

# Consultation with an Educational Psychologist



## What is it?

A consultation is a process of collaborative problem solving. It is a meeting that provides an opportunity to explore a situation, develop our understanding and make next steps.

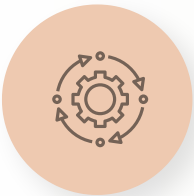
It can be considered as a type of assessment and an intervention.



## Who is going to be there?

The people who are most concerned and have most information about the current situation. The more people who have a perspective on the situation the better so that we can share our understanding.

This can be parents/guardians, teachers and/or young people.



## What happens?

The Psychologist will run the meeting, but it is a collaborative process. Together we will aim to; clarify key concerns and priorities, facilitate a deeper understanding of the situation and plan ways forward that will work in the current situation.



## How can I prepare?

It is helpful to come with as much information you have about the situation as possible. It is particularly helpful to think about the child's strengths, interests and when things are working well. You can also think about your key concerns and priorities for support.



## What happens next?

After the meeting some brief notes are shared that summarises the agreed actions. They can be reviewed at a later time.

