



SEN support programmes

Ealing Educational Psychology Service



SEN support offer

Ealing Educational Psychology Service has a range of programmes to support children and young people with special educational needs.

The emphasis will be on early intervention and the programmes are designed to support social skills development, emotional wellbeing and aspects of cognition and learning.

The aim of this offer is to prevent escalation of difficulties, supporting children in the early stages, and supporting schools in their application of the Assess Plan Do Review graduated response to SEN.



Please talk to your educational psychologist (EP) or assistant educational psychologist (AsEP) to find out more. Information can also be found on our website, where additional programmes will be made available throughout the year.

Please see below for the range of interventions currently being offered.

PALs programme

PALS is a social skills and emotional literacy training programme for children aged 3 - 6 years. It was initially piloted in the London Borough of Hillingdon with very positive results and was launched in Ealing in 2007.

The sessions teach children a range of essential social skills including problem-solving skills, greeting others, talking and listening, taking turns at play and sharing, empathy and understanding feelings.

The programme consists of 10 sessions of 30 minutes per week, and these are offered to small groups of 4 - 6 children.

TalkAbout programme

Talkabout is a structured programme for teaching and measuring social skills. It focuses on the foundational skills, such as developing self-awareness and self-esteem, before progressing to more complex skills.

It was first developed following a clinical study into the effectiveness of social skills work which found that the success of intervention increased if nonverbal behaviours were taught prior to verbal behaviours, and assertiveness.

The programme has resources for ages 4 to adulthood and sessions are held weekly.

Friends Resilience

FRIENDS is an intervention based upon **Cognitive Behaviour Therapy (CBT)**. It has a **robust evidence base**, showing that **FRIENDS** can reduce anxiety and depression in people of all ages.

It advocates a holistic approach to developing a strong foundation of resilience and socio-emotional skills that enable people to overcome current and future challenges and transitions constructively.

The programme has resources for ages 3 to adulthood and sessions are held weekly for 10 weeks, with two monthly booster sessions.

Cool Connections

Cool Connections is a fun and interactive evidence-based intervention with a cognitive behavioural therapy (CBT) approach to improving the general wellbeing of children and young people.

It is designed to positively modify the everyday thoughts and behaviours of children and young people in order to encourage resilience and self-esteem and reduce feelings of anxiety and depression.

It is for children and young people aged 9-14 years, and sessions are held weekly over 10 weeks, with a degree of flexibility (min. 6 weeks recommended)

Warwickshire and Staffordshire Literacy

Warwickshire and Staffordshire Literacy for All assessment and intervention is a skills based assessment through teaching model.

The model can be used to inform appropriate intervention for children who are struggling with literacy development. The assessments measure phonological awareness, reading accuracy and fluency, spelling and writing.

These assessments are typically used with individual children to identify specific areas of literacy that require support. A literacy intervention can then be implemented by school staff.

The Homunculi Approach

The **Homunculi Approach** is an engaging, interactive cognitive behaviour therapy (CBT) programme to help young people build emotional and social resilience.

The programme is designed for young people on the autism spectrum, and those with emotional and behavioural difficulties.

It is beneficial for children and young people who have difficulty identifying feelings such as anger, fear and anxiety. The programme has a strong CBT focus and clear theoretical basis.

Sessions are held weekly for 10-weeks. It is for individuals or small groups that are aged 7 and above.

Think Good Feel Good

Think Good Feel Good, is an intervention that incorporates cognitive behaviour therapy, mindfulness, compassion focused therapy and acceptance and commitment therapy.

It is an evidence-based intervention that aims to support children and young people with anxiety, stress and/or behavioural triggers. The sessions will cover topics such as core beliefs, thinking traps, changing behaviour and more.

It is for individuals or groups, age 5-16, and sessions are held weekly over the course of 10 weeks.

Paired reading

Paired reading is a very effective way of helping children progress with their reading. Adult and child share the reading experience and the child reads as much or as little as they are able.

It has a good evidence base and works on building on positives and successes rather than correcting mistakes.

Training for education staff and parents can be provided.



Further information

If the outlined programmes don't quite fit what you are looking for, we may also be able to design something a little more bespoke based on the unique needs and requirements of your children and young people.

In the past we have created interventions to support transition, change and coping with exam anxiety.

We hope to offer more support throughout the year, including programmes related to

- executive functioning
- metacognition, and
- implementing provisions.

Interventions typically run between 30 to 90 minutes, but will depend on needs of pupils. We will limit access to 1 intervention per year



Contact us

Please speak to your attached EP and/or Assistant EP during SEND planning meetings to request any of the programmes mentioned above, or to find out what else might be possible.



Online information



Ealing Educational Psychology Service (EPS) | Ealing Directory
(ealingfamiliesdirectory.org.uk)



Use the QR Code to visit our website

