

# Educational Psychology service



## ***What is the Educational Psychology service?***

The Educational Psychology service is part of Bright Futures Educational Trust (BFET); Dr. George Thomas (Educational Psychologist [EP]), Dr. Cathy Atkinson (EP) and Natasha Goodhall (Trainee EP) currently work within AGGS Sixth Form. We offer young people assessment and intervention to support their mental health, emotional well-being and day-to-day functioning. We use a self-referral process.

## ***Why might I self-refer to the Educational Psychology service?***

Reasons why you might self-refer to the Educational Psychology service include:

- Low mood (i.e. feeling depressed);
- Anxiety/ worry (e.g. exam anxiety; moving up to sixth form; going to university)
- Feeling stressed/ overwhelmed;
- Difficulties with personal/ home life which are impacting on schoolwork.

## ***What does the Educational Psychology service offer?***

The Educational Psychology service is likely to adopt a number of different approaches/ techniques to support your difficulties, including:

- Person-Centred Counselling;
- Cognitive Behavioural Therapy;
- Solution-Focussed Brief Therapy;
- Support with learning strategies.

## ***The self-referral process***

You can download the self-referral form from the 'Downloads' section under the 'Sixth Form' tab on the AGGS website. Complete the referral form electronically and use your school email account to send the form as an attachment to [sixthformreferrals@aggs.bfet.uk](mailto:sixthformreferrals@aggs.bfet.uk).

## ***What happens after I self-refer?***

Depending on your needs and the availability of our service/ other services, your self-referral form will be forwarded to us and we will contact you (e.g., via telephone or e-mail) to arrange an initial consultation meeting.

## ***Confidentiality***

Everything you discuss with a member of the Educational Psychology service is confidential unless you or someone else is at risk of harm. The only information which has to be shared with school is your name and the dates/ times that you attend our sessions; this is for room booking/ attendance/ safeguarding purposes.