

## Motivational Interviewing



### What is it?

A well-established, evidence-based model for motivating change. It is based on the six stages of change and respectfully explores barriers to change trying to support the young person to develop the internal motivation to change

### How many sessions does it involve?

Motivational interviewing usually involves six sessions with the young person.

### Group, individual, training or awareness?

Individual

## How to get in touch

**Please contact the  
Psychology Assistant team:**

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North  
Northamptonshire  
Council

# Psychology Assistant Support



Information  
For Schools  
and Settings

## What Do We Offer?

Any work undertaken is commissioned by schools and discussed in relation to the individual needs of the child or group. All work is overseen by an Educational Psychologist. **Due to COVID-19, work may be undertaken virtually, although we will do our best to accommodate in person support where safe to do so.** We also offer online webinars for staff to access to help support their pupils.

Interventions are based on individual need and may involve aspects of solution focused approaches, therapeutic story writing and personal construct psychology. At an initial meeting/consultation, specific needs and hoped for outcomes will be discussed before deciding on the most effective way to proceed. This leaflet outlines some of the interventions we may use.

## Emotionally-Based School Avoidance



### What is it?

A structured intervention programme developed to support secondary students who may be avoiding school due to anxiety. It is hoped that at the end of the programme, students will have a better understanding of anxiety and coping strategies they can use

### How many sessions does this involve?

6 weekly sessions.

### How will it be delivered?

Groups of 4-8 students. Staff and parent webinar also available.

## Transition Support



### What is it?

Helping to build resilience and a sense of belonging at times of transition. Psychology Assistants will work with staff from the sending and receiving schools, wherever possible, to discuss their hopes and concerns for the child.

### How many sessions does this involve?

This generally involves 6 sessions.

### How will it be delivered?

Individual students. Also available as staff webinar.

## Restorative Approaches



### What is it?

Restorative Approaches (RA) is a relational approach that supports schools who would like to focus on developing their students' and staff members' sense of belonging, community and positive relationships. RA focuses on structured and collaborative opportunities to empower children and young people to develop their understanding of how to solve and manage social problems as they arise.

### How many sessions does this involve?

This will typically involve a 2 hour awareness raising session for whole school staff, with a planning and action plan meeting.

### How will it be delivered?

Online or in person awareness session and follow ups.

## Mindfulness



### What is it?

Mindfulness involves being fully present and aware of what we are doing but not being overwhelmed by what is going on around us. It has been found to support social and emotional wellbeing in children and young people.

### How many sessions does it involve?

The number of sessions and mode of delivery will depend on the nature of the intervention and how the school wish to implement mindfulness.

## Emotion Regulation



### What is it?

Helping to increase awareness of emotions, identifying triggers and providing coping strategies to enable children and young people to self-regulate and adapt to situations more appropriately.

### How many sessions does this involve?

The Psychology Assistant will typically work with children or young people for 6 sessions.

### How will it be delivered?

Groups of 4-8 students or individuals. Staff and parent webinars also available.