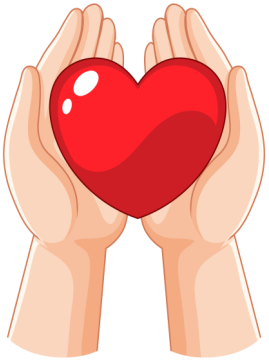


# TALA Practitioners



A TALA Practitioner is a specially trained member of staff who can offer a young person a safe and supportive environment to talk about difficult issues in confidence. They listen to a young person's views, experiences and feelings without judgement in an atmosphere of respect

and empathy based on a secure and trusting working relationship.

TALA Practitioners have regular professional supervision from Educational Psychologists, experienced Counsellors or therapists to help them with their work.

## WHO CAN HELP ME?

The **ELSA** team on

[ELSA@cps.hants.sch.uk](mailto:ELSA@cps.hants.sch.uk)

Or drop in during break & lunch



## How is TALA different to ELSA?

ELSA involves the identification of specific emotional literacy targets towards which the pupil works, guided by the ELSA through a carefully planned programme of support. Whilst ELSAs deliver skills-based programmes.



TALA sessions are more pupil-led. The TALA Practitioner facilitates a helping conversation using counselling practices.

Simply put ELSA teaches skills and TALA offers a time to talk.

Be Kind  
TO YOUR  
Mind



# TALA

Therapeutic Active  
Listening Assistant



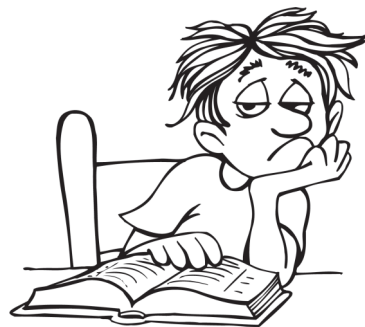
Calthorpe Park School  
Learners who aspire for themselves and inspire others

# Overview

Young people are often under stress, whether it is to do with conflict within themselves or issues at home or at school. TALA aims to have a positive impact on the thoughts, feelings and behaviour of troubled young people.



This leaflet briefly explains the role of our TALA Practitioner who can provide support for children who may be experiencing difficulties within their life.

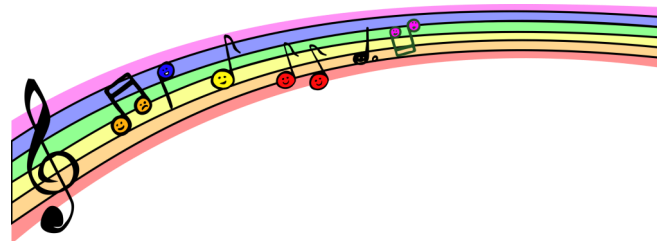


# How can TALA help my child?



**TALA offers a safe place to Talk and enables the child to:**

- ◆ Explore and deal with painful emotional issues.
- ◆ Look at things differently.
- ◆ Cope better with issues, concerns and situations.
- ◆ Achieve some level of understanding with regard to thoughts, emotions and behaviours.
- ◆ Feel better about themselves.
- ◆ Accept their limitations and strengths and to feel ok about them.
- ◆ Change behaviours which have negative consequences.
- ◆ Maximise the opportunity to reach their full potential



# TALA sessions

## What happens?

- ◆ The child has a regular slot during the school week for 30 minutes to an hour. This can continue as long as needed.
- ◆ Sessions are confidential and offer the child an opportunity to talk about things that are of concern to them.



- ◆ Nothing will be shared with anyone without the child's consent. With exception: safeguarding concerns.
- ◆ Sessions are one to one and are pupil led.
- ◆ Sessions might involve play based materials or activities. Such as sand tray therapy.

