

Educational Psychology Service

Information for Parents and Carers



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Introduction

The Educational Psychology Service is part of a network of support that is available for children and young people in Stirling. The Service consists of a team of educational psychologists who are registered with the Health Care Professions Council (HCPC).

The Educational Psychology Service contributes to the Getting it Right for Every Child (GIRFEC) approach by working together with parents/carers, schools and partner agencies (where appropriate) to help support a child or young person's needs and to help find solutions.

What is an Educational Psychologist?

An educational psychologist is someone who is trained to help others understand about child development:

- how children & young people learn
- how children & young people behave and regulate their emotions
- how children & young people develop positive relationships with others

An educational psychologist has 5 core functions: consultation, assessment, intervention, training and research.



The work of an educational psychologist is varied but largely consists of:

- **Improvement work** – training and development work with schools and parent/carers, as well as undertaking research and evaluation. We also contribute to authority work and we provide advice to the authority and to partners.
- **Casework** – in relation to a child or young person, an educational psychologist often works indirectly through a process of consultation, providing advice to parents/carers and the team around the child (TAC). Sometimes an educational psychologist will work directly with a child or young person to help progress learning or behaviour, working in partnership with those who know the child or young person best.

When would an Educational Psychologist get involved?

Each nursery and school has an educational psychologist they can contact when they need to request support.

All nurseries/schools in Stirling operate a staged intervention process. When a child/young person needs additional support from another service, a nursery/school or a parent/carer can request assistance from the service.



“The team around your child will make a plan together to improve things for your child”

How do I request assistance from the Educational Psychology Service?

- The first step is to speak with your child’s nursery/school about your concerns
- The nursery/school will discuss the staged intervention process with you
- If appropriate, your nursery/school can request assistance and send the appropriate paperwork to our service following your permission
- If you wish you can contact the service directly to seek advice
- If the request for assistance is appropriate, a 3-way consultation meeting will be arranged with you, the educational psychologist, a school representative and others who may be involved with your child
- If your child is over 16 years of age and has capacity (i.e. they understand what is being asked and of any decision being made) they have the right to request an assessment and from 2017, a child of 12 years and over with capacity will have the same rights

The 3 way consultation meeting is an important meeting to explore:

- what your child’s strengths are and what is going well for your child,
- what the concerns are,
- what has already been done to help your child

The team around the child (TAC) will make a plan together to improve things for your child.

Following the consultation meeting there may be no further input required from the educational psychologist however others may have actions to take forward to support your child. If it is agreed there is a direct role for the educational psychologist, the type of input and the timescale of this would be discussed with you.



“We can discuss new ideas to help support your child”

What will an educational psychologist do to help my child?

Input from an educational psychologist can vary depending on the identified need. Most of the time an educational psychologist will work with those who know your child best, providing advice to you and the TAC. This is because assessment is not a one-off activity but an ongoing process of information gathering mainly by those who know your child best.

Sometimes an educational psychologist will work directly with your child to help promote learning and wellbeing.

The educational psychologist might ask if it is okay to observe your child in class or look at your child's work. They may also meet with your child to complete some activities or listen more to their views.

An educational psychologist will speak with you if they need to link with other agencies such as speech and language therapy or the Child and Adolescent Mental Health Service (CAMHS) to gather more information.

They may offer training to increase staff knowledge.

A further meeting would take place to discuss new ideas to help support your child.



Confidentiality

The information your child provides to the educational psychologist is confidential, which means it is kept private unless:

- your child says it is okay to share the information with you and others
- your child tells the educational psychologist something that is serious. In order to make sure that your child and others are safe, you and other adults would need to know about this information. The educational psychologist will tell you and your child if this information needs to be shared

What happens to the information about my child?

All the information about your child will be stored in an Educational Psychology Service case file, in a locked cabinet. Your child's file will be discharged when the educational psychologist has no further role. You will be informed of this either by writing or verbally.



“Your child’s information is kept confidential and stored securely”



“Your feedback is important and helps us improve our service. If you think we could do something differently or better, let us know”

Comments

Sometimes the educational psychologist will ask you if you have found his/her input and advice helpful and if there was anything he/she could have done better. The Educational Psychology Service is always looking for ways to improve what we do. Therefore, if you or your child have any suggestions or comments, please let the educational psychologist or the educational psychology service know. **Our contact details are at the end of this leaflet.**

“We are here to help support your child or young person’s needs and to help identify positive solutions ”

Children's Service
Educational Psychology Service

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Formats

If you need help or this information
supplied in an alternative format
please call 01786 404040.

