

**What we have been doing this month.....**  
***Dr Lynsey Hutcheson, Educational Psychologist***

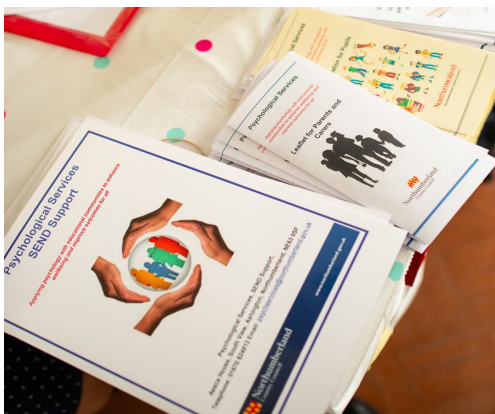
September has been a busy month and everyone is well and truly settled back into the new school term. There have been lots of exciting things happening across the county and I've been involved with a variety of interesting and exciting pieces of work.

*Here are some examples of what I have been up to...*

**The SEND Information Roadshow**

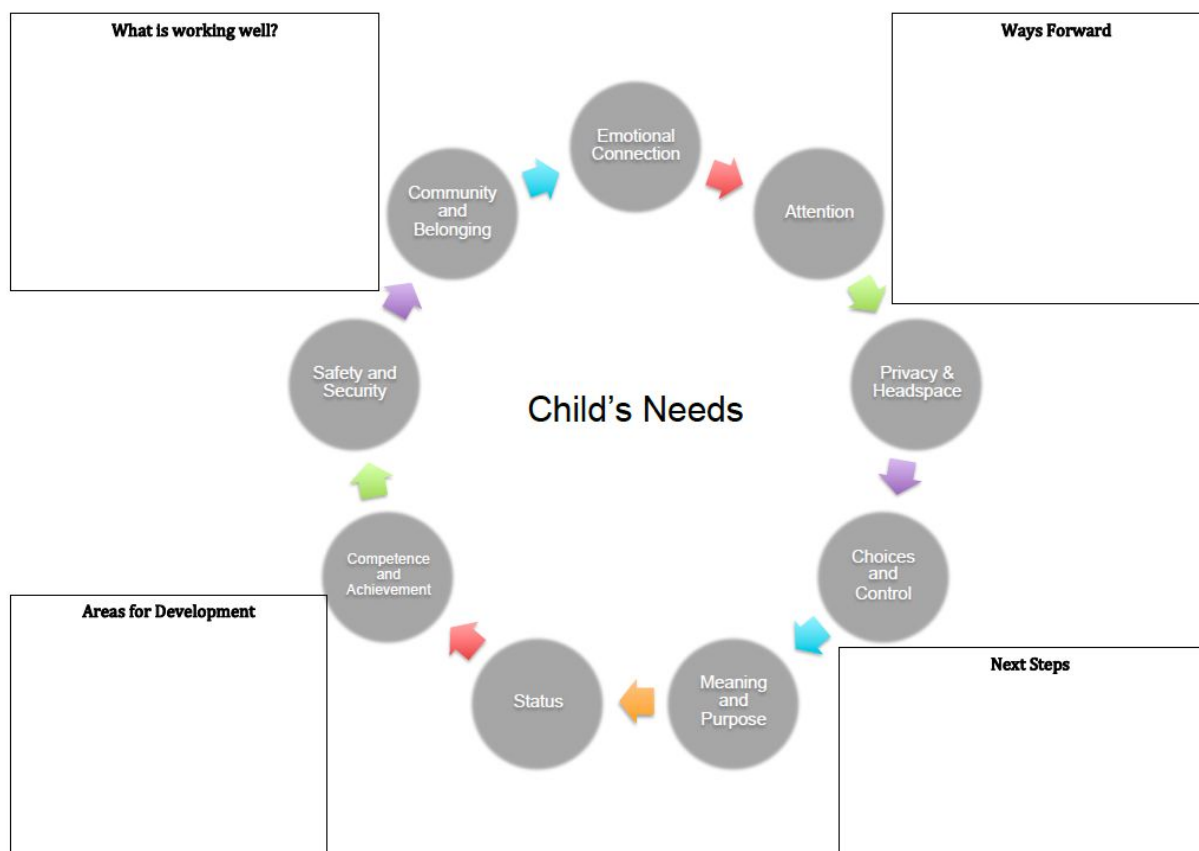
Northumberland Parent Carer Forum, In It Together, invited Psychological Services to attend the SEND Information Roadshow. This event was to raise awareness of local services and support for children and young people with special educational needs and disabilities (SEND) and their families.

Over 30 services took part in the roadshows including NHS, social care, Northumberland County Council's Disabled Children's Team, education and training providers, and voluntary organisations. We were very pleased to attend and share information about our role, and the work that we do, with parents and other professionals. I took part in the Ashington Roadshow, which was very well attended by parents and professionals. All round, this was an excellent opportunity to build good relationships and share good practice with those in our local area.



## An Emotional Wellbeing Assessment

I was asked by a primary school to help them support a young person in Year 5 who was experiencing some emotional challenges, which were acting as a barrier to his social and academic development. In order to generate a more in-depth understanding of his needs, I conducted an emotional wellbeing assessment using the Human Givens Approach. The Human Givens Approach is a set of organising ideas that provides a holistic and robust framework for understanding the way that individuals work in their life system (home/work/school etc). At its core the Human Givens Approach is an empowering framework that suggests that everyone has set of emotional needs, which if met appropriately, can encourage good mental health and positive emotional wellbeing.



The objective of using the Human Givens Approach was to increase our understanding of the young person's emotional needs, discover how best to interact with them and to create bespoke outcomes in order to make the most of their abilities and talents. Together with the parent, school staff and the young person, we used the framework above to structure our thinking. By using the 9 areas of emotional need, we were able to collectively explore what needs were already well met and which needs could be more fully supported. From here, we co-constructed ways in which this could be done at home and at school and we created a joint plan of action. The impact of this plan will then be reviewed in December.

*Many thanks for taking the time to read the Northumberland Educational Psychology Blog. Please return next month for more information about what we have been up to in October.*

**Lynsey**