

How do I book?

Step 1: Request a Consultation

Email the Educational Psychology Service at:
education.psychology@milton-keynes.gov.uk
to request a psychological consultation.

Step 2: Complete the Consent Form

If the consultation is about an individual child or young person, parental/carer/young person consent must be obtained before a consultation can be allocated. The Educational Psychology Service will send you a consent form to complete.

Step 3: Return the Consent Form

Send the completed consent form back to:
education.psychology@milton-keynes.gov.uk

Step 4: Appointment Allocation

Once consent has been received, the Educational Psychology Service will contact you regarding an available consultation appointment.

Important Information

Consultations are booked one term in advance:

This helps ensure consultations remain timely and relevant, as children's needs and circumstances can change over time.

No Waiting List: We do not operate a waiting list between terms. If consultation support is still required in a future term, schools should contact the service when bookings reopen.

One Consultation Per School Per Half Term:

To ensure fair and equitable access across Milton Keynes schools. Subject to availability.

Consultation Appointments Are Child-Specific:

Appointments are allocated to the child named on the consent form. Unless discussing a group/systemic concern. If support is required for a different child, a new consultation request and consent form will be needed.

What is Psychological Consultation?

A consultation is not about the EP "having the answer" or providing a list of strategies.

Instead:

- School staff bring their knowledge of the child, family, learning environment and support already in place.
- The EP brings psychological knowledge, frameworks and ways of exploring needs.
- Together, we develop understanding and identify the most helpful way forward.

Often, consultation itself can be a powerful intervention, helping adults think differently about a situation and identify new ways to support change.

Who attends the consultation?

Consultations are held between an **Educational Psychologist** (or Trainee Educational Psychologist) and **school staff**. This is usually the school's SENCO and a member of staff who knows the child well and works with them regularly. Parents/carers and children/young people do not attend these meetings.

What can we talk about?

Consultations can focus on:

Learning and attainment

SEND-related concerns

Emotional wellbeing and behaviour

Attendance and EBSA

Inclusion and participation

Individual children and young people

Feedback...

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

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

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