

2024/2025

EDUCATIONAL PSYCHOLOGY SERVICE BROCHURE



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Website: [Educational Psychology – Cognus](https://www.cognus.org.uk/educational-psychology)

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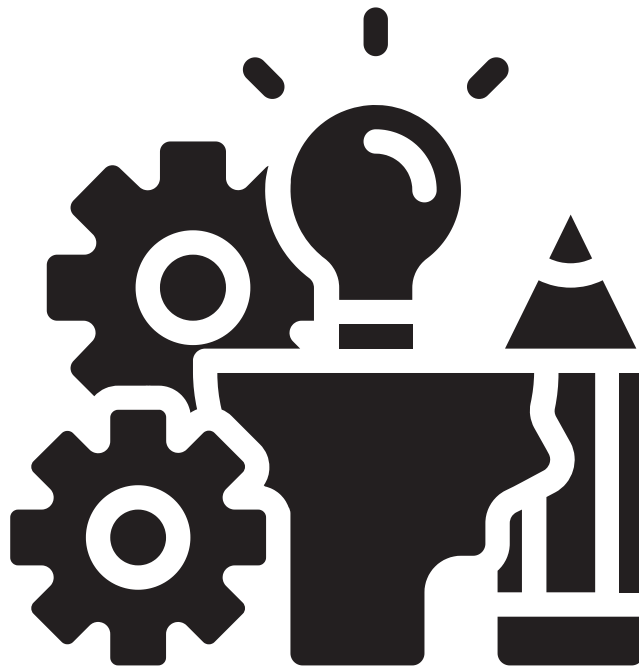
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WELCOME

Welcome to our service brochure for the academic year 24-25. I would like to start by once again thanking you for your loyalty to the service, and to recognise the brilliant work that you do with the children and families we support.

This year we introduce Joe Lettington and Rachel Rebello as newly qualified EPs and will also welcome some new TEPs to the team.

Our service offer for this year remains similar to last but we have reintroduced the free trainings available to schools who buy back. We are always interested in your ideas as to the focus of training sessions so do please get in contact.

As always any questions, comments or enquiries please contact me.

Nicholas English, Principal Educational Psychologist



CORE EP WORK

The Educational Psychology Service offer support for settings at three levels. The activities below provide an overview of the core services we deliver to schools through traded hours. If there is something else you need support with please ask.

- 01** **Systemic**
- A planning meeting (free of charge) to identify priorities and plan work for the year ahead
 - INSET and staff CPD
 - Parent workshops
 - Support to develop and implement policy

- 02** **Group**
- Initial consultation about pupil groups and follow-up review
 - Group work with pupils
 - Staff 'surgeries' or drop-ins
 - Staff group, individual or SLT supervision
 - Parent groups

- 03** **Individual**
- Initial consultation about individual pupils and follow-up review
 - Assessment of individual pupils
 - Intervention work
 - Coaching
 - Therapeutic work



FREE SERVICE OFFER

Pre-EHC Reports

The service are continuing to provide 'pre-EHC' reports for students where the EP has had involvement over time to support school applications for Education, Health and Care Needs Assessments. Following agreement to assess schools will be returned the 6 hours of report writing time. It is important to note these can only be provided in response to **sustained, longer-term involvement** and will not be provided following one-off involvements.

Virtual School Consultations

Virtual School consultations run most Thursday mornings throughout term time (9.30 to 10.15 and 10.30 to 10.45) and are a great opportunity to discuss with an Educational Psychologist any concerns about a child who is in care or known to social care. Solution-focused approaches are used and all present collaborate in establishing positive next steps.

This is a free service to schools and consultations can be booked by submitting a referral form here: [Book a consultation – Cognus](#)

Online resources

Please see the bank of resources we have shared on the [Cognus website](#). This includes EBSA guidance for schools and for parents/carers, Nurture guidance for schools, a series of videos about trauma and executive functions and much more ...!

Mental Health Support Team

A therapy offer for schools who are part of the MHST Cluster attached to St Philomena's. This includes art and drama therapy, CBT and parent support.

FREE TRAINING OFFER

LBS TRAINING

Dyslexia and literacy difficulties

27.06.24

ADHD and attention difficulties

10.07.24

19.11.24

Introduction to
developmental trauma

24.09.24

Children's emotional and
mental health needs

08.10.24

Adolescent emotional and
mental health needs

26.11.24

Emotionally based school avoidance

14.01.25

Adolescent brain development

21.01.24

Executive functions and their
role in learning

04.03.25

All sessions run from **13:00-15:00** at
Sutton Civic Centre and are booked
via the [L&D website](#).

CANTIUM HOUSE TRAINING

Relational approaches

16.10.24

Precision monitoring
(formally precision teaching)

Part 1 - **28.11.24**

Part 2 - **16.01.25**

Activated learning

29.01.25

The importance of play

13.03.25

Lego Therapy

23.04.25

Selective Mutism

18.06.25

Sessions run from **13:00-16:00** at
Cantium House, Wallington
(subject to change).





OTHER TRADED SERVICES



DSL Supervision

Run with the Education Safeguarding Manager

Monthly small group supervision for DSLs to problem solve, reflect on cases and share practice.

Educational Psychology assistant

For settings who would like a full-time member of staff supervised by the EPS (negotiated on an individual setting basis).



Staff supervision

Group supervision for members of staff using a supervision framework to offer a safe containing and reflective space (can come from traded hours).



ADHD - Understanding Diagnosis

Pupil sessions

4-5 sessions for young people to support them in developing an understanding of ADHD (can come from traded hours).





TRADED SERVICES COMING SOON!

Literacy support assistant training programme

Launching Spring 2025



A training programme designed to reflect the ELSA model but focused on skilling up support staff to assess and support pupils with dyslexia and literacy difficulties.

A pilot training will be run and supplemented by ongoing supervision.

Anti-racist training package

Launching Spring/Summer 2025

A training programme for settings who wish to review and improve their policy and practice in relation to anti-racism.

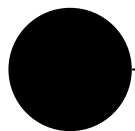
This will include advice and guidance around auditing, self-evaluation and best practice approaches.





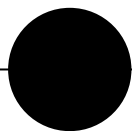
TRAINING MENU

The following trainings are available for all settings and can be commissioned in negotiation with your school EP and using your traded hours. We can create bespoke training on a range of additional topics too - please just ask.



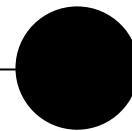
Emotion Coaching

Emotion Coaching is a universal approach of ‘in the moment’ co-regulation and longer-term emotional literacy skill development.



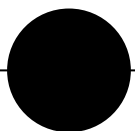
Precision Monitoring

Precision teaching is a 1:1 intervention designed to assess, teach and monitor small, foundational learning steps for pupils who appear ‘stuck’ or unable to learn certain skills.



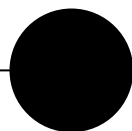
Nurture principles

A nurturing approach is best delivered at the whole school level and involves key principles which are applied to everything that a setting does. This training would involve auditing current practice and creating an action plan.



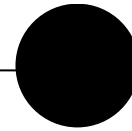
Literacy interventions: Cued Spelling, Reciprocal Teaching

The EPS can provide training on a range of evidence-based literacy strategies which can complement and extend how a school is currently teaching and supporting literacy.



Mediation and TA deployment

This training uses the learning from the MPTA study and considers an evidence based model of mediation which seeks to develop independent learners.



Trauma-informed support (whole school)

Trauma informed and relational approaches are fundamental to creating safe environments for pupils and staff. This training would also involve auditing current practice and creating an action plan.



PARENT WORK



Workshops

School based workshops and parent sessions

You can use your EP hours to run workshops for parent/carers. Emotion Coaching and ‘Supporting anxiety’ sessions have been well received in some schools.

Callback service (for parents/carers only)

Request a consultation

Requests for a one-off call back from an EP can be [made here](#). This is for parents/carers whose child is not currently involved with an EP.



Family Hub drop-ins

Parent coffee mornings

Educational Psychologists will be regularly attending parent coffee mornings run by the Family Hubs to offer support to parents and carers outside of educational settings.



SYSTEMIC WORK

Settings may also choose to use their hours to undertake work which aims to address bigger issues or those of a strategic nature. The below provides some examples of this type of work you may wish to discuss with your EP.

Multi-systemic family groups

- An evidence-based approach that involves bringing together different families in a therapeutic context, to work jointly to overcome each of their specific and very individual problems.
- Multi-family groups are set up and run by a member of the school staff and an EP.
- The group aims to provide a context in which families can learn from each other to address and manage the issues they face.



Supporting change to policy or practice

- EPs are well placed to support settings in reflecting on their current practice and making changes at the organisational level.
- This could involve completing an audit, consultation and action research work or the creation of example policy documents and supporting training.
- Areas in which this support could be applied:
 - Behaviour management
 - Trauma informed working
 - Inclusion
 - Staff well-being
 - Play





ELSA TRAINING

The ELSA programme is a school-based intervention designed to support pupils with low level social and emotional needs.

We will be running the 6-day initial training of new ELSAs from October until June. To register your interest, please contact: sutton.elsa@cognus.org.uk

Topics covered by the training:

- Use of story
- Managing strong emotions
- Social skills and friendship skills
- Supporting Autistic pupils
- Self-esteem and resilience
- Loss and bereavement
- Planning and evaluating ELSA sessions

Training dates:

- Day 1 - 13th November
- Day 2 - 22nd January
- Day 3 - 5th March
- Day 4 - 30th April
- Day 5 - 14th May
- Day 6 - 11th June (including a short session for line managers)

All sessions to run from 09:30 - 15:00



ELSA Supervision

An essential part of the ELSA programme is ongoing supervision from an EP. On completion of training all ELSAs are offered half termly group supervision and must attend at least four sessions a year to receive a certificate of ongoing ELSA status. Supervision includes 5 x2-hour sessions and an invite to the ELSA Summer conference or 6 x2-hour sessions.

To ensure that all ELSAs have a place in one of our supervision groups from September 2024, please fill in the [ELSA order form](#) and [online supervision form](#), specifying how many ELSAs require supervision and stating a preference for supervision day for each ELSA.

REPORTS

Report writing time comes out of the hours a school has bought back, but EPs can be flexible about the type of report they write. To reduce the hours required for reporting in negotiation with your EP you may want to consider:



- A consultation record which only includes the actions agreed
- SENCOs to note take and the EP to sign off the minutes of a meeting
- A summary report at the end of an involvement
- Emailed actions
- A feedback meeting and shorter report

USING HOURS

We encourage schools to think creatively about how they use their time, and to explore alternative ways of working, or new activities. It is recommended to always discuss requests for support with your EP before completing the request form and to have an idea of your expected, or hoped for outcomes. The following details how many hours a piece of work may typically ‘cost’.

- An observation, consultation and action plan - 4 hours
- Individual pupil assessment and report - 8-12 hours
- Training or INSET = the hours delivered x2 (for preparation)
- Teacher or parent drop ins - 30-45 mins for each
- Half-termly supervision - 6 hours
- A brief 1:1 or group intervention - 10 hours (based on 6 sessions and including preparation. Feedback or other meetings would be additional)



TRADED HOURS PACKAGES



Educational Psychologist support*

18 hours per annum
(1 day a term)

£1,854
(£103 an hour)

36 hours per annum
(2 days a term)

£3,522.60
(£97.85 an hour)



72 hours per annum
(approx. 1 day a month)

£6,674.40
(£92.70 an hour)

144 hours per annum
(approx. 1/2 day a week)

£12,615.84
(£87.61 an hour)



*These are suggestions for packages, and bespoke packages are available on request.

For packages of individual therapeutic work we can offer a brief intervention of:

4-5 sessions for £450, or

8-10 sessions for £700

**For schools that order after Sept 24, the hourly rate will be
£115 for all packages**

To request a package of hours you will need to return an Order Form detailing the number of hours you would like to purchase and the package you have selected. Other services including ELSA training and supervision also need to be purchased in this way.