**What *is* Psychological Consultation?**



**Psychological Consultation Service**

**September 2025**

**Who is delivering it?**

The service is delivered by the Educational Psychology Team.

Psychological consultation is a ***voluntary***and ***collaborative***approach that aims to bring about change. At its heart, consultation is a ***purposeful*** ***conversation*** between a psychologist and teacher/SENCo who both bring their expertise equally.

Consultation involves ***joint exploration*** of a question, concern or issue using ***psychological frameworks*** to develop a ***shared understanding.*** From this, the psychologist and teacher/SENCo ***work together*** to develop***constructive ways forward****.*

***Consultation*** can be thought of as an ***intervention*** in itself.

**Who can access it?**

**Why would I want to access it?**

Teachers and SENCos at schools and settings in Milton Keynes.

It offers a dedicated time and space for joint exploration, enquiry and application of psychological models to develop solutions.

**What it is *not*?**

Psychological consultation is not just ‘a chat’ or a diagnostic process. It is also not a way of accessing further assessment or other services.

Whilst the conversation may appear relatively simple the psychologist will be using a process of enquiry including various frameworks and questions to open up ways of thinking about the issue presented.

**How do I access it?**

Contact: [education.psychology@milton-keynes.gov.uk](mailto:education.psychology@milton-keynes.gov.uk) and ask to book a psychological consultation. Due to demand for this service, no more than one consultation per school every half-term can be booked.

**Recent Feedback…**

**Frequently asked questions**

**Will the psychologist see the child/young person/parent?**We do see children/parents but not in the context of the psychological consultation service. This service is just for school/setting staff.

**Will a report be written?**A short consultation record will be emailed to the teacher/SENCo following the consultation with any agreed actions. The school/setting will forward this to parents.

**Do I need consent?** Yes, consent is needed when the consultation is about an individual child/young person.

Really useful time to problem solve with a critical eye

The EP worked collaboratively with me and really helped me to move the situation on

Brilliant support, it left us with plenty to think about and a more confident outlook

The EP was very supportive and took the time to listen carefully to our concerns

Appreciated the opportunity to reflect and speak through topics with an EP