

## Mission statement:

We recognise that different psychologists work in different ways and so it is important to find the right psychologist to support you. Within Nurturing Progress, all of our work is guided by the following:

### **We believe that:**

- All human beings have a need for connection, belonging and meaningful social interactions.
- It is important for everyone to live a meaningful life.
- Whilst everyone's situation is unique, there are steps of progress that can be made to support people to grow and change.

### **As EPs our priorities are to:**

- Support children and young people to overcome the challenges they face so that they can navigate their social world, developing their independence and move towards living their life with vitality.
- Support an understanding of what needs to change in order to facilitate this.

### **The aims of our involvement are to:**

1. Develop a deeper understanding of the current issue being discussed, based on psychological theory and information gathered (developing hypotheses)
2. Consider next steps in order to move the situation forward (informed by current hypotheses). This will involve upskilling the child/young person and make changes to the environment.

We recognise that there is an increasing pressure to involve Educational Psychologists in order access other external support eg, funding or other services. Whilst our involvement may support referrals on to other services or for other purposes, it is important to note that this is not the primary aim of our involvement.

### **When we are involved we will:**

1. Spend time develop a clear understanding of the purpose of our involvement and the hoped for outcomes.
2. Work flexibly in order to meet the outcomes discussed. For example, this might result in a joint parent-teacher consultation meeting, consultation with staff, intervention with staff (circle of adults, training), attendance at meetings (ie Early Help) or further information gathering to support a deeper understanding of the situation (including observation, individual work with the child/young person).

We would be happy to discuss any of the following with you regarding your individual situation.