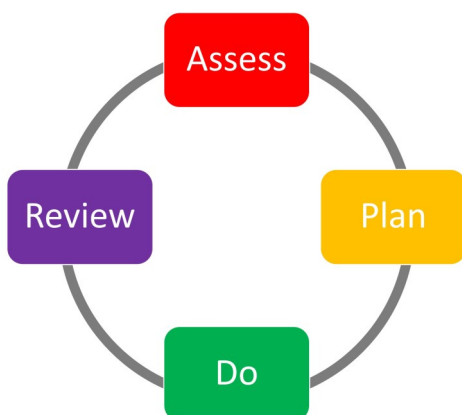


Shropshire Educational Psychology Service Consultation

Educational Psychologists use 'consultation' approach to:

- ◆ **develop insight into challenging situations, bringing an applied psychology perspective**
- ◆ **find creative and effective solutions to school-based concerns**
- ◆ **agree clear outcomes and evidence based approaches to bring about change**
- ◆ **review progress and adapt strategies to ensure effectiveness**

The Educational Psychologist's (EP) role is to facilitate the process, encouraging everyone to share their views and help plan next steps. EPs contribute from their psychological knowledge, to help all involved have a deeper understanding and come up with a realistic action plan which participants will implement and later review with the EP. Evidence shows that EP consultation leads to better outcomes for children/young people and for participants and that holding a review meeting to look at progress and plan next steps increases the impact of the approach and embeds quality assurance and evidence of 'Assess Plan Do Review'.



Consultation involves Joint working with staff and parents/carers to collaboratively explore concerns in a way that helps participants to have a better and sometimes different understanding of the issues. In this way, it is possible for thinking to shift towards a wider range of possibilities for change. Consultation can be used to explore issues at three inter-related levels within education settings, e.g. individual (e.g. limited academic progress, friendship difficulties, behaviours that challenge), group (e.g. concerns around classroom behaviour, groups experiencing friendship difficulties/anxiety etc) and whole setting level (e.g. support to review a behaviour policy, provision mapping processes etc). A consultation meeting usually takes around 60-90 minutes and participants include the people who are most concerned and motivated to bring about change. Consultation gives participants a rich understanding of the concerns and contributing factors, a wide range of strategies, approaches and evidence based interventions to implement, a clear and realistic action plan and an increased confidence and skill development that will help to respond to similar situation in the future.

A Consultation approach supports the SEND Code of Practice, Assess, Plan, Do, Review process. Schools also find this way of working to be a creative, effective and economical way to use their EP time.