

Our Aims

- To help staff and parents to identify children in distress and be more skilled at helping children tackle social, emotional and behavioural barriers to learning.
- To help improve parental engagement and involvement in school.
- To help schools seek improvements in behaviour, attendance, punctuality, achievement, relationships and emotional well-being.

Why Shrewsbury Psychology Centre?

- We offer a coherent, systemic whole-school approach, instead of fragmented provision.
- We have extensive experience of working in the public sector e.g. CAMHS.
- We specialise in children, families and schools.
- All our staff and associates are qualified and registered with their professional bodies.
- We evaluate all our work and feedback.

Our team of Clinical and Counselling psychologists provides services to address the psychological and mental health needs of children, adults and families.

We are registered with the Health and Care Professions Council (HCPC), the British Psychology Society (BPS) and are a registered provider to BUPA. We have professional and public liability insurance cover and enhanced DBS checks.

For more information about Shrewsbury Psychology Centre and our work with schools please contact us:

01743 233287

info@shrewsburypsychologycentre.co.uk

or

have a look at our webpage
www.shrewsburypsychologycentre.co.uk

Working with Schools

Specialist support for children experiencing emotional or mental distress & support and training for staff involved in helping pupils who experience distress.



Information Leaflet

Working with Staff and Parents

Training & Consultation for Staff and Parents

- We help staff and parents develop shared understandings of effective ways to share expertise and develop new ways of responding to a child.
- We offer training sessions for staff and parents on aspects of children's mental health that impact on educational attainment, sociability and general well-being.

Support for Parental Mental Health & Parenting Courses

- We offer direct therapy for parents (CBT, Family Therapy and Narrative Therapy).
- We run various support groups, among others 'Parenting and Coping with Divorce'.

Reflective Practice Group Supervision for Staff

- We run confidential supervision groups where pastoral staff can explore the challenges that arise in their work with children and families.

Positive Behaviour Policy

- We assist schools to review existing behaviour policies and introduce positive approaches to behavioural management.

Working with Children and Parents



Assessment, Observation and Therapy

- We undertake individual assessments addressing all emotional and behavioural difficulties and provide individual and group therapy for children.

Mediation and Family Group Conferencing

- We aim at ending family conflict and the resulting stress through Mediation and Family Group Conferencing.

An Example of Our Work

William is 10 years old and just starting year 6. He has lived with his adoptive parents since he was 7 years old. He suffered neglect before being removed from his birth parents and spent 18 months in two foster placements. After 6 months into his adoptive placement William started to present very challenging and violent behaviours at home. At school he became distractible, started to experience difficulties concentrating and became withdrawn.

His teacher and parents felt at crisis point and met with the psychologist to discuss William's difficulties. The psychologist spent some time observing in the home and in the classroom. A shared approach was formulated based on his attachment needs providing regular opportunities for reassurance that this placement would not breakdown. His adoptive parents and teacher were introduced to an attachment-based parenting approach. William was involved in creating playful ways that he could celebrate and monitor his and his adoptive parents' progress and as they grew in confidence William's achievements also began to improve and his challenging behaviour at home gradually subsided and he continues to thrive in school.