



**PERTH &
KINROSS
COUNCIL**

**Education &
Children's Services**

Educational Psychology Service

*Promoting the Psychological Wellbeing of Children
and Young People of Perth and Kinross*

What do we do?

We work at three main levels:

- *the individual child or family*
- *the school or establishment*
- *the local authority*

In relation to each of these levels we offer 5 services.

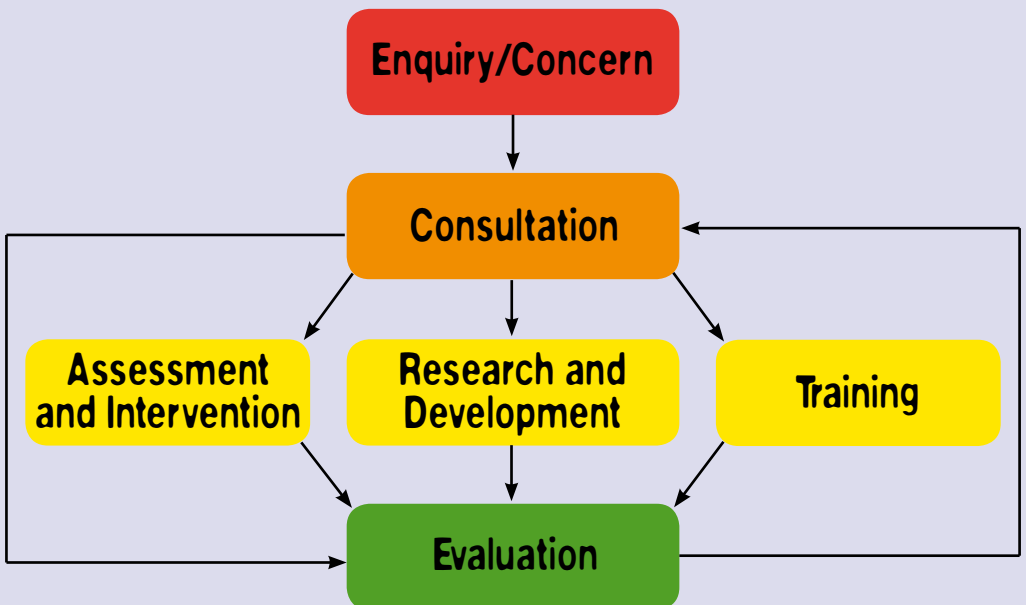
The core service offered is:

- *consultation*

Other services which may be accessed following consultation are:

- *assessment*
- *intervention*
- *training*
- *research and development*

Functions of the Educational Psychology Service



Consultation

We offer a consultation service to professionals and parents who are concerned about children and young people, or have an issue that they think the Psychology Service may be able to help with. Children and young people can also request a meeting with a Psychologist in their own right. The aim of the consultation meeting is that, through discussion, users of the service will:

- *reach a clearer view of the issues.*
- *feel better able to consider the actions open to them.*
- *have greater confidence in the course of action they choose to follow.*

Examples of the types of issues that might be brought to consultation include:

- *Family issues*
- *Challenging behaviour*
- *Learning difficulties*
- *Support for staff*
- *Raising attainment for a group of children*
- *Developing emotional wellbeing on a school-wide level*

A consultation with a Psychologist may be enough to help clarify what further steps the client should take. Alternatively, one of the following services may be negotiated.

Assessment

Assessment is a process involving the gathering of information from a variety of sources, in a range of settings, over a period of time. It involves parents, carers, teachers, and children and young people. As part of the process of negotiating an assessment, a referral agreement is drawn up, including information about how feedback will be given on the work.

The purpose of assessment is to inform future intervention. It may encompass cognitive, emotional and social factors. The ultimate aim of educational psychology assessment is usually to promote learning and the wellbeing of the child or young person in their school, family and community.

Our contribution to the assessment process may include direct or indirect involvement with the child or young person, or a combination of both. It will take account of information gathered in consultation with a teacher, parent or other professional. Assessment may also involve approaches such as classroom observation, analysis of class-work, questionnaires, curriculum-based assessment, and measures of social-emotional factors, using recognised assessment tools where appropriate. The approach used will depend on the questions to be answered and on the context within which the difficulties arise. Assessment by a Psychologist is often carried out in collaboration with other professionals working within a team approach. This 'integrated assessment' ensures that different aspects of a child's needs are addressed and combine to create a holistic picture.

We may be requested by the Reporter to the Children's Panel to make an assessment of a young person to help Panel members come to a decision which is in the best interests of the young person and their family. Within the context of the Education (Additional Support for Learning) (Scotland) Act 2004 we may be asked to assist in the identification and assessment of children who have additional support needs. This Act also gives parents the right to request a psychological assessment when the education authority has agreed to determine whether their child has additional support needs and/or requires a co-ordinated support plan.

Intervention

Interventions are planned strategies which aim to promote positive learning experiences and support psychological wellbeing. The Psychologist may be directly involved in implementing the intervention, or may work alongside others who are delivering the intervention. Interventions are informed by evidence-based practice and subsequent evaluation of the outcomes. The strategies may be implemented at the level of the individual child/young person or family, at whole class or school level, or across the education authority or organisation.

Examples of interventions include:

- *Solution focused work with a young person*
- *Use of video interaction guidance to support a family to manage a child's behaviour or to support staff in developing management skills*
- *Peer-assisted learning, eg Paired Reading, Checking Chums - on a class or school wide basis*
- *Counselling to support a family or young person*
- *Supporting the development of nurture classes*
- *Group based approaches with young people eg 'Seasons for Growth'; 'Friends for Life'*
- *EMDR for young people who have suffered trauma*

Training

Training can be an effective way of benefiting all children and young people, rather than targeting a few for a specific intervention. We offer training to schools, parents, young people, E&CS staff, voluntary agencies and other organisations. Training is delivered according to the needs of the group, often linking to local priorities in development plans, and may be delivered centrally or locally.

Training which has been delivered by the Psychology Team includes:

- *Attachment and learning*
- *Emotional wellbeing and resilience*
- *Supporting young people who self harm*
- *Additional Support for Learning Act*
- *Solution focused approaches*
- *Mental health in young people*
- *Developmental difficulties eg ADHD; Autistic Spectrum Disorder*

The above represents just a sample from a wide range of training that can be offered.

Research and Development

We undertake a range and variety of research on behalf of schools, the education authority, and other organisations, eg services working in the post-school sector. We have training and experience in qualitative and quantitative research methods. We use techniques such as action research, questionnaires and surveys. These methods can be used for evaluating the effectiveness of interventions and for carrying out surveys to determine opinions and needs.

Examples of some research and development the service has been involved in include:

- *Multi-agency projects eg integrated early years working*
- *Evaluation of ECS projects eg Re-integration Project*
- *Nurture groups*
- *Young people who self harm*
- *CALM training*

We also participate in development work with schools and other organisations, eg developing policies and procedures. The Psychology Service is involved at E&CS level in several reference and working groups that develop policy and practice in areas such as fostering, self-harm, early years, autism, mental health and additional support needs. Members of the team are also active in national working groups.

Who do we Work With?

Within Perth and Kinross every school community has a named Psychologist who provides support and advice to school staff and other professionals.

We also provide support and advice to families and young people in the community around the school.

The service works closely with other support service staff, both within the authority and with other agencies. Working in a multi-agency team allows us to contribute to a holistic approach to the difficulties faced by children, young people and families.

We also provide a service to agencies within the post-school sector.

Who Can Ask For a Consultation?

Parents, young people or staff can ask for involvement by contacting the relevant psychologist directly. Other professionals can suggest that the psychology service becomes involved with a child or young person, but this will always be negotiated with the parents/young person first. Organisations which are involved in education or in working with young people up to the age of 24 can contact the service directly if they wish to access support through consultation, training or research and development.

You can contact the service by phoning 01738 476279. Clerical staff will put you in touch with the Psychologist for your area. All the Psychologists within Perth & Kinross Council work from their office base in Pullar House, Perth. The Principal Psychologist is Peter Kaye.

What About Confidentiality?

We work within the policies of Perth & Kinross Council and the British Psychological Society's Code of Ethics and Conduct, with regards to child protection and sharing information. We will respect the confidentiality of information unless the safety and wellbeing of any child or young person may be at risk. We, like all other professionals, have a legal obligation to provide information if requested to do so by a Sheriff or Reporter to the Children's Panel.

Young people can request a confidential consultation without their parents'/carers' knowledge, although the young person will be encouraged to discuss it with their parents/carers.

Parents can request a confidential consultation with the Psychologist if they have worries or concerns about their child.

Children and young people have the right to be consulted about decisions that affect them. Their views should therefore be considered when their parents/carers or teachers are thinking about involving a Psychologist.

If parents refuse consent for a Psychologist to be directly involved with their child, staff can still seek advice from us, through consultation, about the best way to support the child.

With some exceptions, parents, children (depending on their age and maturity), and young people have the right to receive copies of letters and reports and to have access to records.

What Training do we Have?

All Educational Psychologists employed by Scottish local authorities must be chartered with the British Psychological Society (BPS). In order to become chartered, we complete a minimum of 7 years training, which includes an Honours Degree in Psychology, 2 years post graduate study to MSc level, and 1 year probationary practice in a BPS accredited psychology service.

How do we Keep up to Date?

We have a duty to keep our skills and knowledge up to date by completing a minimum requirement of Continuing Professional Development training (CPD) every year. This record of CPD has to be submitted annually to the BPS for approval in order for us to receive a certificate to practise. Each Psychologist also meets with their supervisor for support and supervision at least once per month, and we all have an annual review meeting with our line manager.

Our quality of service delivery is evaluated using the Quality Improvement indicators designed for psychological services, and externally through HMIE inspections of psychological services.

What are the aims of the Service?

We are one of a range of support services provided by Perth & Kinross Council's Education & Children's Services.

We promote the vision, values, and objectives of E&CS in the following ways:

- *We will apply the skills and knowledge of psychology to support positive change for children, young people, and their families.*
- *We will seek to emphasise the strengths, assets, and resilience of all the people we work with.*
- *We will support, through consultation and training, the adults in children's lives to understand and nurture their children's development.*
- *We will work in partnership with families, schools and other agencies to support a nurturing and caring environment for children and young people.*
- *We will work directly with individual children, families, establishments and the local authority.*
- *We will carry out research and development in order to promote wellbeing and support improvements in services for children and young people.*

- *We will communicate relevant psychological research in a practical and helpful way.*
- *We will take into account those individuals, groups and communities identified as priorities by Education & Children's Services.*

What if Users are Dissatisfied with the Service Provided?

We aim to provide an effective and equitable service throughout Perth & Kinross Council and encourage open discussion on the service provided. If the user/client is dissatisfied with the service provided the matter should firstly be taken up with the relevant Psychologist. If this fails to resolve the concern, the matter should be referred to the Principal Psychologist.

Users of the service can also use the Council complaints procedures and can submit a complaint to:

Complaints Monitoring Officer
Strategic Business Unit
Education & Children's Services
Pullar House
35 Kinnoull Street
PERTH
PH1 5GD
Tel 01738 476200
Email ecssbu@pkc.gov.uk

If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting Educational Psychology on 01738 476279

ان احتجت أنت أو أي شخص تعرفه نسخة من هذه الوثيقة بلغة أخرى أو تصميم آخر فيمكن الحصول عليها (أو على نسخة معدلة للملخص هذه الوثيقة مترجمة بلغة أخرى) بالاتصال ب:
الاسم: Educational Psychology
رقم هاتف للاتصال المباشر: 01738 476279

اگر آپ کو یا آپ کے کسی جاننے والے کو اس دستاویز کی نقل دوسری زبان یا فارمیٹ (بعض دفعہ اس دستاویز کے خلاصہ کا ترجمہ فراہم کیا جائے گا) میں درکار ہے تو اس کا بندوبست سروس ڈیولپمنٹ Educational Psychology سے فون نمبر 01738 476279 پر رابطہ کر کے کیا جاسکتا ہے۔

如果你或你的朋友希望得到這文件的其他語言版本或形式 (某些時候，這些文件只會是概要式的翻譯)，請聯絡 Educational Psychology 01738 476279 來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z Educational Psychology 01738 476279

P ejete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložen pouze stru ný obsah listiny) Kontaktujte prosím Educational Psychology 01738 476279 na vy ízení této požadavky.

Если вам или кому либо кого вы знаете необходима копия этого документа на другом языке или в другом формате, вы можете запросить сокращенную копию документа обратившись Educational Psychology 01738 476279



Council Text Phone Number 01738 442573

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