



From mountain to sea

Information for Parents and Carers

Educational Psychology Service

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.



Who are Educational Psychologists?

The Educational Psychology Service is part of Aberdeenshire Council Education and Children's Services.

Every school has an Educational Psychologist who works in collaboration with school staff and other professionals to help children and young people learn and achieve.

Educational Psychologists use their knowledge of psychology and learning to support the adults around a child to better understand their needs and to identify next steps in improving their learning and wellbeing in school.

How does an Educational Psychologist become involved?

Educational Psychologists have contact with schools regularly and discuss issues and concerns at these times.

If you have any concerns about your child it is best to share them with school staff first as many problems can be solved in school without the involvement of an Educational Psychologist.

School staff will contact their named Psychologist if they feel that he or she might be able to help improve a situation.

You are free to contact the Educational Psychology Service directly if you would prefer.



STEP 1:

The school will seek some informal advice and guidance from the Educational Psychologist: this is a professional Consultation. We do not have access to personal details about the child or young person being discussed at this point and do not store any record of this discussion. Educational Psychologists can often help support a school with an issue without the need for them becoming formally involved.



STEP 2:

Where the Psychologist becomes formally involved with a child/young person, informed consent is always required. Following consent, a Formal Consultation will be arranged by school.



STEP 3:

At a Consultation meeting the Educational Psychologist will explore and assess concerns with those people who know the child or young person best. This should include parents, school staff and other agencies as appropriate. This Formal Consultation forms the basis of Educational Psychology assessment.



STEP 4:

It is important that your child or young person's attendance at this Consultation is considered, and supported, where appropriate. Consideration should be given as to the best way to include your child's views. At the end of the meeting there will be an agreed plan of action. This record will be sent to you and others who were present.



STEP 5:

A Follow-up Consultation meeting is held to review the success of the action plan and decide if any further action is needed.

Will the Educational Psychologist work directly with my child?

In addition to a consultation meeting, an Educational Psychology assessment may also involve gathering information about your child in the following ways:

- Observing your child in school or nursery
- Looking at your child's school work
- Playing with your child
- Talking and listening to your child
- Using assessment materials to explore the things that help your child learn

We will always try to work in the least intrusive way possible. We will only carry out these types of assessments if there is a specific reason to do so. The purpose of any type of Educational Psychology assessment is to help inform a support plan.

How else might Educational Psychologists help?

Sometimes the best way for Educational Psychologists to help is through:

- Providing advice and training for school staff
- Working closely with other professionals
- Development work that helps to improve learning and teaching, and wellbeing
- Working with schools to enhance their knowledge and skills around different interventions that can be used in schools to support children and their parents.

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:**

<https://blogs.glowscotland.org.uk/as/aberdeenshireeps/>

Contact Details

Carron Douglas

Principal Educational Psychologist

Woodhill House, Westburn Road

Aberdeen, AB16 5GB

Tel: 01224 472840

Email: eps@aberdeenshire.gov.uk



getting
it right
for every child