

Dr Nicola “Nicki” Baker
Educational Psychologist
(EP)

(Specialist EP for the Youth Justice Services)

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What people admire about me

I'm sincere and honest – I do not pretend to be something I am not

I'm open minded, I will listen and try my best to understand other people and their opinions

I'm caring and empathetic

I'm funny and witty

I am a people person, I love to talk and be surrounded by people

I am a quick learner and always try my best

I'm hardworking and determined

About me

I've loved psychology since my A-levels in 2011/12

I studied a psychology BSc and a PGCE in primary teaching, both at the University of Nottingham

I gained a Doctorate in Educational Psychology from the University of East Anglia

I am an Educational Psychologist, I work with professionals, young people, and families to help them and support their needs using psychological frameworks

I've previously worked as a KS2 teacher for many years, as well as in a children's residential care home and in holiday Kid's clubs abroad

I like sports, I am in the Ipswich Raven's rounders club and Ipswich Fours trampoline club

I LOVE travelling and I've been to over 50 countries

I LOVE animals, I have 2 cats and 2 dogs. My dog Nola (in the picture) is a qualified school dog and enjoyed working with me for 2 years

How I work

I work with young people, families, and schools to help recognise strengths, provide support in overcoming challenges, and foster positive outcomes for all involved

I also work closely with the Youth Justice team to identify the unmet needs of young offenders, provide tailored support to reduce their likelihood of reoffending, and help them pursue positive goals

I put a strong emphasis on building a trusting relationship with the child or young person

I believe it is important to have good communication with all aspects of the child's life, including the child themselves, the school and the parents/carers

I understand each child is different and there is no one size fits all approach

I think it is important to be collaborative, learn from other colleagues and support other colleagues

I like to use positive psychology and a strengths-based approach. I help to identify a young person's strengths and use these to support their challenges

How best to support me

Clear feedback – this includes constructive criticism but also praise when it is needed. I thrive from praise and I feel as adults, we often don't get it enough

Clear goals – if there is something you want me to do, I always want to do it the best that I can. So, make it clear what you want me to do

Schedules – I don't always stick to them, but it helps to remind me what I need to do and when

In group task with people I know, I can be very confident. With people I don't know, I hate it when we are told to “shout out” or “speak when we want” as overpowering individuals tend to take over. I much prefer a hands up approach, which I feel encourages more people to join in