

STEPS Child and Family Psychology provides an imaginative and comprehensive service with the child and their family at its centre.

The service provides consultation, assessment, diagnosis and advice for parents and teachers who have concerns about a child or young person's development.



Child and Family Psychology



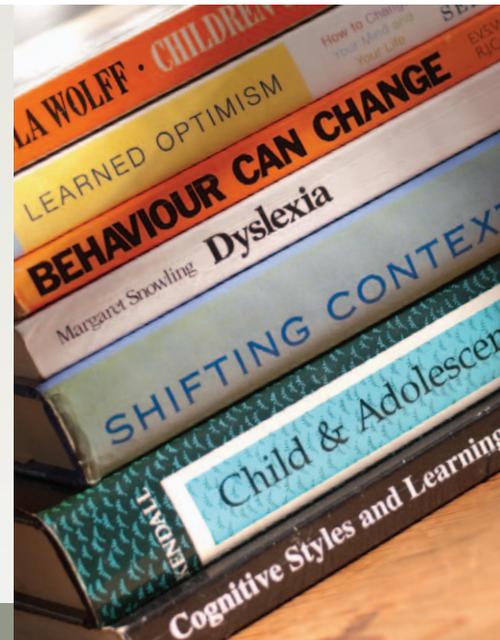
## At **STEPS** we aim to:

- Swiftly identify the cause of concern through consultation, observation, assessment and collaborative problem solving.
- Effect and sustain change through the provision of practical and achievable recommendations.
- Raise achievement through identification of cognitive and personal strengths, thereby increasing confidence and self esteem.
- Support parents in their hopes and aspirations for their children.
- Support schools and organisations through the promotion of robust psychological research findings.
- Deliver value. An early investment in problem solving and treatment is a sound long term investment in a child's future.

## Our Expertise

### As Educational Psychologists we:

- Specialise in working with children and young people who are presenting with learning, social, emotional and/or behavioural difficulties.
- Have expertise in all aspects of child development; this includes cognitive, linguistic, sensory, physical, social, behavioural and emotional development.
- Are able to identify children whose development is either delayed or disordered and can advise about appropriate intervention and provision within an educational setting and at home.
- Understand those factors that facilitate and enhance development and learning and we have knowledge and expertise in respect of how to achieve positive change at home, at school and in other social settings.
- Understand how Nurseries, Schools, Academies, Special Schools and Colleges of Further Education work and understand how best to promote efficient and effective learning in these contexts.
- Understand the complex dynamic of the many configurations of family life and the impact that family life has upon each member of a family.



## Our work includes

- Consultation with parents and teachers.
- Psychometric assessment of learning potential.
- Assessment of achievements in Literacy and Numeracy.
- Assessment of resiliency, vulnerability and inherent personal strengths and resources.
- Detailed observation and analysis of behaviour and interaction, in a range of settings.
- Advice about intervention and provision.
- Preparation of professional reports for parents, and where appropriate for educational, medical and legal professionals.

### In addition, in respect of Special Educational Needs we offer:

- Advocacy for parents seeking additional targeted support for their child from the Local Authority, or Statutory Assessment of a child's Special Educational Needs.
- An independent psychological assessment, leading to preparation of Independent Psychological Advice and where necessary, Expert Witness support at SENDIST Tribunal.
- Attendance at Annual Reviews.

### Finally, we offer:

- Individual therapy with children and young people, and therapy with parents and families.



## An example of how we work:

- An initial appointment will generally be in our office but may be in your home or your child's school if this is preferable.
- The purpose of the initial appointment will be to identify concerns, consider the nature of the work required and outline costs.
- In the majority of cases, individual interview with a child or young person will follow. A letter will be sent to the child or young person prior to the first appointment explaining who we are and what to expect of the appointment. Work will be undertaken in a context where the child or young person feels most comfortable and may be followed by work in the context in which the concerns are most prevalent.
- In cases where concerns are associated with school, a school visit will be arranged in order to speak with key members of staff and where appropriate to carry out some observation.
- On completion of work we provide a professional report which details your concerns and our own findings and if appropriate, we make a diagnosis. Individually tailored recommendations will be provided at the end of the report which will be prescriptive and achievable.

## Our People

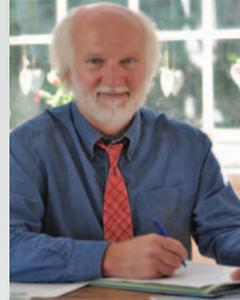
STEPS Child and Family Psychology is a team of two Psychologists who are dedicated to delivering an individually tailored, high quality, professional service. Ruth and Tony Waterhouse are registered with the Health and Care Professions Council and with the Association of Educational Psychologists; both have been awarded Chartered Psychologist status by the British Psychological Society and both have enhanced CRB certificates.



**Ruth Waterhouse** has over three decades of experience of working as a Psychologist. Ruth worked as an Educational Psychologist in two north eastern Educational Psychology Services for eighteen years before founding STEPS Child and Family Psychology in 2000. Whilst Ruth developed a number of specialisms in her Local Authority work with schools, her overriding interest was to provide a service to parents as well. Ruth has always worked strenuously to encourage the development of collaborative working with the child's needs at the centre of all enquiry.



**Tony Waterhouse** joined STEPS Child and Family Psychology in 2011. Before qualifying as an Educational Psychologist Tony worked as an Ergonomist and he therefore brings a valuable practical problem solving approach to all his work, focusing in particular upon encouragement to develop organisation and planning skills. Tony works in a similar manner to Ruth and he specialises in assessment of children, young people and students who have specific difficulties which may require Access Arrangements or a diagnosis of a Learning Disability, for example Dyslexia.



**Emma Blenkinsop** also joined STEPS Child and Family Psychology in 2011, she has a degree in Psychology and acts as a Personal Assistant to both Ruth and Tony. Emma will often be your first point of contact at STEPS Child and Family Psychology and she will usually be here to greet you on arrival.



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