

**Blog for November**  
**Dr Jennifer Vecsey, Educational Psychologist**  
**Rachel Sawyer, Trainee Educational Psychologist**

**Jenny says:**

This month we welcomed a Trainee Educational Psychologist, Rachel Sawyer, from the Newcastle University Doctorate in Applied Educational Psychology. We are lucky to have Rachel on placement with us for 11 weeks between November and January. Whilst on placement, Rachel will have the opportunity to shadow and work alongside a variety of Educational Psychologists working here at Psychological Services, visiting the variety of settings in which we we work and meeting many of our wonderful young people, families and school staff. Additionally, Rachel will be shadowing the work of other professionals whilst on placement including Portage, Speech and Language and those attending the SEND Panel.

Here is a sample of work that Rachel has been able to support and get involved with so far on placement: (Image: 'I can monster' strength cards.)

Competency Profiling  
Pupil strengths-based work with 'I can Monsters'  
Solution Oriented Consultation  
Learner profile  
Mindfulness Group work  
Parent consultation  
SENCo Meeting  
Dynamic Assessment  
Classroom Observation  
Early Years Observation  
Staff wellbeing training



**Rachel's Thoughts:**

*Prior to starting this placement, tutors at the university had delivered a session on Solution Oriented Approaches to consultation. Whilst concerns are addressed, this approach focuses largely on strengths and goals. It was great to see how Jenny applied this in her consultations with both school staff and parents, highlighting positive work in place and facilitating discussions around a child's strengths. Jenny also demonstrated this when working directly with a child on Competency Profiling. 'I Can Monsters' were used as a starting point to encourage the child to talk about what they were good at. This led to positive discussion around lots of activities, skills and qualities, which the child appeared to be very proud of. Even within a relatively short amount of time, this clearly gave the child a boost of confidence.*