

WHAT IS AN EDUCATIONAL PSYCHOLOGIST? Your guide



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What is an Educational Psychologist and what can they do for me?

Educational Psychologists visit schools and work with pupils, teachers and parents/carers. An Educational Psychologist is trained to help people understand problems with learning, behaviour and development. At some point in their life, lots of children and young people need help. Educational Psychologists listen and can help you, and people around you, think of ways to make things better.

They help with a variety of problems such as:

- how to get along with friends
- how to tackle schoolwork that you are struggling with
- helping you to worry less about things
- helping you with something that is making you unhappy at home or at school
- helping you understand your behaviour





Where will they visit me and why are they here?

Sometimes Educational Psychologists work with groups of pupils or a class on a particular project (e.g. friendship skills), but usually they work with individual pupils.

An Educational Psychologist can see you in school or arrange to visit you at home, but a parent/carer or teacher should tell you about this beforehand. It may be that they meet you out of class, so that they can discuss how you are. They may do some activities with you.

Your views are important and they will always listen to what you have to say. If they have a meeting with other people who are involved with you, you will be asked if you would like to

attend. However, if you prefer you could give your views beforehand and they will be shared with those attending the meeting.

Your rights

You have a right to give your views and be listened to. If the Educational Psychologist writes a letter or report they will discuss this with you and give you a copy, if you would like one.

If you are unhappy about the service you are getting, please tell your Educational Psychologist or parent/carer or teacher so that they can do something to make this better.

What happens next?

There will usually be a meeting where people who know you well will meet with you and the Educational Psychologist, to talk about how to make things better for you. At this meeting it will be decided how you and the Educational Psychologist will work together.

It might be decided that it would be helpful for you to meet with the Educational Psychologist for a few weeks after the meeting, to support you. Otherwise, they may meet with you again in a few months to discuss how things are going and to see how things have improved.

To make things better for you, other people who know you, such as Doctors or Social Workers, may also be asked to help support you.

With you, they will agree what information can be kept private and what information you don't want others to know. This information can be kept confidential unless it is serious and adults need to know in order to keep you, or someone you know, safe.

Websites to help

The following websites and phone numbers may be useful to help you find more information and extra support.

www.westlothian.gov.uk/education/
and then click on Educational Psychology Service on the main page.
Tel. **01506 283130**

ChildLine: www.childline.org.uk/
tel **0800 1111**

Young Carers
www.wl-yc.com





Information is available in Braille, tape, large print and community languages.

Please contact the Interpretation and Translation Service on **01506 280000**.

How to contact us

If you would like more information about who the Educational Psychologist is for your school and what they do, you should speak to your teacher. They can arrange for you to meet with the Educational Psychologist.

You can also contact the Psychological Service directly at the address or phone number below, and ask to speak to an Educational Psychologist.

Name:

Educational Psychology Service
West Lothian Civic Centre
Howden South Road
Livingston
EH54 6FF
Tel: 01506 283130

Email:

Thank you to pupils in Inveralmond Community High School for their help in developing this leaflet.