

PODCAST RECOMMENDATIONS FOR THE FIELD OF EDUCATIONAL PSYCHOLOGY:

Ever since I have started on the path of pursuing the path of educational psychology I have been trying to search for more materials to learn more about this field of psychology. At first this wasn't an easy task as in comparison to other fields of psychology, there seems to be a gap with understanding within educational psychology which made this search harder than what it should be- especially when the common materials available are mostly tailored to the American school system. Upon more efforts, however, I have found a good range of materials and podcasts that I have found extremely informative and helpful to learn and listen to as someone working in the education system- particularly within the UK education system, with some from other countries.

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MY TOP PICKS:

"CONVERSATIONS ON CONSULTATION" BY TAVISTOCK AND PORTMAN NHS FOUNDATION TRUST

Hosts: Emma Ní Chinnéide, Emily Crosby, Jessica Rowley and Zahra Ahmed

Why I Recommend It:

"Conversations on Consultation" has been a transformative resource in my journey towards solidifying my aspiration in becoming an educational psychologist and it is my favourite Podcast right now. Hosted by experienced and trainee educational psychologists from Tavistock University: Emma Ní Chinnéide, Emily Crosby, Jessica Rowley and Zahra Ahmed, this podcast delves deeply into the art and science of consultation within the UK educational system. Their collective expertise and engaging dialogues make complex concepts accessible and directly applicable to my current role working with children in care and in educational settings.

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How It has Helped Me:

- **Deepened Understanding of the Relational Model:** After listening to this podcast, I have learned and explored more about the **relational model** afterwards, which has profoundly influenced my approach to supporting students. The relational model emphasises the significance of relationships and interactions between individuals in educational settings. Recognising the power of these relationships has been crucial in my work with children in care, who often benefit greatly from stable, supportive connections.
- **Importance of the Relational Model in UK Educational Psychology:** The relational model is increasingly recognised in the UK as a vital framework for understanding and addressing the complex needs of students. It focuses on the quality of relationships between educational psychologists, teachers, students, and families. This model aligns with the UK's move toward more holistic, person-centred approaches in education, acknowledging that strong, positive relationships are fundamental to effective learning and emotional well-being.
 - **Facts about the Relational Model in the UK:**
 - The relational model supports interventions that are collaborative and contextually sensitive, which is essential in addressing the unique challenges faced by children in care and in SEN.
 - Research in the UK has shown that when educational psychologists adopt a relational approach, there is often an improvement in student engagement, behaviour, and academic outcomes.
 - The British Psychological Society advocates for relationship-based practices, highlighting their effectiveness in promoting mental health and resilience among young people.
- **Enhanced Consultation Skills:** The podcast has enriched my understanding of various consultation techniques within the relational framework. I've learned how to foster stronger collaborations with teachers, caregivers, and other professionals by prioritising relationships and open communication.
- **Practical Strategies:** Through real-life examples and discussions, I've gained practical strategies to facilitate more effective consultations. This includes active listening, empathetic engagement, and co-constructing solutions with all stakeholders involved.
- **Ethical Insight:** Episodes focusing on ethical considerations have heightened my awareness of maintaining professionalism, confidentiality, and cultural sensitivity during consultations—crucial aspects when working with vulnerable populations.



What It Covers:

- **Consultation Techniques within the Relational Model:** The podcast explores how relational dynamics influence consultation processes and outcomes. It provides insights into building trust, understanding group dynamics, and navigating complex interpersonal situations.
- **Real-World Applications:** By discussing actual cases and scenarios, the hosts illustrate the impact of effective, relationship-focused consultation on educational outcomes.
- **Collaborative Work:** There's a strong emphasis on the importance of building productive relationships with teachers, parents, and other professionals to support the holistic development of children and young people.
- **Conversations with Educational Psychologists Globally:** This podcast doesn't limit its guests to UK educational psychologists but extends its reach to include professionals from around the world. By exploring different educational systems and cultures, it helps us understand and learn from diverse perspectives, enriching our own practices.

Access:

- **Tavistock and Portman Website:** [Conversations on Consultation](#)
- **Apple Podcasts:** [Listen on Apple Podcasts](#)
- **Spotify:** [Listen on Spotify](#)

"PSYCHBITES"

Hosts: Laura Chapman, Ellyn Berman-Jones, and Lauren Bratton

Why I Recommend It:

"PsychBites" is an engaging and insightful podcast that breaks down complex psychological concepts into manageable, digestible episodes—true to its name. As someone immersed in supporting children with diverse needs, I've found this podcast incredibly relevant and enriching. The hosts bring warmth, authenticity, and a wealth of knowledge that resonates with both newcomers and seasoned professionals in the field.

Highlights:

- **Accessible Learning:** The podcast excels at making psychological theories and research accessible without oversimplifying. Each episode dives into a specific topic, providing clarity and depth that have enhanced my understanding and ability to apply these concepts in my work.
- **Relevant Topics:** Episodes cover a broad spectrum of subjects directly related to educational psychology within the UK context. From exploring attachment theory and its implications for children in care to discussing strategies for supporting mental health in schools, the content is both timely and practical.
- **Professional Journeys:** As trainee educational psychologists, Laura, Ellyn, and Lauren share their personal experiences navigating doctoral training. Their candid reflections on challenges, triumphs, and learnings have offered me invaluable insights into the path I'm aspiring to take.
- **Interviews with Experts:** The podcast often features conversations with experienced professionals, providing diverse perspectives and deepening the exploration of each topic.

How It has Helped Me:

Listening to "PsychBites" has been transformative in several ways:

- **Enhanced Practice:** The insights gained have directly influenced how I support the children in my care. For instance, understanding the nuances of trauma-informed approaches has allowed me to create a more supportive and nurturing environment for students who have experienced significant adversity.
- **Academic Preparation:** The hosts' discussions on their doctoral studies have given me a clearer picture of what to expect and how to prepare for my own journey towards becoming an educational psychologist.
- **Professional Inspiration:** Their passion and commitment to the field are infectious. The podcast has not only informed me but also motivated me to delve deeper into topics and seek out further learning opportunities.

Access:

You can listen to "PsychBites" on the following platforms:

- **Apple Podcasts:** [PsychBites on Apple Podcasts](#)
- **Spotify:** [PsychBites on Spotify](#)
- **Official Website:** Visit psychbitespodcast.co.uk for episodes and additional resources.

"RESEARCH FOR THE REAL WORLD" BY UNIVERSITY COLLEGE LONDON (UCL) IOE

Current Hosts: Marta Francesconi, Amy Harrison, Jason Ilagan, Jo Nicholl, Laura Outhwaite

Why I Recommend It:

As an aspiring educational psychologist currently working as a teaching assistant in a school for children in care, I've found UCL's "**Research for the Real World**" podcast to be an invaluable resource. This podcast bridges the gap between cutting-edge research and practical application, offering insights that have directly influenced my approach in the classroom and deepened my understanding of the educational landscape in the UK.

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How It has Helped Me:

- **Connecting Theory to Practice:** The podcast has enabled me to see how theoretical concepts and research findings can be applied to real-world educational settings. This connection has been particularly beneficial in addressing the complex needs of the children I support.
- **Broadening Perspectives:** By covering a diverse range of topics such as neurodiversity, educational equity, and the psychology of learning, the podcast has expanded my knowledge and challenged me to think critically about current educational challenges.
- **Inspiring Professional Growth:** Listening to leading academics discuss their work has motivated me to stay updated with the latest developments in the field and consider how I can contribute, especially as I pursue doctoral studies in educational psychology.

What It Covers:

- **Interviews with UCL Academics:** Each episode features conversations with researchers from the UCL Institute of Education, who share insights into their latest studies and discuss the implications for educational policy and practice.
- **Diverse Topics:** The podcast delves into subjects highly relevant to educational psychology, including:
 - **Neurodiversity:** Exploring how to support students with different neurological profiles and learning needs.
 - **Educational Equity:** Addressing strategies to reduce inequalities in education and promote inclusive practices.
 - **Psychology of Learning:** Investigating cognitive processes and how they impact teaching methodologies and student engagement.
- **Methodological Insights:** The series offers glimpses into various research methodologies, encouraging listeners to engage critically with evidence-based practices.

Why It's Ideal for Aspiring Educational Psychologists:

- **Staying Informed:** It keeps me abreast of the latest research and developments in education and psychology within the UK context.
- **Critical Thinking:** The podcast fosters a deeper understanding of how research can inform and improve educational practices, which is essential for making a meaningful impact.
- **Professional Inspiration:** Hearing from passionate academics inspires me to continue my own learning journey and contributes to my preparation for doctoral studies.

Access:

- **UCL IOE Website:** Research for the Real World
- **Apple Podcasts:** [Listen on Apple Podcasts](#)
- **Spotify:** [Listen on Spotify](#)

Final Thoughts:

"Research for the Real World" has been instrumental in enhancing my understanding of the complex issues within education and psychology. The insights gained have not only informed my current practice with children in care but have also reinforced my commitment to pursuing a doctorate in educational psychology. The podcast serves as a bridge between theory and practice, highlighting how research can drive positive change in educational settings. I highly recommend this podcast to fellow aspiring educational psychologists, educators, and researchers. It's a valuable resource that enriches your knowledge and connects you with the forefront of educational research in the UK.

PODCASTS FOR PRACTISING AND ASPIRING EDUCATIONAL PSYCHOLOGISTS

UNIVERSITY OF SHEFFIELD – "THE ED PSYCH POD"

Experience the cutting edge of educational psychology with "The Ed Psych Pod" from the University of Sheffield.

- **Why It's Ideal:** This podcast is tailor-made for practising educational psychologists who are passionate about staying abreast of the latest developments in the field. It offers profound insights into contemporary issues affecting UK schools and educational practices.
- **What It Covers:** Featuring discussions on mental health in schools, innovative intervention strategies, and policy implications, the podcast invites you into conversations with experts who are shaping the future of educational psychology. It tackles pressing topics such as inclusive education, resilience building, and the psychological impacts of social media on youth.
- **Access:** Available on the University of Sheffield's website and platforms like Spotify.

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UNIVERSITY OF SOUTHAMPTON – "THE ED PSYCH TALKS"

Elevate your professional practice with "The Ed Psych Talks" from the University of Southampton.

- **Why It's Ideal:** Practising educational psychologists will find this podcast invaluable for its in-depth exploration of current research and its practical applications in the UK context. It's a platform that bridges theory and practice, offering strategies that can be implemented in everyday professional scenarios.
- **What It Covers:** The series features interviews with leading researchers and practitioners discussing topics like cognitive development, behavioural interventions, and the use of technology in education. It provides insights into evidence-based practices and the latest findings that can inform and transform your work.
- **Access:** Available on Apple Podcasts and through the University of Southampton's website.

"EP REACH-OUT"

Connect with fellow professionals through the "EP Reach-Out" podcast, a beacon for educational psychologists in the UK.

- **Why It's Ideal:** Designed by educational psychologists for educational psychologists, this podcast fosters a sense of community and shared learning. It addresses current issues, practical challenges, and innovative solutions within the field. For assistants and trainees, this podcast offers support and guidance through shared experiences and practical advice from those further along the professional path.
- **What It Covers:** Episodes feature discussions on topics such as resilience-building, trauma-informed practice, and the implementation of evidence-based interventions. Additionally, they also explain the challenges we may face during training and different obstacles we need to tackle. The hosts also explore the impact of policy changes and share strategies for promoting mental health and well-being in schools.
- **Access:** Listen on [Apple Podcasts](#), [Spotify](#), or visit epreachout.com.

"PSYCHCRUNCH" BY THE BRITISH PSYCHOLOGICAL SOCIETY

Delve into the science of psychology with "PsychCrunch" and discover how research can enhance your professional practice.

- **Why It's Ideal:** Practising educational psychologists will find value in this podcast's exploration of psychological research and its practical applications in everyday life and educational settings.
- **What It Covers:** Episodes investigate themes like effective learning techniques, decision-making processes, and cognitive biases. It bridges the gap between research and practice, offering insights that can inform assessments and interventions.
- **Access:** Available on [Apple Podcasts](#), [Spotify](#), and at digest.bps.org.uk/podcast-psychcrunch.

UNIVERSITY OF MANCHESTER – "THE MIE PODCAST"

Embark on an enlightening journey with "The MIE Podcast" from the University of Manchester.

- **Why It's Ideal:** Assistant and trainee educational psychologists will find this podcast particularly enriching as it delves into the practicalities and challenges of the profession. It offers a window into the experiences of those navigating the early stages of their careers.
- **What It Covers:** The podcast presents candid conversations with staff and doctoral students from the Educational and Child Psychology programme. Topics include navigating doctoral studies, developing professional competencies, and reflections on placement experiences. It also addresses contemporary issues like diversity in education and the impact of socioeconomic factors on learning.
- **Access:** Listen on [Apple Podcasts](#) and via the Manchester Institute of Education website.

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UNIVERSITY OF NOTTINGHAM – "NOTTINGHAM EDUCATIONAL PSYCHOLOGY PODCASTS"

Discover the foundations of educational psychology with the University of Nottingham's insightful series.

- **Why It's Ideal:** This podcast is a goldmine for assistant and trainee educational psychologists eager to build a strong theoretical and practical foundation. It demystifies complex concepts and provides guidance on essential skills.
- **What It Covers:** The episodes cover a range of topics including assessment tools, intervention strategies, and ethical considerations. Discussions with faculty and students illuminate the realities of working within the UK educational system, offering advice on professional development and career progression.
- **Access:** Available via the University of Nottingham's website and on major podcast platforms.

NEWCASTLE UNIVERSITY – "ECLS EDUCATIONAL PSYCHOLOGY PODCAST"

Step into the dynamic world of educational psychology with Newcastle University's engaging podcast.

- **Why It's Ideal:** Assistant and trainee educational psychologists will appreciate this podcast's focus on inclusive education and special educational needs within the UK context. It's designed to enhance our understanding of diverse learner needs and effective support strategies.
- **What It Covers:** Hosted by the School of Education, Communication and Language Sciences, the podcast features discussions on topics like autism spectrum conditions, language development, and collaborative working with families and professionals. It brings to light the latest research and its practical implications.
- **Access:** Listen on Spotify and via the Newcastle University website.

PODCASTS FOR RESEARCHERS AND ACADEMICS IN EDUCATIONAL PSYCHOLOGY

UNIVERSITY OF EXETER – "EXETER EDUCATION PODCASTS"

Delve into transformative research with the University of Exeter's compelling podcast series.

- **Why It's Ideal:** This podcast is perfect for academics seeking to engage with innovative research that is shaping educational psychology. It highlights interdisciplinary approaches and collaborative projects.
- **What It Covers:** The episodes feature discussions on topics like motivation in learning, the role of emotions in education, and the impact of policy changes on practice. Researchers share their findings and reflect on the implications for future studies and educational outcomes.
- **Access:** Available on the Graduate School of Education website and SoundCloud.

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UNIVERSITY OF BRISTOL – "BRISTOL CONVERSATIONS IN EDUCATION"

Explore the frontiers of educational research with the University of Bristol's thought-provoking podcast.

- **Why It's Ideal:** Academics and researchers will be drawn to this podcast for its deep dives into pressing educational issues and its critical examination of policies affecting the UK educational landscape.
- **What It Covers:** The podcast features lectures and interviews on subjects such as social justice in education, mental health, and innovative pedagogical approaches. It provides a platform for sharing research that challenges conventional wisdom and proposes new directions for the field.
- **Access:** Listen on Apple Podcasts or via the University of Bristol's School of Education website.

"EVIDENCE FOR EDUCATION" BY THE EDUCATION ENDOWMENT FOUNDATION (EEF)

Enhance educational outcomes with "Evidence for Education", bridging research and classroom practice.

- **Why It's Ideal:** Researchers interested in the practical application of evidence-based strategies will find this podcast invaluable.
- **What It Covers:** The EEF discusses their latest findings on effective teaching practices, interventions, and policy developments. Topics include literacy and numeracy strategies, closing the attainment gap, and evaluating educational programmes.
- **Access:** Available at educationendowmentfoundation.org.uk/news/eef-podcast and on podcast platforms.

PODCASTS FOR TEACHERS AND EDUCATORS INTERESTED IN PSYCHOLOGY

UNIVERSITY OF BRISTOL – "BRISTOL CONVERSATIONS IN EDUCATION"

Empower your teaching practice with insights from the University of Bristol's "Bristol Conversations in Education".

- **Why It's Ideal:** Teachers and educators can enrich their practice by understanding the psychological principles behind learning and behaviour. This podcast offers practical insights that can be directly applied in the classroom.
- **What It Covers:** Episodes discuss topics such as effective classroom management, fostering resilience in students, and strategies for supporting learners with special educational needs. It bridges the gap between research and day-to-day teaching.
- **Access:** Available on Apple Podcasts and the University of Bristol's website.

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UCL INSTITUTE OF EDUCATION – "RESEARCH FOR THE REAL WORLD"

Transform your educational approach with UCL's "Research for the Real World".

- **Why It's Ideal:** Educators seeking to base their teaching methods on solid research will find this podcast immensely beneficial. It translates complex psychological research into practical strategies.
- **What It Covers:** The podcast covers themes like assessment for learning, promoting mental well-being in schools, and harnessing technology to enhance learning. It equips teachers with knowledge to create inclusive and effective learning environments.
- **Access:** Accessible on Apple Podcasts, Spotify, and the UCL IOE website.

"PSYCHOLOGY IN THE CLASSROOM"

Transform your teaching with "Psychology in the Classroom", where psychological research meets practical application.

- **Why It's Ideal:** Teachers eager to enhance their practice through psychological insights will find this podcast incredibly useful. It translates complex research into actionable strategies for the classroom.
- **What It Covers:** Hosted by Lucinda Powell, it covers topics like memory, motivation, and mental health. Episodes provide practical tips on fostering a positive learning environment, supporting student well-being, and implementing evidence-based teaching methods.
- **Access:** Available on [Apple Podcasts](#), [Spotify](#), and at psychologyintheclassroom.co.uk.

"SCHOOL BEHAVIOUR SECRETS"

Unlock the keys to positive classroom management with "School Behaviour Secrets".

- **Why It's Ideal:** Educators facing behavioural challenges will benefit from the practical strategies and psychological insights offered in this podcast.
- **What It Covers:** Hosts Simon Currigan and Emma Shackleton delve into behaviour management techniques, understanding underlying causes of misbehaviour, and interventions to support students with behavioural needs. Topics include emotional regulation, trauma-informed practices, and building strong teacher-student relationships.
- **Access:** Listen on [Apple Podcasts](#), [Spotify](#), or visit beaconschoolsupport.co.uk/podcast.

"PIVOTAL PODCAST"

Revolutionise your approach to education with the "Pivotal Podcast", focusing on behaviour and safeguarding.

- **Why It's Ideal:** This podcast is ideal for educators committed to creating safe, inclusive, and effective learning environments.
- **What It Covers:** Hosts Paul Dix and Kevin Mulryne discuss strategies for managing behaviour positively, implementing whole-school approaches, and safeguarding students. They share success stories and practical advice on nurturing a respectful and engaging classroom culture.
- **Access:** Available on [Apple Podcasts](#) or at pivotaleducation.com/pivotal-podcast.

PODCASTS FOR PARENTS AND CAREGIVERS

"THE SENDCAST"

Navigate the complexities of special educational needs with "The SENDcast", your guide to supporting children effectively.

- **Why It's Ideal:** Parents and caregivers of children with SEND will find this podcast a compassionate and informative resource, offering insights into the UK's educational landscape.
- **What It Covers:** Hosted by Dale Pickles, it addresses topics such as autism, ADHD, dyslexia, and anxiety. The podcast provides practical advice on collaborating with schools, understanding legal rights, and strategies to support children's learning and emotional well-being at home.
- **Access:** Listen on [Apple Podcasts](#), [Spotify](#), or visit thesendcast.com.

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"WATER COOLER MOMENT"

Gain valuable parenting insights with "Water Cooler Moment", supporting your child's development and education.

- **Why It's Ideal:** This podcast is perfect for parents seeking to understand the psychological aspects of child development and education.
- **What It Covers:** Hosted by Dr Kathy Weston, episodes cover topics like fostering resilience, managing screen time, and supporting mental health. It offers evidence-based advice to help parents navigate the challenges of raising children in today's world.
- **Access:** Available on [Apple Podcasts](#), [Spotify](#), and at drkathyweston.com.

PODCASTS COVERING A BROAD AUDIENCE IN EDUCATIONAL PSYCHOLOGY

"PSYCHOLOGY OF EDUCATION SECTION PODCAST" BY THE BRITISH PSYCHOLOGICAL SOCIETY

Stay informed with the BPS's "Psychology of Education Section Podcast", uniting professionals across disciplines.

- **Why It's Ideal:** Suitable for psychologists, educators, researchers, and students, this podcast fosters a comprehensive understanding of educational psychology's role in the UK.
- **What It Covers:** It features interviews and discussions on topics like assessment practices, inclusive education, and the psychological impacts of educational policies. The podcast promotes dialogue among professionals to enhance collaborative efforts.
- **Access:** Listen via bps.org.uk or podcast apps.

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"TES PODAGOGY"

Engage with "TES Podagogy", where education meets psychology in the UK's leading educational discussions.

- **Why It's Ideal:** This podcast appeals to a broad audience interested in the intersection of education and psychology, including teachers, psychologists, and policymakers.
- **What It Covers:** Produced by the Times Educational Supplement, it features experts discussing research and issues such as mental health, pedagogy, and curriculum design. It provides practical insights and thought-provoking discussions relevant to the UK context.
- **Access:** Listen on tes.com/podcasts or via podcast platforms.

Additional Resources and How to Access

- **University Websites:** Visit the official websites of universities and institutions for direct access to podcasts and supplementary materials.
- **Podcast Platforms:** All listed podcasts are freely available on popular platforms such as [Apple Podcasts](#), [Spotify](#), [Google Podcasts](#), and [SoundCloud](#).
- **Stay Updated:** Subscribing to these podcasts ensures you receive notifications about new episodes, keeping you informed about the latest developments in educational psychology.