LIGHTHOUSE PSYCHOLOGY

ELSA TRAINING 2026





LIGHTHOUSE PSYCHOLOGY GROUP

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About Us

At Lighthouse Psychology Training, we believe that everyone working with children and young people deserves access to practical, evidence-based psychological support.

Led by two directors — Dr Alicja Jedrzejewska and Dr Louisa Reynolds, both qualified Educational and Child Psychologists — our team delivers high-quality online ELSA training, supervision, and guidance to help schools make a lasting difference for their pupils.



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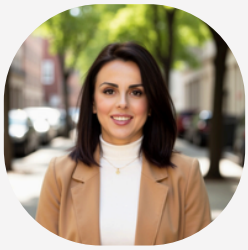
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Aga Stochnij
Operations Manager
- Our Anchor

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Who is an ELSA?

The ELSA (Emotional Literacy Support Assistant) intervention was designed by by Sheila Burton, Educational Psychologist to build the capacity of schools to support the emotional needs of their pupils from within their own resources.

This is achieved by training staff working in schools to develop and deliver individualised support programmes to meet the emotional needs of children and teenagers in their settings.

Wider Research

ELSA interventions have been widely studied over the years and have demonstrated clear benefits. With over 53 studies related to ELSA interventions spanning across 10+ years of ELSA research, findings have consistently shown pupils develop stronger emotional awareness and regulation, greater confidence and resilience, and improved social and relationship skills (Rogers & Kelly, 2024).

What Children Say About ELSA ...

"Sometimes I go and I have a problem in class, and she comes and gets me in and I go into, um the science room and speak about it, and then, I do my ELSA [strategies] and then I go back up and then I'm fine".

"I've stopped worrying so much when he [brother] runs away... I can get on with my education and won't keep worrying about where he is."

"I can't imagine what it would have been like without ELSA support."

"I feel I can trust my ELSA cos I've been working with her for so long but she's like almost my best friend."

Wong et al (2020)

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Is ELSA the Right Approach for Your School?

Most schools we work with are experiencing an increasing rise in children's and young people's needs, coupled with decreasing school funds and, therefore, the need to provide more support with fewer resources.

The ELSA training is designed to build capacity in your school to develop individual and group intervention programmes to develop the emotional literacy of children and young people.

The Benefits of Online ELSA Training

Our online training provides flexible, high-quality, and engaging learning. It allows for easy access to resources, recordings, and ongoing support, so learning can be revisited and embedded over time.

This means staff can build confidence at their own pace while still feeling connected, supported, and part of a wider learning community.



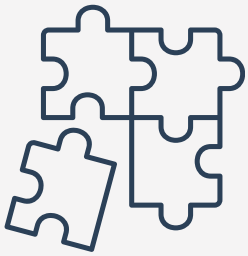
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Working with Trusts and School Partnerships

As well as our open ELSA courses, we work closely with Multi-Academy Trusts and school groups to deliver tailored training that fits your context.

We can create bespoke packages that bring together:

- Core ELSA training (including Early Years ELSA)
- MeLSA training (Mediated Learning Support Assistant)
- Top-up and refresher sessions for existing ELSAs
- Targeted CPD linked to your Trust's priorities





All of our training is delivered online, making it easy to access across multiple schools, and is led by educational and child psychologists.

Our approach is practical, up-to-date and grounded in real school contexts, with high-quality resources included to support ongoing practice.



Working at Trust level helps build a shared, consistent approach to emotional literacy support, while creating space for collaboration and professional confidence to grow across your schools. If you'd like to explore a tailored package, we'd love to talk it through with you.

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How to Become an ELSA?

We encourage schools to nominate staff members with an interest or experience in supporting children's social skills and emotional wellbeing.

The ELSA Programme

The programme includes six days of online training, which covers a range of areas, such as emotional literacy, attachment and belonging, resilience and self-esteem, emotional regulation, social skills, grief and loss, and positive psychology approaches.

The six days of online ELSA training:

Day 1: Introduction to Emotional Literacy (trainees and SLT members attending).
Day 2: Attachment and Belonging.
Day 3: Resilience and Self-Esteem.
Day 4: Emotional Regulation & Social Skills
Day 5: Grief and Loss.
Day 6: Positive Psychology.

In addition, each ELSA trainee will also receive:

- 4 supervision sessions with an Educational Psychologist following the completion of the course;
- Copy of PowerPoint slides after each session;
- Bespoke handbook including additional information and activities for each session
- Free resources to accompany the learnt materials;
- Access to the private ELSA Community area on our website, which contains additional resources and top tips;
- Exclusive use of the ELSA Network logo for your school website and any ELSA materials.

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Why Choose Us?

Accredited ELSA Training Provider

Fully registered and trusted to deliver high-quality ELSA training.

Research-Driven Content

Our online training is regularly updated using the latest psychological evidence and best practice.

Designed for Effective Learning

Designed using psychological expertise at every level - both in content and delivery design.

4 Free Supervision Sessions

Continued support after training to help embed your ELSA skills confidently. Delivered by Educational Psychologists

Senior Leadership Support

Guidance to help implement ELSA effectively across your school or trust.

Exclusive Resources

Includes bespoke ELSA handbooks and over 80+ free practical resources and materials.

ELSA Hub & Forum Access

Ongoing connection, support, and shared learning through our online community.

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What do ELSAs Say?

Fantastic course provider - I've already recommended you to colleagues!

An excellent experience with superb guidance throughout. Great value for money. I feel fully equipped to support out wonderful children.

Incredible amount of tools, hints and tips on how to implement ELSA within the school.

The course has been a good balance of learning and practical activities, it has been really great to meet people from different settings and share experiences and knowledge.

So worthwhile! Not only has it given me the skills to be an Elsa, but it's helped me reflect on the real me.

The whole course has been amazing. Really interesting and informative. Loved that it was online as it was much easier to fit around our working days and busy lives! Lots of brilliant resources!

Love the whole structure of the course. Each session is filled with valuable information. Enjoyed working through case studies with other attendees.

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What Makes Our Training Different?

Our training is built on psychological expertise at every level — not just in the content, but in how it is designed and delivered.

Led by educational and child psychologists, we apply the science of how people learn to create training that is engaging, memorable and immediately usable.

This means our trainees don't just gain knowledge — they develop real confidence, embed their learning, and make a meaningful difference in practice.



The ELSA Hub

Our ELSA Hub gives you everything you need to succeed beyond the training.

With access to over 80 ready-to-use resources, practical tools, and guidance, it makes implementing ELSA in your school easier than ever.

You'll also join our online ELSA Forum, a supportive community where you can share ideas, ask questions, and connect with other trained ELSAs across the country.

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How Much Does it Cost?



Cost – £1150 (+ VAT) per delegate.

We accept all major credit and debit cards when you book online, other payment options are available. Please do get in touch with us.

How to Sign Up?

We pride ourselves on delivering training content and supervision supported by evidence, research and scientific principles.

Get in touch today!



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