

SCHOOL PSYCHOLOGISTS

IN TASMANIAN GOVERNMENT SCHOOLS

DEPARTMENT OF
EDUCATION
learners first



Did you know?

School psychologists provide interventions for learning, engagement and positive student outcomes.

School psychologists are experts in mental health and learning in schools.

These are some of our services:

- Counselling, therapy and programs for students and school communities
- Assessments of developmental, cognitive and educational functioning to assist learning plans and educational adjustments for student learning
- Consultation and collaboration with schools, staff, parents and other professionals and organisations
- Promotion of the Department's values of Equity and Excellence through building capacity in our schools through professional learning and information in our schools
- Leadership, advice and support in response to crises and critical incidents that impact upon students, families and school communities
- Creation of Respectful and Collaborative Relationships within school communities
- Identification of needs and program development for assisting school improvement and wellbeing in schools and across the Learning Service.

Support available

School psychologists have professional skills and knowledge in child, adolescent and school issues:

Development and Learning

- Intellectual abilities of students with disability or exceptional ability
- Early identification of students with developmental delays
- Specific learning disorders (reading, writing, spelling, mathematics, including Dyslexia)
- Strategies and interventions to support targeted literacy, numeracy or extended learning
- Autism Spectrum Disorder
- Social and emotional learning (relationship and social skills)

Mental Health and Emotional Wellbeing

- Anxiety (Generalised Anxiety, Separation Anxiety, Obsessive Compulsive Disorder, Panic Attacks, Post-Traumatic Stress Disorder)
- Depression and other mood disorders
- Grief and Loss
- Resilience
- Self-harm and suicide risk assessment
- Trauma and Attachment Disorders
- Current evidence-based approaches

Behaviour

- Attention Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiant Disorder and Conduct Disorder
- Bullying, cyber-bullying and respectful relationships.
- Support strategies and Risk Management

Other

- Eating and body image difficulties
- Substance abuse
- Child protection and wellbeing



Access

Access to the school psychologist:

- Generally, students are referred by teaching staff. Parents may need to talk with their child's teacher or senior staff if they wish to arrange a referral. Older students can self refer.
- Intervention will focus on supporting students' learning outcomes, wellbeing and participation at school.
- If the issue is not affecting schooling, you may wish to ask your school psychologist about other services available to you.

Confidentiality

- Information given to the school psychologist is kept in a separate confidential file.
- Confidential information can only be shared or released by consent or by law.

Professional standards

School psychologists must comply with national registration requirements of the Psychology Board of Australia under the Australian Health Practitioners Regulation Agency (AHPRA) and The Australian Psychological Society (APS) Code of Ethics. Senior School Psychologists have qualifications in psychology and teaching to work with school leaders and the professional support team to deliver high quality support to schools.

Where can I get more information?

- Talk to your child's teacher or principal.
- Visit the Department of Education website: www.education.tas.gov.au

Resources about school psychologists:

<https://youtu.be/koUBpylhyeO>

Tip Sheet:

<https://www.psychology.org.au/Assets/Files/15APS-PP-SPC-B-WI.pdf>

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