**Educational Psychology Consultations and Assessments for Children and Young People Living with Long Covid:**

**Information for Parents/ Carers and School Staff**

I am offering two specific services for children/ young people living with Long Covid:

1. Home/School Consultations (includes a record of consultation report), £450
2. Individual Assessments (include a consultation, observation, individual work and an in-depth report), £1200

**Who are Educational Psychologists (EPs)?**

Educational Psychologists use their knowledge of child development and psychological frameworks to improve the learning and wellbeing of all children. They can work in numerous ways and in various contexts, please see [edpsy.org.uk](https://edpsy.org.uk/about/educational-psychology/) for further details of who an EP is and what they do.

EPs are registered to practice with [The Health and Care Professions Council (HCPC)](https://www.hcpc-uk.org/) meaning that they need to adhere to [standards of conduct, proficiency and continuing professional development](https://www.hcpc-uk.org/standards/) and practice in line with the [British Psychological Society Code of Ethics and Conduct](https://www.bps.org.uk/news-and-policy/bps-code-ethics-and-conduct).

**Who am I?**

My name is Sue Peters. Since my initial training as an EP at Southampton University in 2004, I have worked as an EP in several Local Authorities and I am now a Senior Educational Psychologist. I completed a Doctorate in Educational Psychology at University College London in 2020. In 2021 I joined Long Covid Kids as their Educational Psychologist and Education Team Lead and I set up SP Psychology in 2022.

Prior to qualifying as an Educational Psychologist, I worked as a primary school teacher and as a teacher in a specialist school for children with Autism.

I have two teenage children. My daughter and I are both living with Long Covid following infection in January 2021.

* I have recently written the following articles/ blogs about Long Covid:

The Impact of Long Covid on Children - Sec Ed and Headteacher Update (2022):

[Exhausting, painful, lonely: The impact of Long Covid on children (sec-ed.co.uk)](https://www.sec-ed.co.uk/best-practice/exhausting-painful-lonely-supporting-children-who-have-long-covid-pandemic-isolation-illness-fatigue-students-schools-pastoral-care-attendance/)

[Exhausting, painful, lonely: The impact of Long Covid on children (headteacher-update.com)](https://www.headteacher-update.com/best-practice-article/exhausting-painful-lonely-supporting-children-who-have-long-covid-pandemic-isolation-illness-fatigue-students-schools-pastoral-care-attendance-1/245271/)

How Can We Support Pupils Who Have Long Covid? – Sec Ed and Headteacher Update (2022):

[How can we support pupils who have Long Covid? (sec-ed.co.uk)](https://www.sec-ed.co.uk/best-practice/how-can-we-support-pupils-who-have-long-covid-long-covid-kids-coronavirus-pastoral-care-1/)

[How can we support pupils who have Long Covid? (headteacher-update.com)](https://www.headteacher-update.com/best-practice-article/how-can-we-support-pupils-who-have-long-covid-long-covid-kids-coronavirus-pastoral-care/245419/)

Supporting Children and Young People with Long Covid in the Classroom – British Journal of Child Health (2022):

[British Journal of Child Health - Supporting children and young people with long COVID in the classroom](https://www.journalofchildhealth.com/content/health-promotion/supporting-children-and-young-people-with-long-covid-in-the-classroom/)

Children and Young People Describe Their Long Covid - LCK Blog (2022):

<https://www.longcovidkids.org/post/exhausting-painful-never-ending-lonely-children-young-people-describe-their-long-covid>

Supporting the Wellbeing of School Staff With Long Covid - LCK Blog (2022):

<https://www.longcovidkids.org/post/school-staff-with-long-covid-five-things-you-can-do-to-support-your-wellbeing>

Reflective Blog, Becoming the Mother of A Child With Long Covid and an EP Working with LCK – Edpsy.org.uk (2022):

[I wish I didn’t have to: becoming the mother of a child with long covid and an EP working with Long Covid Kids. - edpsy.org.uk](https://edpsy.org.uk/blog/2022/i-wish-i-didnt-have-to-becoming-the-mother-of-a-child-with-long-covid-and-an-ep-working-with-long-covid-kids/)

Supporting Children Living with Long Covid to Return to School in September – Evidence-Based Nursing Blog (BMJ) (2022):

[Supporting Children Living with Long Covid to Return to School in September - Evidence-Based Nursing blog (bmj.com)](https://blogs.bmj.com/ebn/2022/08/28/supporting-children-living-with-long-covid-to-return-to-school-in-september/)

Exams and Long Covid: What You Need to Know About Supporting a Child with Long Covid Through Exams– LCK Blog (2023):

[Exams and Long Covid: What you need to know about supporting a child with Long Covid through exams. (longcovidkids.org)](https://www.longcovidkids.org/post/what-you-need-to-know-about-supporting-a-child-with-long-covid-through-exams)

How Does Long Covid Impact Attendance and Education Experiences – LCK Blog (2023):

[How Does Long Covid Impact Attendance and Educational Experiences? (longcovidkids.org)](https://www.longcovidkids.org/post/how-does-long-covid-impact-attendance-and-educational-experiences)

Long Covid and Education: 10 Frequently Asked Questions and Best Practice Summaries – LCK Blog (2023):

[Long Covid and Education: 10 Frequently Asked Questions and Best Practice Summaries (longcovidkids.org)](https://www.longcovidkids.org/post/long-covid-and-education-10-frequently-asked-questions-and-best-practice-summaries)

I have also recorded this podcast with Sec Ed on supporting children and young people with Long Covid in the classroom:

[The SecEd Podcast: Supporting students with Long Covid (sec-ed.co.uk)](https://www.sec-ed.co.uk/knowledge-bank/the-seced-podcast-supporting-students-with-long-covid-covid-19-coronavirus-pandemic-recovery-schools-teachers-students-wellbeing-pastoral-academic-lessons-attendance-mental-health/)

I have contributed to the development of these resources:

The LCK [Support Guide](https://www.longcovidkids.org/support-guide) (2022), The LCK [Educational Toolkit](https://www.longcovidkids.org/educational-toolkit) (2023) and the LCK [padlets](https://padlet.com/dashboard/shared?mobile_page=Collection&filter=combined_shared_user) of resources (for [children](https://www.longcovidkids.org/so/97N-mn7od/c?w=5tRNWeg4F869Uuvn7JcRjPlBPxdJKNmKow-2BrL1Lr4.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvM0RiYVIyZCIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ) and [young people](https://www.longcovidkids.org/so/97N-mn7od/c?w=bYGoxTH3M9b8ZOFqm3OdD4IoLcVk0cUTWPdO98ALZIM.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvM0lFSk9oMCIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ), [families](https://www.longcovidkids.org/so/97N-mn7od/c?w=yQYPhCUnVcQHgmU51mR6TC20pXRedm_FhogQFhOez74.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvMzZ4NXh1OSIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ), s[chools/education professionals](https://www.longcovidkids.org/so/97N-mn7od/c?w=yAB5yDK2BZpTQXrY5BnEer2fYBZi_2kbjfLWTxmxYKQ.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvMzVhMlBLciIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ) and h[ealth and social care professionals](https://www.longcovidkids.org/so/97N-mn7od/c?w=zBzmKIIIhSaFQlbaNKMcZs6B8Ku4CrSlDcSmmaVqPT4.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvM0lFS3d1RyIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ)).

I have presented at:

The POTs UK Long Covid Masterclass (2022): <https://youtu.be/YkvW91ZLNBY,> The EdPsy UK Festival of Educational Psychology (2022): Festival of Educational Psychology, the British Psychological Society (Wessex Branch) conference, national ELSA Network conference and to various other conferences and professional groups.

**My Offer to Parents/ Carers of Children or Young People with Long Covid**

1. **Home/School Consultation**

**What is an Educational Psychology Home/School Consultation?**

Consultations are a confidential, joint problem-solving conversation in which we will share concerns, clarify issues and create an action plan. Everyone in the meeting will be part of this collaborative problem-solving process. The EP will ask questions and suggest ideas to guide the meeting and help move the situation forwards. The discussion will be strengths-based, child-centred, solution focused and will have a specific focus on supporting the child with Long Covid with their learning and wellbeing.

**Aims for the Consultation:**

The consultation is for **you** and aims to:

* Give you a voice / empower you to describe how Long Covid impacts your child at school so that a shared understanding can be reached
* Provide uninterrupted / protected time to discuss your child and to think about what they need to ensure their access to education and to support their learning and their wellbeing
* Facilitate collaboration with key members of school staff
* Facilitate joint problem-solving so that the session ends with actions and strategies to support your child

**Areas that might be covered in the consultation include:**

* Developing a shared understanding of the impact of Long Covid on a child / young person in school
* Ensuring your child’s access to education even if they are unable to attend fulltime
* Supporting learning and communication skills if your child suffers with concentration difficulties, memory difficulties, brain fog and/ or fatigue or has gaps in learning due to missed school
* Supporting your child’s self esteem
* Supporting your child with their friendships and social inclusion
* Supporting your child to understand the changes to their identity since living with Long Covid
* Supporting your child with any difficult feelings, anxiety and overall wellbeing

**What ideas are explored in an Educational Psychology Consultation?**

* when the concern happens; in which situations or contexts and how often.
* when the concern does not happen or happens less, what might be different about these situations.
* what already helps to support them with the concern.
* your child’s strengths and how these can help support with their difficulties.
* how your child sees themselves and how others see them.

**What sort of questions will the EP ask?**

* When is the difficulty happening and when does it *not* happen?
* What’s already happening that is helpful?
* When is your child at their best as a learner/friend?
* When is your child most engaged and interested in learning?

**How will this help my child with Long Covid?**

The participants will leave the consultation with a deeper shared understanding of the concerns and with strategies and actions to support the child / young person with their learning and wellbeing.

Feedback from the pilot study (conducted in July 2022), showed that parents felt empowered to describe the impact of Long Covid on their child in their educational setting, that they felt more of a shared understanding was reached and that a range of strategies were suggested to support the child’s learning and wellbeing. Collaboration and joint problem solving in order to come up with a plan was also highlighted by participants. The participants rated the helpfulness of the consultation as 4.77 out of 5 and 100% said that they would recommend a consultation to another parent or teacher. When comparing ratings before and after the consultation, the level of concern had decreased by 77% and levels of confidence in supporting the child had increased by 37%.

**What an Educational Psychological Consultation is not?**

It will not be diagnostic, health focused and no medical advice will be given.

**Who are these Educational Psychology Consultations for?**

They are for any parents of a school-aged child/ young person living with Long Covid in the UK. It is highly recommended that a key member of your child / young person’s school or education setting are invited to attend. The consultations are also open to other involved professionals, e.g. Occupational Therapist, Physiotherapist, Educational Psychologist, School Nurse, Speech and Language Therapist etc. Depending on the age and needs of your child/ young person, they can also attend (where it is felt that their presence will be beneficial for them and supportive to the process).

**How Much Does a Home/School Consultation Cost?**

£450, this includes a record of consultation report.

**How do I book an Educational Psychology Consultation?**

Consultations will take place on Mondays/ Tuesdays during term-time. Consultations will last for 1- 1.5 hours and be held remotely on Microsoft Teams or face to face depending on distance (travel costs may apply). Please complete the request for involvement form here - [Microsoft Forms.](https://forms.office.com/r/9t39jdQDzb) I will then contact you to discuss your request and to book in the session.

**How to prepare for an Educational Psychology Consultation:**

Before the meeting, it might be helpful to think about and discuss with the member of school staff attending:

* Your child’s strengths and motivations.
* The concerns you want to discuss with the EP, how has Long Covid impacted their learning and / or wellbeing?
* Whether these concerns are shared by others?
* What strategies have been tried already? What effects have been noted?
* What helps them with their learning or wellbeing?
* Your best hopes for the consultation, how would you like things to change?
* Your child’s views about school, their strengths, what they are finding difficult, what they are worried about, what helps them or they think would help them further, how would they like things to change
* Any relevant information from your child’s developmental history, such as other professionals who have had involvement with them before, and their development as a young child

In advance of the consultation, you may also want to share the Long Covid Kids [Educational Toolkit](https://www.longcovidkids.org/educational-toolkit) , the [Support Guide](https://www.longcovidkids.org/support-guide) *‘Shining a Light on Long Covid in Children. Recognition, Support, Recovery’* and accompanying [Padlets](https://www.longcovidkids.org/so/97N-mn7od/c?w=FgCn-5Unv2gCAFvJsdfPEwTDqprkxh5eR0ml9vyhgI8.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvM0NaRGdaNyIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ) (• [Children](https://www.longcovidkids.org/so/97N-mn7od/c?w=5tRNWeg4F869Uuvn7JcRjPlBPxdJKNmKow-2BrL1Lr4.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvM0RiYVIyZCIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ)• [Young people](https://www.longcovidkids.org/so/97N-mn7od/c?w=bYGoxTH3M9b8ZOFqm3OdD4IoLcVk0cUTWPdO98ALZIM.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvM0lFSk9oMCIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ)• [Families](https://www.longcovidkids.org/so/97N-mn7od/c?w=yQYPhCUnVcQHgmU51mR6TC20pXRedm_FhogQFhOez74.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvMzZ4NXh1OSIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ) • [Schools/education professionals](https://www.longcovidkids.org/so/97N-mn7od/c?w=yAB5yDK2BZpTQXrY5BnEer2fYBZi_2kbjfLWTxmxYKQ.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvMzVhMlBLciIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ) • [Health and social care professionals)](https://www.longcovidkids.org/so/97N-mn7od/c?w=zBzmKIIIhSaFQlbaNKMcZs6B8Ku4CrSlDcSmmaVqPT4.eyJ1IjoiaHR0cHM6Ly9iaXQubHkvM0lFS3d1RyIsInIiOiJmZGM1M2Q0NS1kNzJmLTQxMjgtYmMwNy1lYmFhZGY0MDliYjEiLCJtIjoibWFpbF9scCIsImMiOiJlY2JjNTRmMC1lMjIwLTQyYTMtOGVlYS1lMGI1MTdmOTBlNmYifQ) with the participants in the consultation.

**Some key points to be aware of:**

* No assessments or observations will be conducted during the consultation.
* It is highly recommended that the SENCO from the school alongside any other relevant members of school staff attend alongside the parents/carers.
* Each session will last around 1 hour – 1.5 hours.
* You will receive a Record of Consultation report within 4 weeks of the consultation.
* You will be asked to complete an evaluation after the consultation so that feedback can be used to continually improve the service provided. This will not contain identifiable information relating to you, your school or the CYP but may be used for awareness raising, research and training.
* Sessions will take place on a Monday or Tuesday during term time.
* If you live in Surrey or your child attends a Surrey County Council maintained school, I will be unable to work with your child. This is due to a conflict of interest as I work as an Educational Psychologist for Surrey County Council.

1. **Educational Psychology Assessment**

**What is an Educational Psychology Assessment?**

Individual Assessments can include:

Observation of the child/young person in context

Consultation with the parent/ carers and key members of school staff

Individual Work to clarify areas of strengths and areas needing further support

Discussion with the child/ young person to elicit their views on their current situation and their aspirations for the future

**Areas that might be covered in the assessment include:**

* Ensuring the child’s access to education
* Supporting language and communication skills
* Supporting the development of the child’s cognition and learning
* Supporting the child’s social, emotional and mental health needs, for example self-esteem, anxiety, friendships, social inclusion and overall wellbeing
* Supporting physical and sensory needs, including understanding and supporting the needs of the child with Long Covid.

**How Much Does an Educational Psychology Assessment Cost?**

£1200, this includes an observation, consultation, individual work, gathering pupil views and an in-depth report.

**How do I book an Educational Psychology Assessment?**

Assessments will take place on Mondays or Tuesdays during term-time. They can be held remotely or face to face (dependent on distance, travel costs may apply).

Please complete the initial request for involvement form: <https://forms.office.com/r/9t39jdQDzb.> Once I have received the completed request for involvement form and accepted the request, I will contact you to make the appointment. I will also offer a free 15-30 minute appointment via Microsoft Teams prior to the assessment to clarify expectations and costs and to agree the work to be undertaken.

**Some key points to be aware of:**

* The Educational Psychologist will complete an on-depth report following the assessment.
* You will be asked to complete an evaluation after the assessment so that feedback can be used to continually improve the service provided. This will not contain identifiable information relating to you, your school or your child but may be used for research, training or marketing.
* Assessments will take place on a Monday or Tuesday during term time.
* If your child lives in Surrey or attends a Surrey County Council maintained school, I will not be able to work with you. This is due to a conflict of interest as I work as an Educational Psychologist for Surrey County Council. Alternative Educational Psychologists can be found on the BPS or HCPC websites.

Further information is available at [www.sppsych.com](http://www.sppsych.com/). If you have any queries, please do not hesitate to contact me. I look forward to working with you.