Barnet Educational Psychology Team



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Who We Are



The Barnet Educational Psychology Team (EPT) provides psychological support to promote the wellbeing, development and learning of children and young people aged 0–25. We apply psychological knowledge and skills through an initial consultation, collaborating with key people in a young person's life to facilitate change, promote inclusion, and support emotional wellbeing. Person centred practice is at the core of our work where the child and young person's voice is sought. Educational Psychologists (EPs) in Barnet EP Team work systemically and holistically; considering the system which a child and young person is part of, in the context of their individual skills and presentation.

Our EPs work in partnership with early years settings, schools, colleges, families and multi-agency teams, including health and social care services, to support positive outcomes for children and young people with a wide range of needs.

Our Values

The Barnet Educational Psychology Team is committed to working to promote:

empowerment

empathy

equity

social justice

integrity

curiosity

We are committed to practicing in ways that are equitable, anti-racist and culturally responsive.

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What We Do

EPs apply psychological theory, research and evidence-based practice to promote inclusion and help children and young people thrive in their learning and development



We work collaboratively to build on existing strengths and develop creative, effective responses to complex or challenging situations. EP involvement contributes to a school's assess–plan–do–review cycles, ensuring that support leads to meaningful and sustainable change. We are a consultation-based team and through this alone we are often able to understand strengths, needs and evidence-based provision relating to areas of concern raised.

We use this model in our work with children and young people, families and schools as evidence shows that using a consultation approach leads to better outcomes for participants and children and young people.

Consultation provides a structure which helps use time effectively and productively. It aims to work preventatively and creatively and draws on the skills and expertise of those involved, taking into account the complexity of different environments.

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The EP ROLE



The EP role is to facilitate the meeting, offer a psychological perspective and encourage everyone to share their views and take part in negotiating next steps. Consultation is a psychological and collaborative process which involves the following:

- Joint discussions and focused investigation
- Developing a shared understanding of the situation
- Joint planning and exploration of ways forward
- Developing jointly agreed actions to improve outcomes for the child and young person
- Reviewing progress made and planning for next steps

Consultation sits well with the SEND Code of Practice by supporting the Assess, Plan, Do, Review process. Schools find this way of working with their EP is effective and economical.

Examples of what you might like to explore with an EP:

Planning ways to prepare a child or young person for a transition through problem solving and reflection

Ways to support a child or young person to re-integrate following a long-term absence from school

Supporting around loss or an ending.

Supporting relationships and interactions with others (peers and adults).

How best to facilitate a child or young person's engagement with education.

Preparing a young person for adulthood and independence.

Understanding more about an individual's learning and neurodiversity.

Understanding the child or young person's voice in relation to identity, self-esteem and mild-moderate mental health needs

Wellbeing of the child and young person's key adults and supporting the team around a child.

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EPs work at three levels and offer a range of activities at each level that are planned with the school and based on up-to-date psychology and research.

Whole School Level

- Developing whole school approaches and priorities such as policy, understanding behaviour, emotional regulation and Trauma Informed practice
- Bespoke organisational change projects
- Bespoke training for school staff. Examples of recent training sessions we have offered include:



- Training and coffee mornings for parents
- Critical Incident support



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Group Level

- Group interventions with children and young people. Examples of interventions which can be offered include:
  - Play based therapeutic approaches
  - Cognitive based therapeutic approaches
  - Video Interactive Guidance (VIG)
  - Motivational Interviewing
  - Tree of Life
  - Group problem solving e.g. Solution circles
  - Bespoke groups for students, emotional regulation intervention, Y7 transition group
- Group consultations with school staff around complex casework and using person centred approaches. For example, Planning Alternative Tomorrows with Hope (PATH) and Making Action Plans (MAP)
- Team Around the Child or Young Person and Team Around the School meetings
- Parent groups using psychologically informed practice
- Psychological Group Supervision with school staff including Reflective Spaces. For example, Designated Safeguarding Leads (DSLs) Reflection Groups and SENDCo Reflective Groups



Individual Level

- Psychological consultation and collaborative problem-solving with school professionals, parents/carers and children and young people
- Psychological Supervision for individual school staff
- Gathering the voice of the child or young person to inform next steps
- Psychological assessments and intervention

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Projects led by the EP team

Our team are involved in a range of evidence-based projects that are designed to promote learning, wellbeing and resilience. Please speak with your link EP about projects including:

- Nurture Project
- Trauma-informed Project
- Emotionally Based School Avoidance (EBSA)
- WISE Before the Event Suicide preparedness training and guidance for supporting children and young people affected by self-harm
- Emotional Literacy Support Assistant (ELSA) training, supervision and support
- Video Interaction Guidance (VIG)
- Resilience, Engaged, Achieving Children Hub (REACH)
- Virtual School Team
- Youth Justice Service
- Alternative Provision Specialist Task Force (APST)

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Why Work With Us?

The Barnet EP Team is highly valued by schools, families and settings across the borough. Recent feedback has included:

"It was such a powerful experience to meet with you at the setting, and for the first time since this 'crisis', I felt really heard and really understood, validated, not 'wrong'"

"I just wanted to say how fabulous EP is. EP made X and I both feel at ease as soon as we met her. She was very professional, kind and caring during the assessment."

"The work the EP has done with X has been incredibly useful and child centred, to which we have taken each point to formulate the plan"

By commissioning the service, you will benefit from:

A link EP who understands your setting and works relationally and collaboratively with your school community

We work with the Local Authority and BELS colleagues to contribute to clear and effective communication channels to further support your school community

Access to a large and experienced EP team with a wide range of specialist expertise

Psychological support that is flexible and tailored to your setting's priorities

Psychologically informed, evidence-based practice that leads to sustainable change for your school community

We continually invest in training and professional development, ensuring that schools benefit from the most current research, approaches and psychological expertise.

Professional Standards



All Barnet EPs are:

- Registered with the Health and Care Professions Council (HCPC)
- Chartered (or eligible for Chartered status) with the British Psychological Society (BPS)

EPs receive regular psychological supervision and ongoing professional development to maintain high standards of practice.

All Barnet EPs have experience of and completed training and qualifications in professional applied educational psychology.

TEPs have link schools and receive weekly supervision from an experienced EP to oversee all casework and ensure quality practice. Barnet EP Team is an expanding team and reputable placement provider for Trainee Educational Psychologists (TEPs) undertaking the doctorate training. TEPs provide valuable insight, up to date research and learning to the team.

Please note that demand for the EP service is typically very high and exceeds the staffing available. Therefore, we recommend booking early to avoid disappointment.

We endeavour to provide continuity of service, however due to a national shortage of EPs this may not always be possible.

Learn more about what an EP can do in your school or setting by contacting:

Principal Educational Psychologist, Amanda Ryzman at amanda.ryzman@barnet.gov.uk or by phone on 020 8359 7660

Senior Educational Psychologist, Dr Janchai King, at janchai.king@barnet.gov.uk or by phone on 020 8359 2894

If you would like to learn more about how EPs work, visit the Local Offer page.

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Pricing

3 - 5 EP days per year : £737.00
6 - 15 EP days per year : £705.00
16+ EP days per year : £693.00

Where settings request a service outside the usual commissioning cycle this is associated with increased delivery costs and will be charged at the day rate of daily rate £756.