

Please use this space to make notes or write down questions or concerns which you may want to ask the EP:

## Working with an Educational Psychologist

If you have any questions for the EP then you can:

- ▶ Ask the teachers at school
- ▶ Ask your parents / carers
- ▶ Ask the EP when you meet him / her

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## Working with an Educational Psychologist

Information for Children and Young People



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Children & Young People's Services

## What are Educational Psychologists?

Educational Psychologists (EP) are psychologists who work with children, schools and families. They have been trained to understand how people learn, think, feel, behave and get on with other people.

**You have probably been given this leaflet because someone asked you to meet an EP.**

**EPs work with children & young people, parents/carers, and school staff to try and make things better for the child or young person. An EP could help you with:**

- learning
- memory
- thinking
- problem solving
- under-standing behaviour
- understanding feelings
- relationships



## What Will Happen When You Meet An EP?

**The EP will want you to feel safe and relaxed when you meet & will explain the reasons why you are meeting**

- The EP may want to talk to you about the things that are important to you and may ask you to tell them about yourself or write about yourself.
- You may work with the EP on some tasks and activities or the EP may spend time in lessons with you.
- The EP usually talks to the people who know you well( parents, carers, school staff) to find out more information.
- You may meet the EP once or several times.
- You may meet the EP at home or at school.



## What Will Happen After You Have Seen The EP?

- The EP will spend some time thinking about the information they have found out from you and from others.
- Then they will usually make a plan and share ideas with you and/or some of the other people they have talked to.
- This plan should begin to make things better for you in school and at home.
- Your plan will be checked by a keyworker / SENCo/ teacher/ EP to see if it is helping you or needs to be changed.

