

2023/2024

EDUCATIONAL PSYCHOLOGY SERVICE BROCHURE



For all enquiries ep.service@cognus.org.uk

Tel: 020 8323 0456

Website: Educational Psychology – Cognus

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INTRODUCTION

As we begin the final term of another academic year, I want to take the time to celebrate the work of local schools and services, during a year that has posed a number of challenges. Some standout moments have included the inclusive spirit of schools who have dealt calmly and confidently in supporting pupils who have arrived from other settings, and sometimes abroad, in what I know have been demanding circumstances.

I have also been pleased to hear about the amount of early intervention and preventative work schools have been commissioning from the team including parent workshops, pupil consultations and staff development and training. In light of this I want to reiterate how much more effective we can be in supporting you when you call us in early! I know time is tight and there are always fires to fight, but I would urge you to use planning meeting time to identify early intervention activities for use of at least some of your EP time.

The work of the SENCO clusters and the network that local schools have formed together is so impressive and I am proud of the role of the EPS in supporting this initiative. At the wider local level we have been commissioned to complete more of the LBS training offer (see page 4 for further details) which is free to sign up to. We will also be refreshing our centre-based training offer which will be charged at a nominal rate. For schools who sign up for traded hours will receive a free systemic consultation at the start of the year, and a review mid-way through if desired.

Finally from September we will be welcoming Maura Barber to the service as a newly qualified EP once she completes her doctorate, as well as welcoming back our Year 2 trainees as Year 3's! This will be our second year of managing the three practitioners from the Mental Health Support Team who we know are completing fantastic work in the Cluster schools.

We look forward to working with you and your school communities over the upcoming year and as always, do drop me an email if you ever have a concern or would appreciate a chat.

Nicholas English (Principal Educational Psychologist)



CORE EP WORK

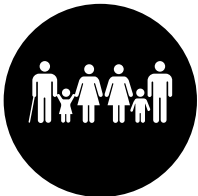


- A planning meeting (free of charge) to identify priorities and plan work for the year ahead
- Initial consultation about individual pupils or pupil groups and follow-up review
- Assessment of individual pupils
- INSET and staff CPD
- Parent workshops
- Staff 'surgeries' or drop-ins
- Staff group, individual or SLT supervision
- DSL supervision (run with the Education Safeguarding Manager)
- Group and individual therapeutic work
- Person-centred planning meetings
- Systemic support to develop nurture provisions and other alternative learning space
- Critical Incident work (free of charge)

The activities opposite 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.

6 HOURS OF EP TIME ...

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 paperwork and to have an idea of your expected, or hoped for outcomes. Here are some of our ideas for how you could use a day of EP time.



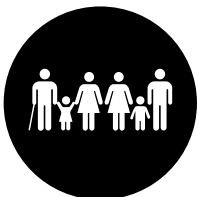
No. 01 Individual pupil — work

Within 6 hours you can expect an EP to undertake an observation, some individual work and consultation with key adults. A short record of involvement or summary of actions could be provided within this time, but a longer report would require more hours.



No. 02 Training or INSET

Training or INSET is charged for the number of hours delivered and then the preparation time. This is usually the same number of hours, but will be less for 'off the shelf' sessions.



No. 03 Half-termly group — supervision

An hour of supervision every half-term can offer groups of staff the chance to reflect and process challenging work in a supportive context. EPs use different models of supervision to suit the context.



No. 04 Therapeutic work

EPs are qualified to deliver a range of therapeutic work. This will vary between EPs, but includes work to support anxiety, play-based approaches, video interaction guidance (VIG), motivational interviewing and work related to trauma processing. 6-8 sessions would be a brief intervention.

FREE SERVICE OFFER

To recognise your ongoing loyalty to the service we will continue to be offering a 'free' service for schools who buy back a traded package with us. All settings can choose one of the below for their EP to deliver, with settings who buy over 72 hours able to choose 2.



- A parent workshop
- SLT Solution Circle
- Staff group Reflecting Team
- Whole school systemic consultation
- x3 30 mins themed teacher consultations



It is advised to discuss with your EP the service which may be of most use to your school and plan in advance so that they have capacity to deliver in a timely manner.

PRE EHCNA 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.

TRAINING PROGRAMME

The EPS offers a range of training programmes, staff CPD workshops and INSET sessions. Schools can use their hours to commission bespoke training or select from any of the below. School staff can also access free training through the LBS training offer or pay a nominal fee (£30 per delegate) to attend any of our centre-based courses.

| LBS Learning and | Centre-based trainings | Training available from traded hours |
|---|--|---|
| ADHD and attention difficulties - 11.07.23 & 21.11.23 | ALL DATES TO BE CONFIRMED | Precision Teaching |
| Adolescent brain development - 23.01.24 | | Nurture principles |
| Introduction to developmental trauma - 03.07.23 | Managing challenges of the role (SENCOs) | Reciprocal Teaching, Cued Spelling, Supporting literacy difficulties and dyslexia |
| Adolescent emotional and mental health needs - 30.11.23 | Emotion Coaching | Mediation and in class support (focused training for TA's/LSA's) |
| Executive functions and their role in learning - 22.02.24 | Nurture principles | Trauma-informed support (whole school) |
| Emotionally based school avoidance - 10.01.24 | EBSA conference | Anxiety management |
| Dyslexia and literacy difficulties - 29.06.23 | ELSA | Emotionally based school avoidance |
| Children's emotional and mental health needs - 19.09.23 | | Nurture principles |
| | | Emotion Coaching |
| | | Activated Learning/ supporting executive functioning difficulties |
| All sessions run from 13:00-15:00 at Sutton Civic Centre and are booked via this link . | | |

The ELSA programme is a part of almost all schools' universal offers, and we are continuing to support settings in the training of new ELSAs. We will be running the 6-day initial training from October until June. Please contact sutton.elsa@cognus.org.uk to register your interest.

ELSA TRAINING



Key themes covered in the training

- Emotional literacy
- Social skills and friendship skills
- Supporting loss and bereavement

- Use of story
- Managing strong emotions
- Social skills and friendship skills
- Self-esteem and resilience
- Planning and evaluating ELSA sessions

6

Days of training

£640

Per delegate

Training dates

Weds 1st October, Weds 10th January, Tues 6th February,
Weds 6th March, Tues 23rd April, Wednesday 12th June

All sessions to run from 09:15 (start 09:30) – 15:00

An essential part of the ELSA programme is ongoing supervisory support from an EP in the team. On completion of training all ELSAs are offered half termly group supervision facilitated by an EP 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 and costs £165 per person.

To ensure that all ELSAs have a place in one of our supervision groups from September 2023, please fill in the Cognus Order Form, specifying the ELSA supervision package and stating a preference for supervision day. Please specify if you would like an ELSA to be put into an Early Years group. We also ask for the ELSA contract to be signed and returned.

ELSA SUPERVISION

OTHER SERVICES

We offer a range of other services which schools can access, some free of charge, others in line with service criteria. This includes:

- Consultation drop-ins in relation to children with a social worker
- A variety of work commissioned by the Virtual School including assessment, therapeutic and consultation work as well as staff training and support
- Work with the Early Years team
- Work in the Therapeutic Hub
- A therapy offer for schools who are part of the MHST Cluster attached to St Philomena's

For information on any of the services above please contact your school EP or ep.service@cognus.org.uk



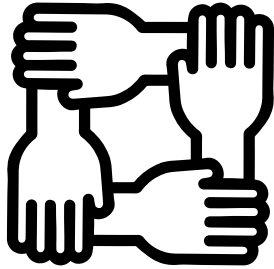
Call back service

Requests for a one-off call back from an EP can be [made here](#). This is for parents, staff and professionals.

Online resources

We will be continuing to upload new resources and best practice guides to our website page. Have a look at our [EBSA guide](#) and [Critical Incident support pack](#).

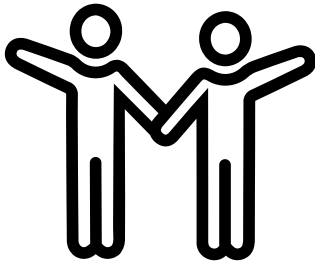
TRADED HOURS PACKAGES



Educational Psychologist support*

18 hours per annum (1 day a term)
= £1,800 (£100 an hour)

36 hours per annum (2 days a term)
= £3,420 (£95 an hour)



72 hours per annum (approx. 1 day a month) = £6,480 (£90 an hour)

144 hours per annum (approx. 1/2 day a week) = £12,240 (£85 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 £350, or 8-10 sessions for £600.

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.