

# Alice Clarke – Educational Psychologist

## Specialist in Digital Innovation

### About me

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 learning environment to meet and accommodate needs rather than expecting learners to change their needs.
- I believe in listening to and accepting everyone's views of a situation then working together to find a way forward.
- 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.
- 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.

### Supporting me at work

- I sometimes have difficulties with attention and auditory processing. It's really helpful to have things written down as well as spoken, as I am more likely to process them and remember them this way. 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!