

Emotional Literacy Support Assistants (ELSA) Training

What is an ELSA?

- An ELSA is a teaching assistant within a primary, secondary or specialist school 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 (4-16 year olds) with social, emotional and mental health needs.
- ELSAs are trained and regularly supervised by Educational Psychologists.
- ELSA training enables schools to have a 'go-to' person in school for providing mental health provision, 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 five full days of training which cover the following: developing emotional literacy, building self-esteem and resiliency, managing emotions including anger and anxiety, 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 and use of puppets as well as developing 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 the September 2020 and one training day will be delivered each week for 5 weeks. Group supervision will follow once every half-term until the end of the academic year and each session lasts 2 hours. Location: The Lantern, Shrewsbury.
- *Booking and further information:* Places are limited and provided on a first come first served basis. Please contact Donna, Senior Administrator (contact details below) for information and to book.
- *Cost:* To train an ELSA costs £835 and this includes supervision sessions 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 7½ 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/>

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