

Name: Kay Breton
Educational Psychologist
My one page profile



What people like and admire about me?

I'm fairly polite and easy going; 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 (I am a mother of 2) and friends, 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 that I do.

Aside from that, I also appreciate good coffee ☺



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 have a specialist role in supporting **whole school approaches to mental health and well-being**. As part of this role I am overseeing the use of the **Sandwell Charter Mark** in Suffolk (more about this on our website). I have also recently 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.

