



Cognus

No Limits on Learning

Educational Psychology Service

2026 /2027

# EDUCATIONAL PSYCHOLOGY SERVICE BROCHURE

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For all enquiries

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**Tel:** 020 8323 0456

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



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# Welcome



## to the Cognus Educational Psychology brochure 2026-2027

Firstly I'll begin by saying how pleased we are to continue working in partnership with schools across Sutton and the local area to support the learning, development and wellbeing of children and young people. Educational Psychologists use psychological theory to understand learning barriers and work with schools, families and professionals to identify effective ways forward but this is only possible with the collaboration and engagement of you!



As a quick reminder our work includes consultation with school staff, psychological assessment, intervention planning and training, as well as supporting whole-school approaches that promote inclusion and wellbeing. We also recognise the importance of staff wellbeing and reflective practice, and work with schools to strengthen staff teams and develop positive, sustainable learning environments.

Alongside our core service, we continue to offer a programme of free training sessions for schools, as well as a wide range of additional development opportunities showcased in this brochure. These include our expanded A-List literacy programme, bespoke staff support and supervision offers, specialist training in areas such as EBSA, ADHD and trauma-informed practice, and our new anti-racism and culturally responsive practice programme, supporting schools to develop inclusive environments where all children and young people feel a strong sense of belonging. You'll also find details of our ELSA training and supervision, practical workshops for parents and carers, and new initiatives such as our playtime enhancement sessions.

This brochure outlines the ways schools can use their Educational Psychology time and highlights the range of work we offer. We look forward to continuing to work alongside you over the coming year.



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

Nicholas English  
Principal Educational Psychologist



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.

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## 01

### **Systemic**

- A planning meeting (free of charge) to identify priorities and plan work for the year ahead
- INSET and staff CPD
- Parent and staff 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

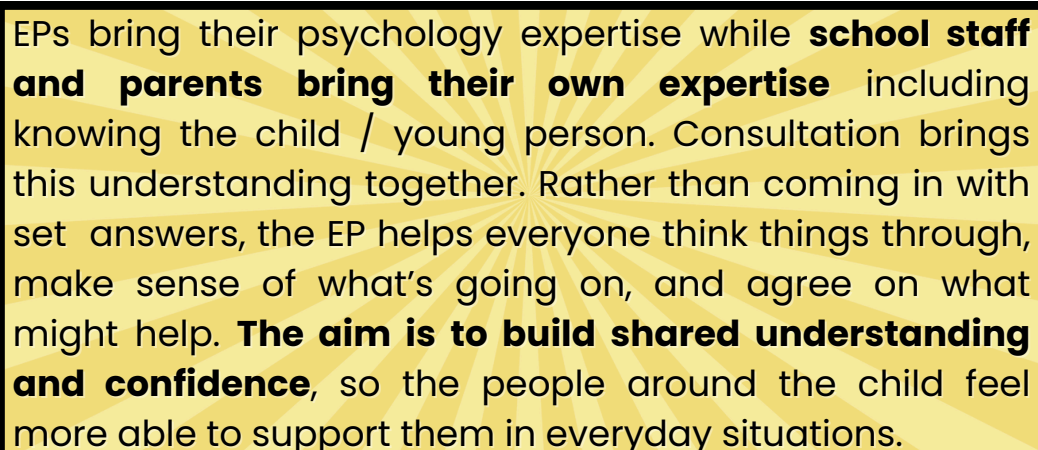
### **Individual**

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

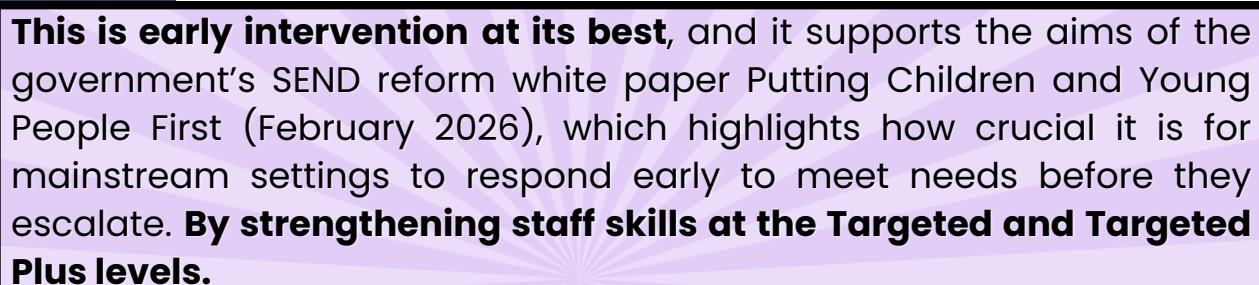


# CONSULTATION

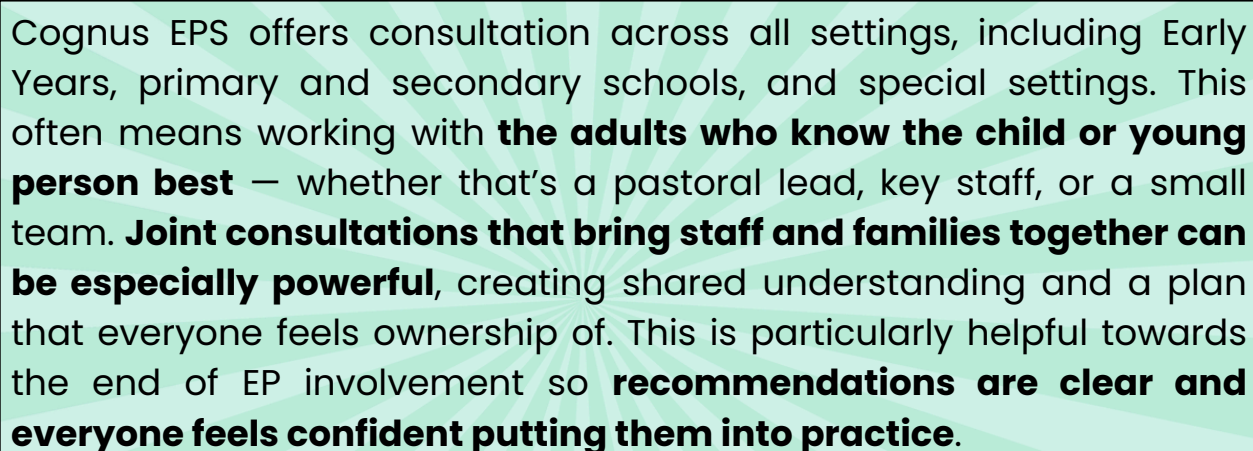
The Educational Psychology Service uses consultation as the model for the delivery of its services. Consultation is a **structured conversation** between an Educational Psychologist (EP) and the key adults in a child's life, typically teachers, SENCOs and parents or carers



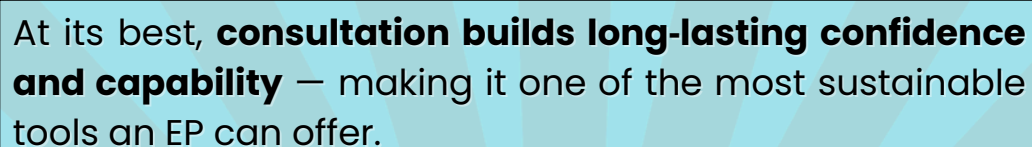
EPs bring their psychology expertise while **school staff and parents bring their own expertise** including knowing the child / young person. Consultation brings this understanding together. Rather than coming in with set answers, the EP helps everyone think things through, make sense of what's going on, and agree on what might help. **The aim is to build shared understanding and confidence**, so the people around the child feel more able to support them in everyday situations.



**This is early intervention at its best**, and it supports the aims of the government's SEND reform white paper Putting Children and Young People First (February 2026), which highlights how crucial it is for mainstream settings to respond early to meet needs before they escalate. **By strengthening staff skills at the Targeted and Targeted Plus levels.**



Cognus EPS offers consultation across all settings, including Early Years, primary and secondary schools, and special settings. This often means working with **the adults who know the child or young person best** – whether that's a pastoral lead, key staff, or a small team. **Joint consultations that bring staff and families together can be especially powerful**, creating shared understanding and a plan that everyone feels ownership of. This is particularly helpful towards the end of EP involvement so **recommendations are clear and everyone feels confident putting them into practice.**



At its best, **consultation builds long-lasting confidence and capability** – making it one of the most sustainable tools an EP can offer.

# FULLY FUNDED TRAINING OFFER



## LBS TRAINING

- ADHD and Attention Difficulties
- Emotionally Based School Avoidance (EBSA)
- Dyslexia and Literacy Difficulties
- Children's Emotional and Mental Health Needs
- Pathological Demand Avoidance
- Self Harm Management

## COGNUS TRAINING\*

- Demand Avoidant Profile
- EBSA Network
- Activated Learning
- Trauma-informed intervention
- Precision Monitoring
- Lego Therapy

- **For dates** of the above courses, please visit the [Educational Psychology training page](#)
- **All LBS sessions** run from 13:00–15:00 at Sutton Civic Centre and are booked via the [Sutton training website](#)
- **All COGNUS sessions** run from 13:00–16:00 at Cantium House, Wallington and are booked by emailing [ep.service@cognus.org.uk](mailto:ep.service@cognus.org.uk)

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\*Free to schools that buy in Cognus EP traded hours

# TRAINING MENU



These trainings are examples of what's available to all settings and can be arranged with your school EP 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.



## Mediation and TA deployment

This training draws on the MPTA study and uses an evidence-based mediation model to develop independent learners.



## 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.



## Literacy interventions: Cued Spelling, Reciprocal Teaching

The EPS can offer training in evidence-based literacy strategies that enhance and build on a school's current literacy teaching and support.



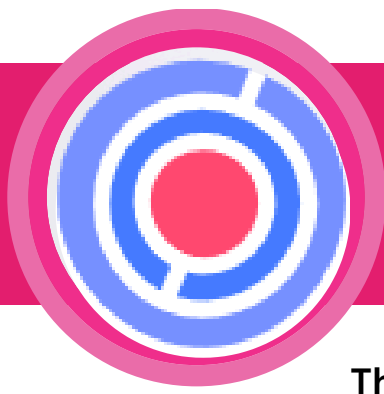
## Numeracy and Maths difficulties

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



## 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.



# ELSA TRAINING

The Emotional Literacy Support Assistant (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 November to May. To register your interest, please contact: [sutton.elsa@cognus.org.uk](mailto: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 details:

**Cost:** £683 per person

**Time:** All sessions to run from 09:30 – 15:00

**Dates:** For the dates of all six sessions – please visit the [ELSA website page](#)

**Note:** Day 6 includes a short session for line managers



## 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.

**Includes:** 5 x 2hr sessions + an invite to ELSA Summer conference or 6 x 2hr sessions

**Cost:** £194 per ELSA.

**Groups:** To **secure a place** in a supervision group from Sept 2026 please complete:

- [ELSA order form](#)
- [Online supervision form](#) – State how many ELSAs require supervision and the preferred day for each to attend.



# A•LIST TRAINING

## 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)

### Cost

**£420**

**Per trainee**

### Training dates:

For dates of the above courses, please visit the Educational Psychology training page

### For more info:



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



# A•LIST A•LIST A•LIST



# BECOMING AN ANTI-RACIST SETTING

The training will support staff in developing a clear understanding of individual, institutional and structural racism, and how these forms can affect young people's experiences in school.

## Key Information:

- The programme draws on local research conducted in Sutton to inform reflection and action.
- Staff will explore how racism impacts pupils' wellbeing, sense of belonging and educational outcomes.
- Opportunities to consider how school policies and curriculum content can promote equity, representation and inclusion.
- Interactive elements will enable participants to reflect collaboratively on what an anti-racist school looks like in practice and how this can be embedded across the whole school community.

### Course

4 x 2 hour  
sessions

### Cost

£150pp  
£350 school  
(up to 8 staff)

## Training dates:

For session dates, please visit the Educational Psychology training page.

## For more info:



[ep.service@cognus.org.uk](mailto:ep.service@cognus.org.uk)  
[rachel.rebello@cognus.org.uk](mailto:rachel.rebello@cognus.org.uk)



# UNLOCKING THE POWER OF PLAYTIME IN PRIMARY SCHOOL



## Unlocking the Power of Playtime in Primary School

### What does this training cover?

A focused look at the psychology of play and the power of playtimes to support learning, development, and inclusion – especially for autistic pupils.

### Who is this training for?

Senior Leadership Teams and staff that take a lead in playtime planning

### What will attending staff gain?

- Insight into the **benefits of playtimes** for children's development and wellbeing, including improved attention, behaviour, and relationships.
- Practical, **evidence-based strategies** to address common playground challenges.
- Guidance informed by **autistic children's own experiences of playtimes**, including findings from the OPAL programme.
- Support to begin shaping an inclusive, **school-specific vision for playtimes** that fosters autonomy, competence, and connection.

**£40 per school**  
(plus VAT)

**When and where?**  
Please check the [EPS training page](#) for dates and location

### Did you know?

Primary pupils spend up to 20% of their week in the playground – that's 1.4 years of their time at primary school

**Is your school making that time count for every child's learning, development and wellbeing?**





# TRAINING FEEDBACK

I feel like I have learned lots of new things and I'm really excited to start my new journey as an ELSA.

I feel excited to start but also sad that the training is finished as I have loved it.

Great session - informative and engaging. Thank you!

Thank you very much - extremely helpful to have this supported informed space to reflect on our practice

Great training and able to disseminate well with other staff.

The information and real life context provided by Emily and Nick, it has been informative, interesting and very thought provoking hearing their perspectives as working professionals, instead of a trainer standing reading slides.

Joe and his colleagues were both engaging and knowledgeable throughout the course. I really enjoyed it and learnt a lot that I'll be taking with me to my setting and implementing next year.

Superb. Loved it! Thank you.

Really enjoyable day. Looking forward to the next one.

It was a perfect balance of discussion, input and group work.

Thank you - really helpful and lots of ideas to take back to school.

Amazing training by lovely, knowledgeable people. Really enjoyed it.

Thank you for an inspirational day!!

Another great training day! Learnt so much!

I have loved the course and am gaining confidence within my school to implement sessions and use my initiative when planning. I feel I can now help staff to understand behaviours and de-escalate situations.

Excellent informative training.

Great delivery as always.

The training was interesting. Really went into detail with each area.

Loved the training and i feel much better equipped to apply skills to support children in practice.

# STAFF SUPPORT OFFER



## DSL SUPERVISION

*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 staff members using a supervision framework to offer a safe containing and reflective space.



## TEACHER DROP-IN'S

*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

Support



## WORKSHOPS

You can use your EP hours to run school based workshops for parents and carers. 'Supporting anxiety' and Emotion Coaching sessions have been well received.



## CALL BACK SERVICE

Requests for a one-off call back from an EP can be [made here](#). This is for parents or carers who either reside and/or attend a Sutton setting and the child is not currently involved with an EP.



## PARENT/CARER SESSIONS

A range of sessions for parents/carers held at Cantium House. For the sessions on offer, dates and times please visit the [EPS training page](#) and let parents in your school know.

## ★ NEW FOR 2026/2027 ★

### **Emotional wellbeing and how to support your child as a parent/carer.**

*Parents/carers play a vital role in supporting their child's emotional wellbeing through everyday interactions. This course introduces key ELSA principles and practical tools to help you understand and support your child's emotions at home. You'll learn simple strategies –like listening, noticing cues, and responding calmly–to help your child talk, reflect, and cope.*

**Six x 2 Hour sessions**  
**£150 per person**

# TRADED OFFER PACKAGES

## Educational Psychologist support\*



**18** hours per annum  
(1 day a term)

**£1,998**  
(£111 an hour)



**36** hours per annum  
(2 days a term)

**£3,780**  
(£105 an hour)



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

**£7,200**  
(£100 an hour)



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

**£13,680**  
(£95 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 **£473**, or  
**8-10 sessions** for **£735**

**Please note that out-of-borough schools will be subject to different pricing, available on request**



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.