

September 2024

Who is delivering it?

The service is delivered by the Educational Psychology Team.

Who can access it?

Teachers and SENCos at schools and settings in Milton Keynes.

Why would I want to access it?

It offers a dedicated time and space for joint exploration, enquiry and application of psychological models to develop solutions.

How do I access it?

Contact: SENDSupport@milton-keynes.gov.uk and ask to book a psychological consultation. Due to demand for this service, no more than one consultation per school every half-term can be booked.

Frequently asked questions

Will the psychologist see the child/young person/parent? We do see children/parents but not in the context of the psychological consultation service. This service is just for school/setting staff.

Will a report be written? A short consultation record will be emailed to the teacher/SENCo following the consultation with any agreed actions. The school/setting will forward this to parents.

Do I need consent? Yes, consent is needed when the consultation is about an individual child/young person.

What is Psychological Consultation?

Psychological consultation is a *voluntary* and *collaborative* approach that aims to bring about difference. It can be an intervention in itself.

At its heart, consultation is a *conversation* between a psychologist and teacher/SENCo who both bring their expertise equally. This involves *joint exploration* of a question, concern or issue using *psychological frameworks*. This opens up the possibilities and options for *change*.

Consultation aims to be a more useful, less individualistic form of psychology.

What is it not?

Psychological consultation is not just 'a chat' or a diagnostic process. It is also not a way of accessing further assessment or other services. Whilst the conversation may appear relatively simple the psychologist will be using a process of enquiry including various frameworks and questions to open up ways of thinking about the issue presented.

Recent Feedback...

The EP provided useful and practical advice

EP offered expertise, insight, knowledge, and professionalism

The EP was able to offer new ideas and a fresh point of view/perspective

Appreciated the opportunity to reflect and speak through topics with an EP

Felt listened to and that Ep was attentive during the discussion

Consultation slots can also be used to discuss Emotionally Based School Avoidance (EBSA). Please highlight this at time of booking.