

# 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 self-esteem, managing emotions including anger and anxiety, social skills, loss and bereavement, Social Stories, Circle of Friends, therapeutic stories, motivational interviewing and CBT approaches as well as developing active listening and reflective conversation skills.
- *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 (normally £29.99). ELSAs will also be given access to the ELSA network and free downloadable resources.

## ELSAs can help with:

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

## 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 September 2019 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.
- *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 a place.
- *Cost:* To train an ELSA costs £750 and this includes 5 supervision sessions 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 through ELSAs EPs can impact a far greater number of young people and is equivalent to 7 days with an EP. On-going supervision will be required to maintain accreditation and work as an ELSA which includes 6 x 2 hour supervision sessions per academic year and costs £280. Costs can be paid for using your EPS package.

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

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