

## What people like and admire about me...

### People say I am:

- Compassionate and considerate
- Calm and thoughtful in my approach
- Good at getting things organised
- Knowledgeable and conscientious
- A really supportive team member



## Jill Wickson

Educational **Psychologist**

[jill.wickson@suffolk.gov.uk](mailto:jill.wickson@suffolk.gov.uk)

**Tel: 01473 265627**

**Mobile: 07894 599487**

## What's important to me...

My work with children and young people has taught me that we are all unique and that whatever difficulties we may have we also have strengths and a valuable contribution to make. I am really excited about using person centred approaches to help everyone find the right support and situation for them to shine. I like to use collaborative problem solving tools e.g. PATH and solution circles. I helped set up the Woodbridge Community Circle, which uses these approaches to build a stronger, more inclusive community.

I have a special interest in children's communication and language development; being able to communicate with others is such an important skill but not easy for everyone. I have been involved in developing services for children with specific language impairment (SLI) and selective mutism (SM). I am also interested in developing support for young people with dyslexia

I am passionate about children and young people's mental health and wellbeing. I practice mindfulness which I find really helpful when life gets stressful. I am trained to teach Mindfulness in Schools Programme (mindfulness in schools programme) and I also use both solution focussed and CBT (cognitive behaviour therapy) approaches in my work. I am trained to use the Overcoming programme (a CBT programme for parents to use with their anxious children). I am also part of the critical incident support team.

## How best to support me...

I love working as part of a team; I find it really helps to have different people's ideas about how to solve a problem; we can learn so much from each other.

I really appreciate time to mull things over before coming to a conclusion, so I hope you won't mind if I ask to get back to you about something.

I use diagrams, notes and lists to help me organise my ideas and remember things. It helps if you can give me information in writing too.

You can read more about the work of the Psychology and Therapeutic Service at:

[www.schoolschoice.org](http://www.schoolschoice.org)