

# Emotional Literacy Support Assistant (ELSA) Training Programme 2025-26



Salford Educational Psychology Service is excited to offer you the opportunity to train as an ELSA.

This is part of our wider Emotionally Friendly Settings Programme.

## What is an ELSA?

ELSAs are emotional literacy support assistants. They are Teaching Assistants who have had special training and ongoing supervision from Educational Psychologists to support the emotional development of children and young people in school.

## What are the benefits of having an ELSA in school?

The ELSA intervention was designed to build the capacity of schools to support the emotional needs of their pupils from within their own resources. This is achieved by training key staff to develop and deliver individualised support programmes to meet the emotional needs of children and young people in school.

## Who is ELSA training for?

The course is aimed at Teaching Assistants or Learning Support Assistants who are passionate about developing their practice in the area of SEMH. ELSAs could include non-teaching pastoral staff or Heads of Year.

## What topics does the training cover?

- Introduction to emotional literacy and active listening
- Security and affiliation
- Selfhood and competence
- Building resilience and self-esteem
- Social skills and emotional regulation
- Loss and bereavement, and social and therapeutic stories
- Trauma-informed practice

*Children and young people learn better and are happier in school if their emotional needs are addressed.*

## How can you support an ELSA in your school?

Having an ELSA will make most difference in your school when:

- other staff know about and support the ELSA work;
- staff give the ELSA relevant background information on the child and family;
- the ELSA liaises regularly with teachers to discuss progress and support the child to transfer their new skills to class;
- the ELSA has regular time for planning and delivering programmes;
- ELSAs attend EPS-led supervision regularly to develop their skills;
- they aren't given too many children to work with at one time;
- they aren't taken away from ELSA time to do other things;
- there is a consistent, private space in which to work, free from interruptions;
- and the ELSA role isn't confused with behaviour management (ELSA time isn't meant for sorting out incidents or telling children off!)

## How much does it cost?

The training for one ELSA is £650. This includes six days' training (with lunch and refreshments), seven mandatory supervision sessions, and various resources.

## Training dates:

There are six days of training, delivered by two Educational Psychologists, followed by half termly two-hour group supervision sessions. The sessions will begin in Spring 1 2026.

*Once accredited, an ELSA must attend the group supervisions every year in order to remain qualified as an ELSA.*

- 15/01/26
- 26/02/26
- 27/01/26
- 12/03/26
- 11/02/26
- 25/03/26

## How do I express interest?

For further information or if you would like to express interest in enrolling on the ELSA course, please email: [emotionallyfriendlysettings@salford.gov.uk](mailto:emotionallyfriendlysettings@salford.gov.uk)

Expressions of interest need to be received by **Friday 17th October 2025.**

You can also find out more about the work of ELSAs at [www.elsanetwork.org](http://www.elsanetwork.org)