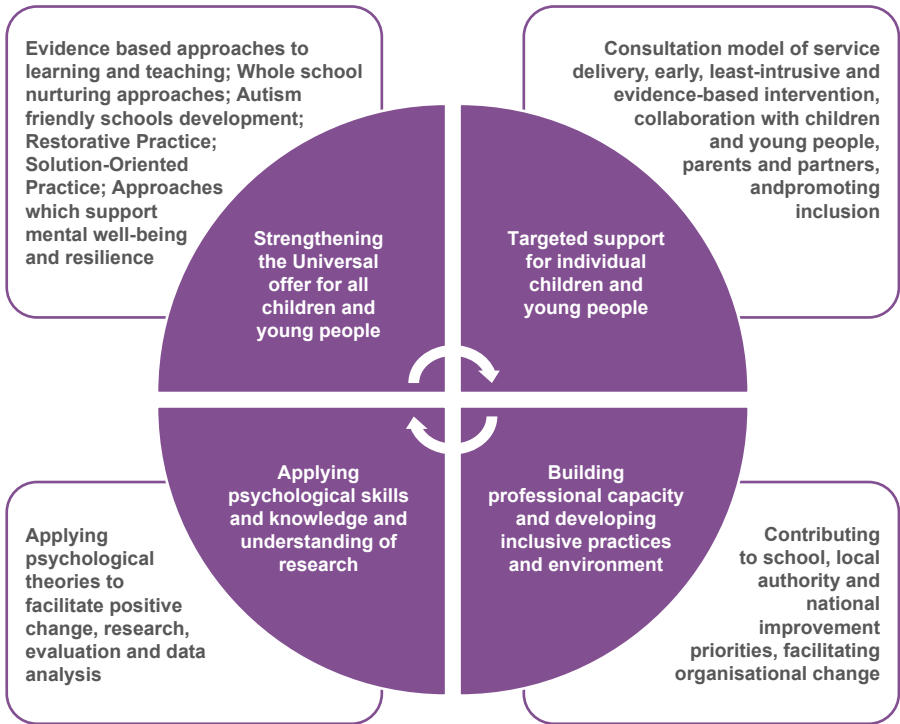
- Consultation is a collaborative assessment and intervention model which enables Educational Psychologists to utilise psychology with schools, families and professionals to improve outcomes.
- Consultation explores and assesses concerns with those people who know the individual or situation best.
- Consultation ensures that the people working most closely with the child or young person are supported to jointly come up with an action plan. This enables ownership and builds capacity within others.
- Consultation is the basis of the Educational Psychologist assessment
- Consultation is the least intrusive approach to assessment. More intrusive forms of assessment/intervention such as observation or direct work are only used when the information cannot be obtained from those who know the child best.
- Educational Psychologist Consultation may be requested to help inform a single or multi-agency assessment and plan, or as a result of a SAAP/MAAP. An Educational Psychologist will not usually attend a SAAP/MAAP meeting without having first carried out an assessment through a Consultation meeting

## What is *different* about a Consultation Meeting?

If we are doing it well, it might appear on the surface to be a collaborative discussion, but the meeting is our principal tool for assessment and intervention. As an indirect model of assessment it is less intrusive for children and their families but provides a richer knowledge and understanding of the pupil or situation.

Within a Consultation the Educational Psychologist would generate hypotheses based on their knowledge of psychological constructs and theories, learning and development and use these hypotheses to support others to co-construct an action plan which works towards positive change for the learner.

# What do Educational Psychologists do that makes a difference?



This leaflet is available in a variety of formats on request.

If you need to find out more you can phone, write or email the service or look at our website:  
[www.aberdeenshire.gov.uk/eps](http://www.aberdeenshire.gov.uk/eps)

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getting  
it right  
for every child