

## Messing With My Head 17 May 2007

**The attendees at this event have committed to take the following actions as a result.**

### Organisation:

New Forest and Eastleigh  
Community Team—  
Educational Psychology  
Service

### Contact:

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## ► What Action?

**What we would want young people to know about Educational Psychologists (EPs)**

- We are training school staff on how they can help you participate in decision-making relating to you and your future.
- Most of our work involves consultation and joint problem-solving, and we try to communicate with you in ways that are most helpful to you. Our service has developed ways of making reports and plans more attractive and accessible to you.
- EPs are happy to be contacted directly by you if you think we might be able to help you. (Contact could be made through the new contact centre.)
- We offer support to schools who want help in tackling issues around bullying.

Continued over ...

Hampshire's  
**Children's**  
TRUST



- We are able to work with parents to support them in working through difficult family issues.
  - We have trained specific people within schools (ELSAs and other pastoral support staff) to be available to listen to and support you.
  - EPs often see you in school but may sometimes see you at home or in another community setting.
  - EPs are able to work with you to help you to be more in control of strong emotions, including anger. Sometimes we do this work ourselves and sometimes we support other people to do this work with you.
  - We use our knowledge of psychology to help others understand your world. Where necessary we challenge adults to change their views and their practice to support you better.
- We try to know about local activities and support networks that could help you when you need help, and we pass on this information.

(It may be helpful to let young people know about some of the specific training programmes that we have been responsible for e.g. CPCK, SPOT, ELSA, FEIPS, Anger Management and Social Skills groups, Peer Mentoring.)

### **What we would like to know from young people**

How could we enable you to let us know when you want our involvement?

How could we help you to let us know when you don't want our involvement, either in the first place or any longer?

How could you let us know that we are being helpful or unhelpful in the things we do on your behalf?