

Emotional Literacy Support Assistants (ELSA) Training

What is an ELSA?

- An ELSA is a teaching assistant who has received training in psychological theory and intervention by qualified psychologists to enable them to plan and deliver 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 topics: building resilience, self-esteem, managing emotions, social skills, loss and bereavement, Social Stories and therapeutic stories, play therapy, active listening and reflective conversations.
- *Supervision:* ELSAs are line managed in school but 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 can access group supervision every half term.
- *Resources:* ELSAs will be provided with a copy of the ELSA handbook full of resources and strategies (normally £29.99). ELSAs will also be given access to the national ELSA network which provides free downloadable resources.

ELSAs can help with:

- Self-esteem/Confidence
- Social skills
- Emotional literacy
- Friendship issues
- Relationships
- Anger management
- Behaviour
- Anxiety
- Low mood
- Loss and bereavement
- Bullying/Conflict
- Relaxation techniques

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 course will begin in February 2019 and one training day will be delivered each week for 5 weeks. The group supervision will follow once every half-term for 2 hours until the end of the year.
- *Booking and further information:* Places are limited and provided on a first come first served basis. Large primaries, secondaries and special schools can book places for up to 2 delegates. Please contact Donna (details below) for further information and to book as soon as possible
- *Cost:* To train an ELSA costs £600 and includes supervision until the end of the academic year. This is excellent value for money as it's cheaper than the cost of one child being seen by an EP, but the ELSA training and supervision is equivalent to 6 days of EP contact time. On-going supervision will be required to maintain accreditation and working as an ELSA which includes 6 x 2 hour supervision sessions per academic year at a cost of £250. All costs can be paid for using your purchased EPS package.

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

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