

Working with Schools

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What will schools gain from working with Just Psychology?

- * Improved understanding of children and families from different cultural backgrounds
- * Improvement in the mental wellbeing of children
- * Improved attendance, punctuality, behaviour and achievement

Why Just Psychology?

- * We offer a coherent, systemic whole-school approach, instead of fragmented provision
- * We have extensive experience of working in the public sector e.g. CAMHS
- * We specialise in cultural competence
- * All our staff and associates are qualified and registered with their professional bodies.
- * We evaluate all our work and feed back.

For more information about Just Psychology and our work with schools please contact:

Just Psychology

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www.justpsychology.co.uk/schools

Just Psychology CIC is a not-for profit social enterprise. We are a multidisciplinary group of professionals providing services to address the psychological and mental health needs of children, adults and families, with particular emphasis on cultural diversity, cultural competence and social justice.

Working with Schools

Specialist support for raising attainment of all children including those with complex needs and who are disadvantaged or from BME backgrounds



Information Leaflet

Work with Staff

* We deliver training & consultation for staff

We cover a wide range of topics, including:

- Managing & supporting children with emotional, social & behavioural difficulties
- Needs of specific children
- Engaging and working with families from different cultures
- Different family structures & gender roles
- Safeguarding across cultures

Sessions can be regular or on a one-off basis. We also offer follow-up on training sessions.

* We provide Cultural Consultancy

Our Cultural Consultants are able to help you engage and work families from different cultures. Their backgrounds include, for example, Pakistani, Indian, African (Congo, Kenya, Nigeria), Eastern European (Poland, Slovakia), Arabic (Libya, Syria) and Caribbean.

Work with Parents

* We offer parenting courses

We deliver culturally adapted parenting programmes, both individually and in groups. These draw on a range of evidence-based parenting programmes (e.g. Incredible Years, Triple P, Strengthening Families – Strengthening Communities, Positive Parenting).

Topics covered can include safeguarding & parenting practices, awareness of children's mental well-being needs, how to access help, and understanding the education system.

* We support parental mental health

We work with parents with a wide range of social and emotional difficulties, e.g. anxiety, depression and bereavement.



Work with Children

* We carry out assessments

We provide assessments of cognitive abilities, learning difficulties, and social, emotional and behavioural difficulties. Our assessments incorporate the cultural context and perspective of the child, parent and family using a framework of cultural competence.

* We deliver individual and group therapy for children

We work with a wide range of social, emotional & behavioural difficulties, including anxiety, depression, self-harm, attachment, trauma, bereavement and identity development.

We use evidence based therapies recommended by NICE & professional guidelines, including cognitive-behavioural, narrative, systemic and solution-focussed approaches, and art psychotherapy.

Just Psychology is on the Manchester City Council Framework for the Provision of Troubled Families Interventions.