

## Psychological Interventions by School Psychologist

What are some of the reasons for referring a learner?

- Acting out behaviour in class
- Bullying
- Being bullied
- Difficulty with peer relationships/social skills
- A recent bereavement that the learner is struggling with
- A traumatic event
- A sudden, unexplainable drop in academic performance
- Sudden changes in the home environment (divorce, remarriage, birth of a sibling, etc.)
- Lack of Self-Esteem
- Concentration Difficulties
- Anxiety (Separation Anxiety, Test Anxiety, Performance Anxiety)
- Suspecting emotional, physical or sexual abuse of the learner
- Inappropriate behaviour with classmates or teachers
- Feelings of depression or suicidal thoughts

Who can refer a learner for psychological interventions?

- Teachers
- Parents
- Another staff member (librarian, receptionist, etc.)
- Learners can refer themselves

How do teachers or other staff members refer a learner?

- Teachers should approach Mrs. Giessen-Hood directly. Teachers should then also inform parents of their concerns and ask the parents to contact Mrs. Giessen-Hood directly, to set up a therapy time.
- Parents can refer their child by contacting Mrs. Giessen-Hood directly.
- Learners can refer themselves by speaking with Mrs. Giessen-Hood directly. Parental consent will need to be obtained for the attendance of regular therapy sessions.