

Preparing for your psychological consultation

How can you prepare for the consultation?

1. It is useful to spend some time thinking about how you would like to use this dedicated time. Is there a *specific question or issue* you would like to explore? Some of the issues, concerns and ideas that can be explored during consultation include:
 - Patterns of concern and the exceptions to the concern (this could be at an individual, group or school level)
 - Specific themes and topic areas
 - Barriers to learning, of which there are many, not just around SEND
2. If the consultation is about an individual child/young person, a consent form needs to be completed and returned to education.psychology@milton-keynes.gov.uk by 12 noon on the Tuesday before the consultation.
3. Consider how to have the best experience when showing up for consultation sessions delivered online:
 - Protect the hour slot in your diary, avoiding any appointment clashes
 - Read the joining details properly so you're clear about the technology. You might have to log in differently to how you are used to if your system blocks MS Teams
 - Test your video camera, microphone, etc. beforehand so that when your session starts you can just log in and go. Do this at least 15 minutes before the event so that you are not emailing the organiser for assistance once the session has started
 - Try and work in a space that is private, quiet and feels safe, where you can pay full attention and speak freely without being overheard or feeling self-conscious
 - Turn off phones and alerts on your computer so you're not tempted to multi-task
 - Make yourself as comfortable as possible before the session starts; check your chair/workstation, go to the toilet and grab a drink.
 - Have pen and paper at the ready to capture any moments of inspiration!

What will happen during the consultation?

The Educational Psychologist (EP) will use a variety of *psychological frameworks and questions* to explore the issue or question raised. This is a collaborative process and both the teacher/SENCo and psychologist will be active participants, each bringing their expertise to the session.

What are the outcomes following a consultation?

- The EP will work collaboratively with you to develop a rich, informative picture promoting understanding of the concerns and what may be contributing to these
- There may be sharing of a wide range of strategies, approaches and evidence-based interventions to address the issues raised
- There may be sharing of knowledge of relevant educational and psychological research
- Through the process of consultation, there may be increased confidence and skill development in applying psychology to facilitate change for those involved.

What happens following the consultation?

- The EP will write a *brief record* of the discussion including agreed actions. This will be emailed to you by the EPS, along with a MS Forms survey link to provide feedback on your experience
- A review date can be agreed if needed and an MS Teams invite will be emailed by the EP

Please see the '[Psychological Consultation Service Factsheet](#)' for more information.