

# Alice Clarke

## Senior Educational Psychologist

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### About me

I currently lead the group of EPs working in North Suffolk. I've been fascinated by psychology ever since studying it at school. I worked as a primary school teacher for several years, then trained as an educational psychologist (EP). I love working with children, young people, educators, and families, using psychological theory and evidence to bring about positive change. I am especially interested in how schools can support those who have experienced trauma, and digital innovation in EP work.



### My values as a psychologist

- I am passionate about inclusion - changing the environment to meet and accommodate needs rather than expecting people to change their needs.
- Being person-centred is essential. Children and young peoples' views, hopes and aspirations are at the heart of my work as are those of the adults around them. This also applies to work with colleagues.
- I try to avoid becoming the 'expert' in the room. I know that the people I work with usually already have the skills and tools they need to move forward, so my job is to help them problem solve and shape their next steps.
- My work is evidence-based. I draw on psychological theory and research and use evidence-based tools for assessment and consultation.
- I believe that relationships are the key to developing a team.

### Supporting me at work

- I sometimes have difficulties with attention and auditory processing. It's helpful to have important information written down as I am more likely to process and remember it. I tend to write lots of notes in meetings and prefer to do things like arranging meetings by email rather than over the phone.
- I like to be on time. Not knowing where I am going, getting stuck in traffic jams or not being able to find a parking space make me feel very stressed! If I'm going somewhere new, it's helpful if someone can tell me where the entrance is, where I can park, and how to get into the building.
- I always appreciate a cup of tea!