



Support for Schools

2025/26

We offer a wide variety of services to schools, from workshops, bespoke school assessments and one-off consultations, to supporting you in your day-to-day work, and with your Assess, Plan, Do, Review (APDR) cycles.





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Introduction to our Services



At The Child Psychology Service CIC, we understand that the role of schools and school staff in children's lives can so often be pivotal. We also know that the strain of that role is enormous, that's why we want to offer our support.

Our training courses, workshops, consultation packages and support / supervision sessions are tailor-made to help you support the most challenging and troubled children and young people you work with. Our work can also support you in your SEMH APDR cycles when building evidence for an EHCP.

From week-long training courses on Empathic Behaviour Management, to one-hour workshops and consultations about individual children and broader themes, we have something for everyone.

Further information on all of our services can be found on the following pages. You can commission any of these services for your specific organisation or sign up for individual places from our training calendar. However, this brochure isn't exhaustive! If there are any other psychological services relating to emotional well-being and mental health that you are in need of, please do get in touch.





Training Courses



PACE Training

DDP PACE (Playfulness, Acceptance, Curiosity and Empathy) training will equip you with the ability to develop connection in even the most challenging of circumstances.

On an individual level you will be able to better engage with those children and young people who struggle to connect. When children feel genuinely connected to the adults around them, they are more able to regulate their emotions and engage positively in the classroom. On an organisational level it provides the framework (and specific skills) for relational practice.

Duration: 2 Days

£250 per person or
£1,800 for a group of
24 or less



Empathic Behaviour Management

When managing difficult behaviour in children, adults are usually drawn to a 'reward and consequence' approach, however this does not work for all children, particularly those who may have difficulties in their early days, months or years.

Empathic Behaviour Management (EBM) is a relationship and emotion based approach to supporting children who may have experienced developmental trauma. It focuses on the internal experiences of children and young people. We will think about how we can use an understanding of emotional regulation, trauma memory, shame and brain development to better connect with our children. Suitable for professionals, parents and carers - EBM has proved particularly popular with those coming from a behavioural perspective who want to develop more relational practice in their management of behaviour!

Duration: 4 Days

£750 per person or
£3,600 for a group of
24 or less



Workshops



Introduction to Developmental Trauma: When Early Life Goes Wrong

Gain understanding into how children who have experienced trauma in their early life can develop difficulties in many areas including physical development, brain development, emotional, social and cognitive development.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Blocked Care

This workshop addresses how education professionals can recognise the experience of Blocked Care and ways to support themselves. You will learn how to use PACE to enable teaching to become more relationship-focused.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Foetal Alcohol Spectrum Disorder (FASD)

Exposure to alcohol during pregnancy can have a significant impact on the child's development and their ability to learn. This workshop offers information on how to recognise and support young people with FASD.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Introduction to Non-Violent Resistance (NVR)

This workshop focuses on equipping parents, carers and professionals with strategies to handle challenging behaviours and violence through peaceful conflict resolution, creating a nurturing environment for children.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Workshops



Harmful Sexual Behaviour

In this workshop, we will look into what constitutes Harmful Sexual Behaviour in children and young people, how we can recognise the signs and what preventative strategies can reduce risk to the individual child and others around them.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Introduction to Empathic Behaviour Management (EBM)

EBM is a relationship and emotion based approach to supporting children who may have experienced developmental trauma. In this workshop, delegates will develop an understanding of EBM and how it applies to attachment and managing difficult behaviour. This is a brief introduction to the ideas explored more thoroughly in the four-day course on page 4.

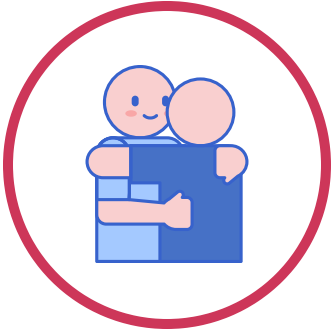
Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less





Workshops



Talking to Children About Difficult Things

Preparing children for life-changing events can be tremendously difficult but is incredibly important for their future mental health and in maintaining their trust in you. This workshop helps teachers / carers to navigate difficult conversations including strategies to ensure the relationship with the child remains strong.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Anxiety

This workshop will offer insights into child and adolescent anxiety; what it is, what triggers it and how it might present itself. You will learn strategies to support young people who suffer high levels of anxiety.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Sibling Dynamics

Conflict between siblings can present in a variety of ways including rivalry, competitiveness, hostility and aggression. This workshop will explore the complex, often conflictual relationships children can have with their siblings as well as the support and comfort they can provide.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Building Resilience Amongst Staff Working With Complex Children

Working with children who have complex needs can take its toll on staff. This workshop offers an opportunity to explore common challenges, consider strategies for managing the emotional impact of this work, and build personal resilience and resources.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Workshops



Supporting Children's Emotions and Behaviours

In this workshop, we will explore the important relationship between children's emotions and their behaviours. Attendees will learn more about the therapeutic attitude of PACE and how to embody it in their interactions to help children feel safe, heard and supported.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Self-harm and Suicidal Ideation

This one-hour workshop is a brief introduction for parents and professionals that explores why young people turn to self-harm, offering support and practical advice to help you feel more empowered to keep the child safe.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Sensory Processing in the Classroom

Supporting school staff to understand sensory processing difficulties for pupils, how they present during the school day and their potential impact on functioning.

Duration: 1 Hour

£25 per person online
£200 f2f group of 24 or less



Assessments and Interventions



Mini Psychological Support Packages

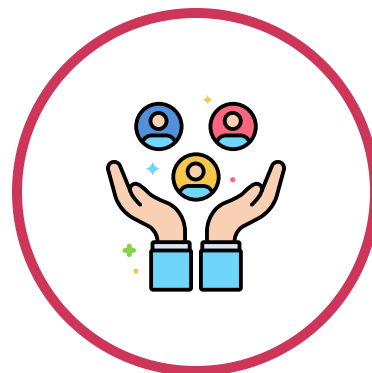
A four-hour package of individualised psychological guidance to help make sense of an individual child's behaviour and develop strategies for supporting him or her in the classroom. This includes the creation of an individualised psychological formulation and a summary of school intervention strategies.

Includes:

- Consultation with key education staff
- School observation of child
- Meeting with parent
- Brief formulation and recommendations

Duration: 4 Hours

£600



Brief School-based Sensory Intervention Package

A bespoke 10-hour package of support offered by a specialist Occupational Therapist to include any combination of the following, depending on need: brief assessment of need, staff consultation, staff training, classroom observation, child-focused sensory intervention work.

Duration: 10 Hours

£1500



School-based Sensory Assessment

An assessment of a child's sensory needs undertaken by a specialist Occupational Therapist with a focus on participation in school. This assessment will include an understanding of the child and their behaviours from a sensory perspective along with basic recommendations for support where appropriate.

Duration: 7 Hours

£1050



Assessments and Interventions



Psychological Assessment

This full psychological assessment is conducted by an HCPC registered Psychologist and provides an in-depth understanding of the child and family's psychological needs. If the child or young person has a Social Worker, we can help you to liaise with them and make the case for shared funding of these assessments. Sometimes parents are able to fund an assessment themselves.

Includes:

- Clinical interviews with the child
- Interviews with parents / carers
- Interviews with school staff and other closely attached professionals
- Use of tailored assessment tools
- A comprehensive report with recommendations for future therapy

£2500

Psychological / Sensory Combined Assessment

A Psychological / Sensory Combined Assessment is overseen by an HCPC Registered Psychologist working closely with an Occupational Therapist trained in Sensory Integration (SI OT) and seeks to understand both the psychological and sensory needs of the child/young person. If the child or young person has a Social Worker, we can help you to liaise with them and make the case for shared funding of these assessments. Sometimes parents are able to fund an assessment themselves.

Includes:

- Joint clinical interviews with parents / carers
- Clinical interviews with education staff and the child
- Use of tailored assessment tools
- A comprehensive report including recommendations for future therapy

£2500



Consultation and Supervision



Consultation Packages

One hour with school staff to discuss an individual child (parental consent required) or a particular theme in school to explore a psychological understanding of said case. Each session is one hour long, or your school may want to book a full day (five consultation slots) for £850.

Duration: Each slot is
1 Hour

£200 for one hour f2f slots
£850 for five slots in a day



Supervision Packages

Supervision may be somewhat of an alien process for education professionals but it is more common in social work and is considered standard practice in therapeutic and psychological professions. Supervision in this context is **not** someone evaluating your practice and telling you what you should be doing better or checking up on you. It is a confidential reflective space for education professionals to think in depth about the challenges you are facing in your work, how you are coping and how you might want to do things differently.

Examples of situations in which these sessions might be particularly beneficial might be:

- a member of staff or small group dealing with a particularly challenging child/ young person or group
- a Headteacher taking on some school culture change
- a member of staff who has experienced violence or aggression in school etc.

Duration: 1 hour

£200 for a one hour f2f slot
£150 online session



Empower Your Future with Knowledge

Our school services are conducted face-to-face. Further information including booking details, payment, background reading (if applicable) and location of events can be found by contacting us using any of the details below.

For more information about our training courses, please contact us at:



www.thechildpsychologyservice.co.uk



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