

ELSA Training

Odgers Psychology



www.OdgersPsychology.com/ELSA

The ELSA Project

What are ELSAs?

ELSA are teaching assistants who have been trained to develop and deliver bespoke support programmes to meet the emotional and social needs of children and teenagers in their care. The ELSA Intervention was designed to build the capacity of schools to support pupils from within their own resources. It recognises that children learn better and are happier in school if their emotional needs are also addressed. This intervention is now widely implemented by educational psychologists across Britain.

How long do ELSA interventions last?

ELSAs deliver interventions to individuals and small groups. These interventions usually last for 6 to 12 weeks. It is not meant to be permanent support.

How is your training delivered?

ELSAs complete 6 units of training. For each unit, ELSAs:

- watch 2 or 3 videos, to cover course content (approximately 1 -1.5 hours in total)
- complete homework tasks (approximately 1 hour).
- attend a four hour face-to-face training group training session led by an educational psychologist.

Supervision.

Following initial training, ELSAs attend ongoing group supervision with an educational psychologists for two hours every half term. This allow them to reflect on their practice, continue to learn new skills and maintains high standards.

What is covered in initial training?

45 MINUTE ONLINE INTRODUCTORY MEETING

- EXPLANATION OF HOW TRAINING WILL WORK

UNIT 1

- AN INTRODUCTION TO ELSA TRAINING FOR ELSAS AND THEIR LINE MANAGERS
- EMOTIONAL LITERACY IN SCHOOLS.

UNIT 2

- SELF-ESTEEM - SECURITY AND BELONGING (FRIENDSHIPS)

UNIT 3

- SELF-ESTEEM - MOTIVATION, COMPETENCE AND SELF-HOOD.

UNIT 4

- MANAGING EMOTIONS (INCLUDING THERAPEUTIC STORIES).
- EMOTIONALLY BASED SCHOOL AVOIDANCE.

UNIT 5

- SUPPORTING CHILDREN WITH BEREAVEMENT & LOSS

UNIT 6

- SOCIAL SKILLS / SOCIAL UNDERSTANDING FOR CHILDREN WITH AUTISM.
- REFLECTIVE & ACTIVE LISTENING

What commitment is needed from your school?

Time for initial training for ELSAs and their line managers and supervision for ELSAs

- Provide time for the ELSA to attend the 45 minute online introductory training.
- For each of the 6 units of work, ELSAs should be provided with time to watch the training videos (approximately 1 - 1.5 hours), complete short homework tasks (approximately 1 hour) and attend the four hour face-to-face training.
- Provide time for the ELSA's line manager to attend approximately 2 hours of the Unit 1 ELSA face-to-face session alongside their ELSA and in advance of this meeting, watch the Unit 1 video "The ELSA project: An introduction for ELSAs and line managers" (approximately 30 minutes).
- Release ELSAs to attend half-termly supervision with an EP. Each supervision lasts for 2 hours. The ELSA Network requires all ELSAs to attend at least four supervisions each year to continue to be registered as an ELSA.

Time for ELSAs to deliver interventions

- Ensure your ELSA works for at least one day a week in their ELSA role. For schools with under 100 pupils, this can be reduced to half a day a week.
- This should include protected time for ELSAs to plan their interventions.

Place

- Provide an appropriate quiet and private space in school for ELSAs to work with students.

Budget

- Provide ELSAs with a small budget (approximately £150 - £250) each year to buy resources to help them to deliver interventions.

Line manager support

- The ELSA's line manager and ELSA will need to agree and set up an appropriate referral system.
- The line manager will need to maintain an overview of cases. The line manager should help the ELSA to identify appropriate referrals, prioritise casework and manage 'waiting lists'.
- The line manager should ensure that ELSAs are able to work with children consistently – for example, minimising disruptions such as using ELSAs for cover in the classroom, which would result in cancelled sessions.
- The line managers should support the ELSA to ensure that the wider school understands the type of work that ELSAs carry out and the scope of the role to ensure referrals are appropriate. It is important that those in school have a realistic understanding of what ELSAs can expect to achieve when working with children and young people.
- Line managers should support ELSAs to monitor and review the impact of their work. .

If you sign up to ELSA training, you are committing your school to provide the support listed above.

Where will the ELSA face-to-face training take place?

- ELSA training will take place in and around Cambridge, Cambridgeshire. Venue TBC

When will the training take place?

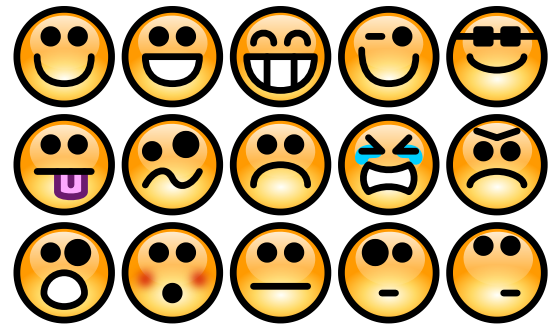
- ELSAs will do one unit of training each month. Exact dates TBC.

How much does the ELSA training cost?

- The cost for the 2023-24 academic year will be £660. This covers 6 units of training and two course books.
- Once ELSAs have completed initial training, they will need to attend supervision for two hours every half term. The exact cost is yet to be confirmed, but is likely to be approximately £250 per year.

Is ELSA for primary or secondary schools?

- It's for both. In training, ELSAs learn about underlying principles and theories. During homework and face to face sessions they consider how to apply their learning to their setting and the age group they work with.



Watch our 4 minute ELSA video to understand the role and training model.

About Odgers Psychology?

Nicky Odgers is an educational psychologist based in Cambridge. She offers educational psychology support to parents and schools, both online and face to face.

Nicky is an experienced ELSA trainer and oversaw the introduction of ELSA training in a large local authority. Nearly 200 ELSAs were trained in in the first two years using an approach similar to the one described above. ELSAs reported high levels of satisfaction with the training.

Nicky is delivering ELSA training alongside Psychology for Schools, a collaborative of four educational psychologists working in the East of England. Her colleagues are delivering the same material in Hertfordshire and Essex.

www.odgerspsychology.com

