



## Psychology and Therapeutic Services

- *Educational Psychology Service*
- *Counselling and Therapeutic Service*

**Psychology and Therapeutic Services use psychological, therapeutic and evidence-based practice when working with children, young people, families, professionals and organisations.**

The aim of our work is to support emotional well-being, learning, communication, inclusion and participation to improve outcomes for those we work with and for.

Our work generally takes place within educational settings, in the community or within the family home. Main areas of our work include:

- Consultation and assessment.
- Intervention planning and delivery.
- Counselling and therapeutic work (including targeted Systemic Family Therapeutic Interventions; Cognitive Behavioural Therapeutic approaches such as the Overcoming Programme for parents of anxious children; Narrative Therapy; Mindfulness; Sycol's Solution Oriented 3 Session Change Programme and Play Therapy etc.).
- Collaborative Problem Solving (e.g. Circle of Adults) and Person-Centred Planning (e.g. PATH and MAPs) with young people, their families, community links and key professionals.
- Project work, research & evaluation.
- Coaching and supervision for young people and professionals.
- Strategic improvement and organisational change.
- A range of training packages to support children and young people with complex emotional needs (e.g. the Emotional Literacy Support Assistant (ELSA) programme).

This work is delivered by staff with a wide range of professional backgrounds including Child, Community and Educational Psychology; Counselling; Teaching; Systemic Family Therapy and by Inclusion Facilitators, (who have a background in psychology, youth work and play therapy). All of our work is clinically supervised, for example by HCPC (Health and Care Professions Council) or BACP (British Association for Counselling) registered practitioners.

### Contact Details

---

**Address:** Schools' Choice Psychology and Therapeutic Services, Endeavour House, 8 Russell Road, Ipswich, IP1 2BX

**Website:** [www.schoolschoice.org](http://www.schoolschoice.org)

**Telephone:** 01473 264700 and one of our team will be happy to speak with you

**Service Lead:** Claire Darwin (Principal Educational Psychologist)

