

2025/2026

EDUCATIONAL PSYCHOLOGY SERVICE BROCHURE



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WELCOME

Welcome to the Educational Psychology newsletter for 25/26. A new year, brings some exciting new projects for the EPS which we look forward to sharing with you. This year, we are thrilled to introduce Will Piercy, Toby Cooke and Leah Walsh as newly qualified Educational Psychologists who will be joining the team as permanent members of staff.

The service offer for this year are similar to last, but following the successful piloting of several new initiatives we are pleased to be offering these once again. We will also be continuing to offer our complimentary training sessions for schools who buy back into the service following good feedback this year. Please do also refer to [our website](#) which is regularly updated with new guidance and resources.

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 TRAINING OFFER

LBS TRAINING

Dyslexia and literacy difficulties

01.07.2025

ADHD and attention difficulties

09.07.2025

11.11.2025

24.03.2026

Introduction to developmental
trauma

23.09.2025

Emotionally based school avoidance

07.10.2025

02.03.2026

Children's emotional and mental
health needs

21.10.2025

Adolescent emotional and mental
health needs

25.11.2025

Adolescent brain development

22.01.2026

Executive functions and their role in
learning

13.03.2026

Emotion Coaching

05.02.2026

All sessions run from **13:00–15:00** at

Sutton Civic Centre and are

booked via the [L&D website](#)

CANTIUM HOUSE TRAINING

Demand Avoidant Profile

07.07.2025

05.11.2025

EBSA Network

30.09.2025

Activated Learning

21.10.2025

Trauma-informed intervention

03.12.2025

Precision Monitoring

Part 1 – 19.11.2025

Part 2 – 14.01.2026

Lego Therapy

23.04.2025

Becoming an Anti-Racist setting

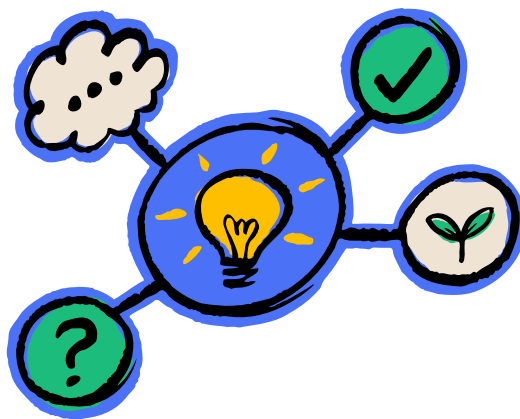
11.02.2026

Sessions run from **13:00–16:00** at

Cantium House, Wallington

(subject to change)





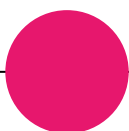
TRAINING MENU

The following trainings are some examples of those available for all settings and can be organised with your school EP and using your traded hours. We can create bespoke training on a range of additional topics too – please just ask.



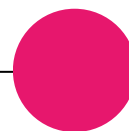
Emotion Coaching

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



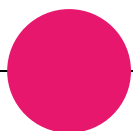
Precision Monitoring

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.



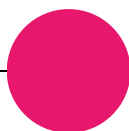
Nurture principles

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.



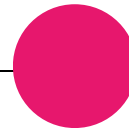
Literacy interventions: Cued Spelling, Reciprocal Teaching

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.



Numeracy and Maths difficulties

Training to consider development of numeracy skills and evidence-based support for pupils who experience difficulties.

A·LIST

ADVANCED LITERACY INTERVENTION SUPPORT TEACHING

Cognus EPS are excited to continue to offer the training programme leading to certification as an Advanced Literacy Intervention Support Teaching facilitator.

Key information:

- 6 days face-to-face training
- Trainees gain skills in assessing literacy difficulties and running interventions including We Are Theatre, Paired Semantics, Therapeutic Writing, Morphology and more...
- Gain skills to practice as an A·LIST
- Receive ongoing supervision
- from an EP (reduced rate for first year)



Training Dates

Wednesday 15th October	Friday 6th March
Wednesday 18th November	Friday 15th May
Tuesday 20th January	Wednesday 24th June

All sessions run 9:15am–3pm

LEARN MORE

£400
per
trainee



ep.service@cognus.org.uk
joe.lettington@cognus.org.uk



ELSA TRAINING

The ELSA programme is a school-based intervention designed to support pupils with low level social and emotional needs. The cost of training is £650 per person.

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 – 12.11.25
Day 2 – 21.01.26
Day 3 – 04.02.26
Day 4 – 04.03.26
Day 5 – 29.04.26
Day 6 – 13.05.26 (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. *Supervision costs £185 per ELSA.*

To ensure that all ELSAs have a place in one of our supervision groups from September 2025, 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.



STAFF SUPPORT OFFER



DSL Supervision

Run with the Education Safeguarding Manager
Monthly small group supervision for DSLs to problem solve, reflect on cases and share practice.

SENCO Supervision

Run by two Educational Psychologists
Half-termly small group supervision for SENCOs to problem solve, reflect on cases and share practice.



Staff supervision

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

Teacher drop-ins

From school traded hours

A time for class teachers to problem-solve pupils, classes or other challenges they are experiencing with an EP.





PARENT SUPPORT OFFER



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.



Parent twilight trainings

A range of sessions for parents held at Cantium House, run from 09:30–11:30

Supporting your child's emotional regulation: **06.10.25**

Guiding your child through social media and online influences: **13.11.25**

Supporting literacy development at home: **26.01.26**

Supporting Maths development at home: **12.02.26**



Parent/carers can book these sessions by emailing:

ep.service@cognus.org.uk

TRADED HOURS PACKAGES



Educational Psychologist support*

18 hours per annum
(1 day a term)

£1,908
(£106 an hour)

36 hours per annum
(2 days a term)

£3,600
(£100 an hour)



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

£6,876
(£95.50 an hour)

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

£12,960
(£90 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 25, the hourly rate will be
£120 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.