



We are writing to let you know, that while our Educational Psychology services can only be commissioned by schools, we are aware of the increasing demand for services to support families. Consequently, we have increased our offer to include three specialised services that can also be commissioned by parents, they are as follows:

**Sleep First – Sleep Consultancy and Education.**

This service provides virtual sleep consultations and plans for families who are experiencing sleep difficulties (suitable for all children over the age of 9 months). We can also be commissioned by schools to provide sleep workshops and training. For more information please click on the following link: <https://psychologyfirst.co.uk/our-services/sleep-consultations-for-families-sleep-first/>

**Stable Minds – Equine Facilitated Psychotherapy (EFP).**

EFP is an evidence based, holistic, and highly specialised form of therapy whereby the horse is an integral part of the process in supporting a person's psychological wellbeing. It is suitable for children, young people, and adults with a range of mental health needs, including more complex needs such as EBSA, trauma, anxiety, and self-harm. As Laura is also an Educational and Child Psychologist, she has a deep understanding of child development, and Local Authority and school systems and processes, as well as SEND. Consequently, she is therefore uniquely placed to support clients, in collaboration with other key stakeholders. Her services can be commissioned by Local Authorities, schools (via their element 2 funding), and parents. For more information please click on the following link: <https://stablemindsefp.co.uk/>

**Psychology First – Virtual parent consultations.**

Psychology First offer a virtual consultation service to parents regarding issues that they would like support with at home. This service provides parents with the time and space to explore and unpick their concerns about their child with an experienced Educational Psychologist, at a time that suits them. The consultation process will enable parents to uncover the next logical step and/or solution to the problem and subsequently to agree a number of strategies to try. For more information please click on the following link: <https://psychologyfirst.co.uk/our-services/for-parents/>

