

Emotional Literacy Support Assistants (ELSA) Training



What is an ELSA?

- An ELSA is a member of school staff, usually a teaching assistant, within a primary, secondary, college or specialist setting who has received training in psychological theory and intervention by qualified psychologists to enable them to plan, deliver and evaluate individual and small group support programmes in schools to children and young people (4-19 year olds) with social, emotional and mental health needs.
- ELSAs are trained and regularly supervised by Educational Psychologists (EP).
- ELSA training enables schools to have a 'go-to' person in their setting who can deliver social, emotional and mental wellbeing interventions, working towards the Government agenda set out in the 2017 Green Paper on 'Transforming Young People's Mental Health Provision'.
- ELSA training can reduce the need to refer for specialist support.

What does the training involve?

- *Initial training:* ELSAs will be provided with 5 days of training which cover the following: developing emotional literacy, building self-esteem and resiliency, managing emotions, developing social skills and supporting loss and bereavement. Some interventions covered include: Lego Therapy, Social Stories, Therapeutic Stories, Circle of Friends, Motivational Interviewing approaches, Mindfulness, CBT model, use of puppets as well as developing attuned interactions, active listening and reflective conversation skills.
- *Supervision:* ELSAs are line managed in school and receive clinical supervision from a qualified Educational Psychologist. This happens in groups once per half term. Upon successful completion of the ELSA course, ELSAs are placed on the ELSA register and access group supervision every half term to ensure their work is competent and effective.
- *Resources:* ELSAs will be provided with a copy of the ELSA handbook (normally £29.99), resources during training and access to free downloadable resources via the ELSA network.

What should I do if I am interested?

- *Choose an ELSA:* ELSAs need to be able to build a good rapport with vulnerable pupils and need to be willing to learn as well as to plan and evaluate programmes of support.
- *When does it start?* The next course will begin in March 2025 with 1 training day being delivered each week, for 5 consecutive weeks. Group supervision will follow once every half-term until the end of the academic year and each session lasts 2 hours.
- *Location:* **Barnabas Community Church, Longden Coleham, Shrewsbury SY3 7DN**
- *Booking and further information:* Places are limited and provided on a first come first served basis. Please contact Donna, EPS Business Manager, for information and to book (contact details below).
- *Cost:* To train an ELSA costs £690 and this includes supervision until the end of the academic year. This is excellent value for money as it's cheaper than the cost of 1 child being seen by an EP but ELSAs get 5½ days of EP time, and through ELSAs EPs can impact a far greater number of young people. On-going supervision each year thereafter is required to maintain accreditation and ensure ELSA work is competent and effective. It includes 6 x 2 hour supervision sessions per academic year at a cost of £280.

ELSAs can help with:

- Emotional literacy
- Self-esteem/Resiliency
- Social skills
- Friendships/Inclusion
- Bullying/Conflict
- Anger management
- Anxiety
- Relaxation techniques
- Attachment
- Loss and bereavement
- Family break-up
- Growth mindset and behaviour for learning
- Independence



For more information about ELSA including impact evaluations visit: <http://www.elsanetwork.org/>

Shropshire Educational Psychology Service

Dr Amalia Dîrnu, Educational and Child Psychologist (ELSA Lead)

Shirehall, Abbey Foregate, Shrewsbury, Shropshire SY2 6ND

Tel: 01743 258414 E-mail: eps@shropshire.gov.uk



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