

A Consultation Session may involve:

- giving information
- making suggestions
- listening to what others are saying
- requesting others opinions
- saying what you think is going well
- answering questions
- asking for someone to explain further what they are saying
- agree things you are going to do that will help things to change

## USEFUL INFORMATION

If you are a professional or a family member/carer and you would like to discuss how a consultation session may help you, a situation, child or young person please call 0113 3785163. A team member will return your call if unavailable at the time of calling. YOU can book a consultation on the same number.

If you have attended a consultation session and wish to offer positive or constructive feedback the Leeds Educational Psychology Team are happy to hear from you.

Email:  
[education.psychology@leeds.gov.uk](mailto:education.psychology@leeds.gov.uk)

Post: EPT, Adam's Court, Kildare Terrace, Leeds, LS12 1DB

Tel: 0113 378 5163



## EDUCATIONAL PSYCHOLOGY CONSULTATION SESSIONS



Leeds Educational Psychology Team

## What is consultation?

The Educational Psychology Team promote consultation in which the people who know the child/young person best meet and speak directly to each other. This includes: family/carers, setting/school staff and relevant education/health professionals.

The Educational Psychologist facilitates these conversations which:

- influence and inform how the child/young person and their situation is understood;
- help to understand how best the child/young person may be supported;
- support the identification of any changes which may be needed within the situation.

## THE BASIS FOR OUR CONSULTATIONS

The conversations held during a consultation are based on the beliefs that:

- **learning and behaviour is influenced by the interaction between themselves and their environment;**
- **a change in one context can bring about a change in another context for the child;**
- **there may be no single explanation for the current concerns, but a number of possibilities that could be considered;**
- **the development of a shared understanding of the child/young person and context can support the most effective approaches and relationships.**

## WHAT HAPPENS AT THE CONSULTATION

Each person at the meeting will be asked to introduce themselves by saying their name and how they know the child/are involved in the situation. The Educational Psychologist will explain the overall structure and timings of the meeting, and also agree how any notes of the meeting will be recorded and shared. Everyone at the consultation has equal rights to listen, to speak and to offer their perspective. By doing this a shared understanding will be created and what is going to happen next to create change can be agreed. The consultations sessions are offered as a stand-alone consultation opportunity and the Educational Psychologist will not necessarily continue to be involved.