

# Psychology Associates



## ELSA (Emotional Literacy Support Assistant) Training Course



For more information about the ELSA network visit:

[www.elsanetwork.org](http://www.elsanetwork.org)

If you'd like to know more about our ELSA training, or would like a copy of our **Training Directory**, please contact us:

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[www.psychologyassociates.org.uk](http://www.psychologyassociates.org.uk)

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## What is ELSA Training?

The ELSA (Emotional Literacy Support Assistant) project was originally developed in Southampton by Educational Psychologist Sheila Burton, and now consists of a network of practitioners across the UK. ELSAs are usually school staff (often but not always Teaching Assistants) who have received additional training in Emotional Literacy and Wellbeing, and who provide targeted support and intervention to children and young people. In turn, they are supported by Educational Psychologists, from whom they receive training, and ongoing support and supervision.

*"That was the best training I've had in ten years as a teacher"*

Teacher at Saltash.net Community School

## How can the training be used?

ELSA was designed to build capacity within schools to respond to the emotional needs of their pupils; it recognises that children and young people learn better and are happier in school if their emotional needs are addressed.

ELSA is an extremely flexible programme. Trained ELSAs will work both with individual young people, and with small groups. They may focus on helping support the development of emotional literacy skills, or social skills, or on providing more targeted intervention where children have significant challenges such as attachment needs, anxiety, or when they face challenges at home. They often help children find appropriate ways of expressing their emotions, and play a key role in pastoral support in any school system.

## What is the investment for us as a school?

The cost per person of training within your setting is £600, usually for a group of 6-12 staff. The training is typically delivered over six days, usually one day per week, in order to give trainees time to practise and reflect on skills learned between sessions.

The cost of training includes a copy of Sheila Burton's book 'Emotional Wellbeing: An Introductory handbook', and the first year of supervision sessions (1 session per long term, delivered by an Educational Psychologist).



## What outcomes can the training support?

ELSAs aim to establish a warm, respectful relationship with a young person, providing them with a safe, reflective space where the young person can honestly share their thoughts and feelings, and (where appropriate) learn how best to regulate and express them. ELSAs are not there to 'fix' problems, but to help young people explore ways of feeling and doing things differently. As such, ELSAs use basic counselling skills (including active listening, problem clarification, open questions, thinking aloud, verbal and non-verbal prompts) to guide helping conversations.

For further information, or an informal conversation about training options, please give us a call.