

Megan Smith

Senior Educational Psychologist CPsychol, HCPC, QTS



I am a Senior Educational Psychologist within the Psychology and Therapeutic Services and one of the leads within the therapeutic part of the service - developing therapeutic interventions to support the emotional wellbeing and positive mental health of children, young people and the adults who work with them.

I have trained with the Mindfulness in Schools Project (MISP) to teach mindfulness to children aged 11 years and older using the .b programme. You can find out more through the link: [.b Mindfulness Teacher](#)

I am an accredited Video Interaction Guidance (VIG) practitioner and Supervisor with AVIGuk and we are commissioned to support training and supervision within Suffolk.

I have led the Critical Response team of educational psychologists offering advice, support and “psychological first aid” to adults and children and young people following a critical incident. We also offer training to school staff on bereavement and loss and self-harm and suicide prevention.

I offer clinical supervision to Educational Psychologists and colleagues in schools and settings. I am qualified with the BPS to offer supervision and registered with RAPPS (Register of Applied Psychology Practice Supervisors).

I co-ordinate the team of EPs that deliver the Emotional Literacy Support Assistant Programme (ELSA) including the 6-day training and half termly supervision of ELSAs across the county. This is an amazing programme to be part of, with an ever-growing cohort of dedicated ELSAs within the county and a national group of dedicated trainers and researchers.

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About me

People I work with say that I am dedicated to my job and am great team leader. They say I am approachable, have a great sense of humour and have a lovely balance of professionalism and groundedness. I have been told I am a clear thinker and logical and that I am calm and thoughtful even in very difficult situations. I enjoy being part of a team and am a dedicated team player.

I am a reflective person and like to listen to the whole discussion before giving my views; this means I may be quiet to start with so that I can listen and hear everyone's views. It helps if you can give me this time to think and a chance to talk nearer to the end.

I don't like to forget things so I write lots of lists and may take notes while we are talking so that I remember the important things. If I do forget something I said I would do, please remind me and I will make this a priority if I can.

When working to solve problems, I find it helpful to work with others and I like to get started on small steps towards a solution as soon as possible.

I believe in strengths-based approaches, working with others to build on and develop their strengths.

