

### Emotional Literacy Support Assistant (ELSA) Training

*A seven day course to support practitioners in mentoring students so as to build their emotional resiliency*

***Delivery by Juliette Tfofa in collaboration with other EPs***

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#### Course Details

ELSA is a national programme of staff training to support children and young people with Social, Emotional and Mental Health (SEMH) needs. It was first developed in Hampshire by Sheila Burton and is well researched and evidence-based. ELSA is a national network, of which Gloucestershire Educational Psychology Service is a member.

The ELSA project was developed to build the capacity of schools to support the emotional needs of their pupils from within their own resources. It is based on the view that all children are different and they should be nurtured according to their needs.

There will always be children and young people facing life challenges that detract from their ability to engage with school. The ELSA project recognises that children learn better when their emotional needs are also addressed.

ELSAs are trained to plan and deliver programmes of support for pupils in their school or setting. The majority of ELSA work is expected to be delivered on an individual basis, but sometimes small group work might be appropriate. ELSAs might be asked to work with pupils who appear anxious, shy, sad or angry. They might also support children to develop social skills, friendship skills or self-esteem.

The course will cover the following topics and all days will be delivered by specialist or trained Educational Psychologists:

**Resilience, Attachment, Emotion Coaching, Active Listening/Communication Skills, Social Skills Interventions, Self-esteem, Strengths-Based Approaches, Solution-Focused Approaches, Creative Therapeutic Interventions, Trauma, Loss, Bereavement, Family Separation, Cognitive Behavioural Approaches, Growth Mindset, Mindfulness**

#### What happens after training?

ELSAs will be **able** to:

- Carry out regular (weekly) half-hour sessions with individual pupils or small groups
- Develop programmes of support that are matched to pupil needs
- Monitor interventions using appropriate tools for evaluating the impact of interventions for children with SEMH needs
- Evaluate when it is time to take a step back and allow the pupil to progress independently with support from class staff
- Share ideas with other staff about how to support pupils

ELSAs will **need**:

- Half-termly group supervision facilitated by an Educational Psychologist
- Sufficient time to plan and deliver programmes of support (a minimum of a day a week is suggested)
- Appropriate space to work with pupils and store resources
- A supportive line manager to promote the role of the ELSA within the school. (A Senior Manager is required to attend the first morning of training with the participant ELSA)

## What's included?

The ELSA training is for staff who are looking to develop their therapeutic mentoring skills to support pupils in their setting who are experiencing temporary or longer term additional needs.

ELSAs will **receive**:

- 7 days initial training from the Educational Psychology Service, including an ELSA information pack provided, and the book *Emotional Wellbeing: An Introductory Handbook* written by Gillian Shotton and Shelia Burton
- 6 sessions of support and group supervision from an Educational Psychologist.
- Opportunities to continue to develop their skills and experience

For more information on research into the effectiveness of ELSA please see: [www.elsanetwork.org](http://www.elsanetwork.org)

**Please note:** On-going supervision will be expected in order to maintain the accreditation. This will incur an additional cost of £200 per year per ELSA. This cost includes 6x2 hour supervision sessions.

### Who is this course for?

Teaching assistants; primary school staff, secondary school staff; SEMH special school/alternative provision staff; independent school staff; social care professionals; family support workers; youth workers; learning mentors; college staff; Gloucestershire University staff

### Course Cost: £850\*

\*30% reduction for 10 places bought at the same time before the end of school year 2016-2017

Lunch **not** included (there is an onsite café)

### How to Book

**Contact: Pat Barnes**

Tel: 01452 328075

Email: [pat.barnes@gloucestershire.gov.uk](mailto:pat.barnes@gloucestershire.gov.uk)

### When & Where?

**9.30am to 4pm**  
**(Tea & Coffee @ 9.00am)**

**Day 1: 4 October 2017**  
**Day 2: 8 November 2017**  
**Day 3: 10 January 2018**  
**Day 4: 7 February 2018**  
**Day 5: 7 March 2018**  
**Day 6: 9 May 2018**  
**Day 7: 6 June 2018**

Education Centre  
Nature in Art  
Main A38 Twigworth  
Gloucester GL2 9PA

Venue Tel: 01452 731422  
(Free onsite parking available)

