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# ELSA+ TRAINING 2025

## (Webinars)

The Educational Psychology Team are offering a series of five webinars, each delivered online by a member of the Educational Psychology Team.

**£95 for the full ELSA CPD programme for the year, or £20 per webinar**

## Neurodiversity and masking

What is 'masking' in neurodivergent children and young people? Neurodivergent people can often feel as though they need to suppress natural behaviours, conform to social norms and force themselves to behave 'typically'. This is known as masking. This can be exhausting and cause increased anxiety. This session will help you recognise the signs of masking and show you how to support neurodivergent children in your ELSA sessions and in school.

### Details :

- Date : 14 January 2025
- Time : 1.45 - 3.00 pm
- Trainer : Nicole Harris



## Anxiety

A refresher on supporting children and young people experiencing anxiety. Feeling worried or anxious is normal but some children have excessive or repeated fears, worries and anxious feelings that can last. These strong feelings can interfere with typical daily activities.

This session will include information on generalized and separation anxiety and will provide practical strategies for helping children and young people in your ELSA sessions and in school.

### Details :

- Date : 13 February 2025
- Time : 1.45 - 3.00 pm
- Trainer : Karen Edwards



## Emotionally Based School Avoidance

Emotionally Based School Avoidance (EBSA) is a term used to describe a child or young person who has severe difficulty in attending school due to emotional factors which often results in prolonged absences from school. This session will show you how to support these children in your ELSA sessions and in school.

### Details :

- Date : 4 March 2025
- Time : 1.45 - 3.00 pm
- Trainer : Issy Cone



## Parental Separation

When a child experiences the absence or loss of one or both parents due to factors such as divorce or other forms of separation this can lead to feelings of sadness, hostility, anxiety and confusion. This session will show you how you can support children in your ELSA sessions and in school.

### **Details :**

- Date : 20 March 2025
- Time : 1.45 - 3.00 pm
- Trainer : Sophie Brinsmead



## Attachment

What is attachment? This session considers attachment aware / trauma informed practices & the implications for ELSA interventions.

### **Details :**

- Date : 8 May 2025
- Time : 1.45 - 3.00 pm
- Trainer : Lucy Ball



To book any of the above webinars please email  
[philippa.wilson@portsmouthcc.gov.uk](mailto:philippa.wilson@portsmouthcc.gov.uk).