

Dr Jane Leighton

Educational Psychologist jane.leighton@suffolk.gov.uk



About me:

- I am a practicing Educational Psychologist who specialises in supporting children and young people who are adopted or live with special guardians.
- I am trained in delivering the relationship enhancing interventions, Video Interaction Guidance and Non-Violence Resistance.
- I am passionate about psychology.
- I enjoy outside activities.
- I love diversity.

What others say about me:

- Passionate
- Dedicated
- Kind
- Supportive

What's important to me:

- Discovering people strengths, talents, and interests.
- Listening and gaining a clear understanding of people's needs.
- Working together with people to create new possibilities and effect change.
- Finding elegant solutions to problems which are simple, doable, and packed with power.
- Growing hope and an 'I can do' stance.
- Self-care as a means to supporting others.
- Remaining curious.