

**Psychological Consultation Service**

**January 2024**

**Who is delivering it?**

**What *is* Psychological Consultation?**

The service is delivered by the Educational Psychology Team.

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.

**Who can access it?**

**Why would I want to access it?**

Teachers and SENCos at schools and settings in Milton Keynes.

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

**What is it *not*?**

**How do I access it?**

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.

Contact: [SENDSupport@milton-keynes.gov.uk](mailto:SENDSupport@milton-keynes.gov.uk) or call the SEND Support Line on 01908 657825 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.

**Recent Feedback…**

**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.

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

Felt listened to and that Ep was attentive during the discussion

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