

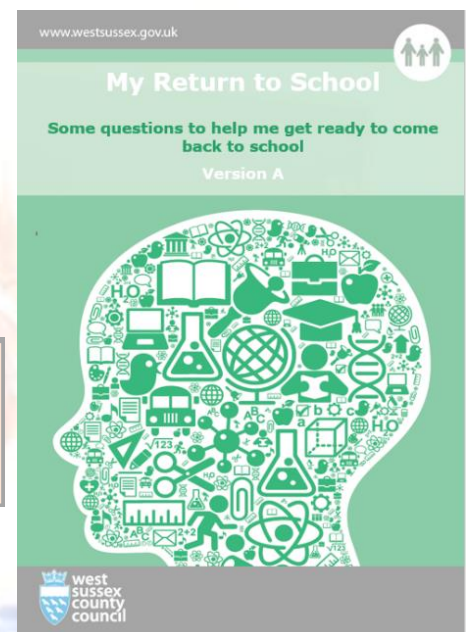
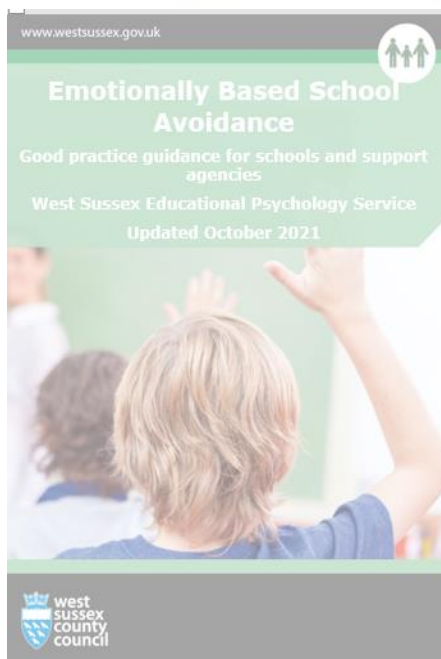


Emotionally Based School Avoidance Training and Consultation Educational Psychology Service

EBSA is a broad umbrella term used to describe a group of children and young people who have severe difficulty in attending school due to emotional factors, often resulting in prolonged absences from school. The impact of EBSA on young people and schools is far reaching. Outcomes for young people who display EBSA include poor academic attainment, reduced social opportunities and limited employment opportunities. EBSA is also associated with poor adult mental health.

We know that the earlier difficulties are identified and support put in place the more successful we are at developing children and young people's ability to cope with their anxiety and develop their resilience to cope with life's challenges resulting in improved attendance and ongoing life opportunities.

The EBSA guidance, and a Return to School Planning tool are available to download [here](#).





Initial Training course for School Staff and Practitioners:

This training is being offered in person for one full day (9.30am to 4.00pm). This is a free event for practitioners from schools and other services who work with children or their families who have difficulty attending school due to emotional issues. The training will supplement the updated EBSA guidance and EBSA cards and will provide attendees with further knowledge, skills and practical tools.

It is advised that attendees are practitioners who work directly with young people and are able to effect wider change within schools. You are advised to book early to avoid disappointment. Bookings will close three days prior to the training event and it will be possible to sign up to a waiting list if the course is full. Places are limited to two places per school.

Two of these courses will be offered in the North of the County (Main conference room, County Hall North, Parkside, Horsham, RH12 1XH).

Two of these courses will be offered in the South of the County (Worthing College Exhibition centre (1 Sanditon Way, Worthing, BN14 9FD)

No places left on this course

[EBSA ITC NORTH 20th July 2022 \(9.30am to 4.00pm\)](#)

[EBSA ITC SOUTH 12th October 2022 \(9.30am to 4.00pm\)](#)

[EBSA ITC SOUTH 17th November 2022 \(9.30am to 4.00pm\)](#)

[EBSA ITC NORTH 19th January 2023 \(9.30am to 4.00pm\)](#)

An Introduction to using Motivational Interviewing with children and young people experiencing EBSA

For School Staff and Practitioners

This training is a half day course and provides a follow up to the Initial Training Course on Emotional Based School Avoidance (EBSA) for school staff and practitioners and is run by the West Sussex Educational Psychology Service. The course is aimed to support attendees hold conversations with students, so we suggest is an approach more suited to use with children and young people (CYP) from late KS2 (years 5 and 6) up to KS5. Attendees will further their learning regarding using motivational interviewing with CYP experiencing EBSA. The session will :

- Review what practitioners have learnt and applied from the Initial Training Course, including discussing how the EBSA resources have been used
- Explore motivation as a maintenance factor in relation to EBSA
- Introduce the cycle of change in relation to EBSA
- Raise understanding of the principles of motivational interviewing
- Support practitioners to apply motivational interviewing techniques when working with children experiencing EBSA and their families, according to their readiness for change.

Please book a place on one of the Follow on Courses via Eventbrite:

One course will be offered in the North of the County (main conference room County Hall North, Parkside, Horsham, RH12 1XH).



One course will be offered in the South of the County Worthing College Exhibition centre (1 Sanditon Way, Worthing, BN14 9FD)

Using MI with EBSA NORTH Tuesday 13th December 22 (9.30am to 1.00pm)
Using MI with EBSA SOUTH Tuesday 21st March 23 (9.30am to 1.00pm)

Bookable consultation slots:

These consultation sessions are available to book for staff in schools and/ or Early Help.

The purpose of these sessions is to discuss individual young people around whom, there are EBSA concerns. Sessions have been provided for 40-50 minute consultations and this will provides time for a focussed discussion.

The EPS will not be recording notes from these sessions, however, schools and Early Help can record a written summary of the consultation, along with any actions agreed.

The "Consultation, Consent and Planning Recording Form" may be used for this, as well as to help prepare for the consultation.

It is helpful if staff have attended an Initial Training Course prior to the consultation session so that they are familiar with the updated EBSA Guidance and EBSA cards.

The Educational Psychologist will send you an MS Teams invite a few days before your consultation. Anyone booking this consultation will need to complete the parental/ carer consent form in order to discuss a child or young person and return this directly to the Educational Psychologist when the invite is sent. The consultation will not be able to occur without a completed consent form. The consent and consultation form can be found [here](#)

Please book a place on one of the following consultation sessions via Eventbrite:

Spring 2023

Wed 25th January 9.30-10.20am

Wed 25th January 11.00-11.50am

Thurs 2nd February 9.30-10.20am

Thurs 2nd February 11.00-11.50am

Thurs 9th February 1.00-1.50pm

Thurs 9th February 2.30-3.20pm