

ASK Psychology Consultation

What to expect?

Why and how could this be helpful?

Who are ASK Psychology?

ASK Psychology is an Educational Psychologist led multi-disciplinary team, which includes Occupational Therapists, Speech and Language Therapists and Psychotherapeutic Counsellor. We predominantly work with schools and families in the North East region.

At ASK Psychology we focus on using person centred approaches to help understand situations from the perspective of the people at the heart of it. Therefore we can help people to become agents of change by noticing competency, strengths, exceptions and supporting autonomy.

What is consultation and what can I expect?

ASK Psychology promote consultation in which the people who know the situation best, speak directly to each other, with facilitation and support from the member of ASK Psychology. The best outcomes are achieved when everyone meets together to decide what to do.

The member of ASK Psychology facilitates these conversations by:

- exploring and informing how the child and their situation is understood
- help to understand how the child or situation can be supported
- support the identification of any changes which may be needed within the situation and how these could be achieved.

Before the consultation:

Using a consultation framework, which is informed by person centred and solution oriented practice, a member of ASK Psychology can share a psychological perspective to an issue, situation or problem at a whole school, class, group or individual level. The consultation sessions are on a stand-alone basis and a member of ASK Psychology will not necessarily continue to be involved. Given that, please think carefully about the issue or situation that you wish to discuss.

ASK Psychology Consultation - What to expect - continued

The EP consultation process is on an unnamed basis and no referral information about a child or family is required – therefore it complies with GDPR procedures. The Request for EP consultation form, can help the initial exploration of the issue, to prepare the professional from ASK Psychology as well as those who will be attending and contributing to the consultation meeting. Please fill in the Request for EP consultation form with as much detail as possible. This will be shared with the member of ASK Psychology prior to the consultation meeting.

During the consultation:

Each person at the meeting will be asked to introduce themselves. The member of ASK Psychology will explain the overall structure and timings of the meeting. As facilitator, they will detail how any agreed actions are captured, recorded and shared.

The consultation meeting is an interactive session, in which the more that is shared and contributed by those attending, the more relevant, specific and useful the outcomes and solutions of the meeting are likely to be. 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 as well as agreed actions. Therefore it is useful that those who know the issue or situation well and who are committed to bringing about change attend. In line with the GDPR guidance and unnamed nature of the consultation, children and family members should **not** attend the consultation meeting.

A consultation session may involve:

- giving information
- making suggestions
- listening to others
- requesting others' opinions
- saying what you think is going well
- answering questions
- asking for someone to explain
- agree things you are going to do

A consultation session could focus on:

- reflecting upon and developing the SEND support plan for a child
- exploring the specific strengths and barriers to access a child experiences
- considering reasonable adjustments and the school's graduated approach
- thinking about approaches to engage with a family
- developing approaches to engage a child
- expanding on a multi-disciplinary understanding of a situation or profile of additional needs.