

# 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 control 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).

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 they write 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?

After they have met they can discuss whether it would be helpful to have another meeting with other people and agree who should be there. This will help us make a plan to help make things better for you.

They may decide that it would be helpful to meet with the Educational Psychologist for a few weeks after the meeting to support you in developing your skills. Otherwise, they may meet again in a few months to discuss how things are going and see whether the plan has helped.

To help make things better for you they may work together with other people who know you such as Doctors or Social Workers.

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 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/827/](http://www.westlothian.gov.uk/827/)  
then click on Educational Psychology Service on the main page.

ChildLine: [www.childline.org.uk/](http://www.childline.org.uk/)  
tel **0800 1111**

and Young Carers  
[www.wl-yc.com/](http://www.wl-yc.com/)





## 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:

Ogilvie House, Ogilvie Way,  
Knightsridge, Livingston,  
EH54 8HL.

Tel: **01506 775800**

Email:

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