



Emotional Literacy Support Assistant Training



www.bmindfulpsychology.co.uk



Who are bMindful Psychology?

bMindful Psychology provide high quality therapeutic services for children and young people up to the age of 25 years. Our friendly team of highly specialised and qualified clinicians have worked in the child and adolescent mental health sector for many years and will work with you to agree the best approach to support the child or young person.

Our vision is to offer a comprehensive range of services to support professionals, who in turn can support children and young people to reach their potential and have rich and meaningful lives.

Our Specialist Educational Services

bMindful Psychology provide high quality therapeutic services and training for schools and education provisions directly to teachers, pastoral leads, parents, carers, children and young people.

What is the purpose of an ELSA?

Emotional Literacy Support Assistants (ELSA) are Teaching Assistants who have had specialist training from Educational Psychologists to support the emotional development of children and young people in school, recognising that children learn better and are happier in school if their emotional needs are also addressed. ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to work through difficult feelings and emotions, teaching and modelling strategies of emotional regulation and calm. ELSAs also promote skills of friendship and belonging.



How does ELSA work?

Most ELSA programmes with children and young people will last for 8 to 12 weeks, helping the pupil to learn some specific new skills or coping strategies. Clear programme aims (SMART targets) need to be set early on and each session has an objective - something the ELSA wants to help the pupil understand or achieve. For pupils with complex or long-term needs, it's unrealistic to expect ELSA support to resolve all their challenges. Change is a long-term process that needs everyone's help. ELSA work should be fun – that's what makes the difference. By building a positive relationship with children the ELSA can help them think about their challenges helping them manage their feelings and emotions. It will take time to help the child manage their emotions and respond positively in the classroom, but small steps do make the difference.

I would like an ELSA in my school

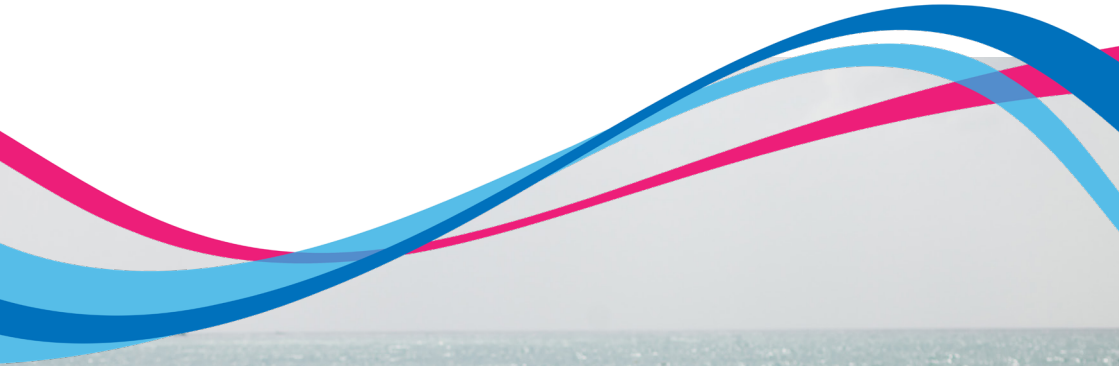
bMindful's training follows the ELSA network standards and is led by a qualified Educational Psychologist assisted by one of our therapeutic practitioners. Our core curriculum is delivered over six days, one day per month, and includes:

- Emotional Awareness
- Emotional Regulation
- Self Esteem
- Social and Friendship skills
- Loss and Bereavement

ELSAs will also learn how to write SMART targets for individuals and groups and create session plans based on these.

Our bMindful package also includes six follow up group supervision sessions, delivered on a half termly basis once the initial training has been completed.

Please visit our website www.bmindfulpsychology.co.uk/elsa-training to register your interest for the training and for more information.



Get in Touch



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