

Name: Kay Breton
Educational Psychologist
My one page profile



What people like and admire about me?

I try to work hard. I try to remain reasonably positive and optimistic if I can. I try to be a good listener.



What is important to me?

People mostly I guess! My own family and friends and pet cat (who often makes an appearance in Teams meetings), as well as my colleagues and of course all those children, staff and families I meet along the way via work.

It is important to me that people feel listened to and respected. It is particularly important to me that I strive to get a sense of 'worthwhileness' about the work I do.

Aside from that, I also appreciate good coffee, the countryside and a canoe down a quiet river!



What's my professional background



After getting my psychology degree I went onto complete a year of teacher training at Brunel University. I then worked as a teacher for 6 years, before becoming an Assistant EP in Essex for a year, and then going on to complete a Masters course in Educational Psychology at University College London. I have now been an EP in Suffolk since 2005.

A bit about me as an Educational Psychologist:

I am one of the senior educational psychologists in our team. This currently includes supporting our work with locum psychologists alongside involvement in the quality assurance of our advice.

I have a specialist role in supporting **whole school approaches to mental health and well-being**. As part of this role I have overseen the use of the **Sandwell Charter Mark** in Suffolk (more about this on our website), and support of the Mental Health Lead Network. I have also become involved in supporting training on **restorative practice** and in considering its potential for impact at a whole school level.

I have an ongoing interest in **mindfulness**. I have completed training in delivering the 'Paws.b' programme to primary aged children via the 'Mindfulness in Schools' organisation.

I am a **Video Interaction Guidance** practitioner and am training to become a VIG supervisor.

I also have an ongoing interest in **dyslexia** and literacy difficulties in general; I have helped to write our service's position statement on this as an educational need.

More recently I have helped to write materials for our website on the topic of **Emotionally Based School Avoidance**, and am now working with colleagues to consider how we support schools to make use of them.

I have completed additional training in delivering **supervision**, and am now supporting supervision of **ELSA**s in schools (Emotional Literacy Support Assistants), as well as offering both individual and group supervision to colleagues in different education settings.

