



Be Ambitious, Spark Imagination, Celebrate Success



Drawing and Talking is a therapeutic approach and effective way for children and adults to process emotional pain or trauma, they may currently have or are experiencing.

Drawing enables a child to express themselves as some may struggle with communicating their feelings verbally. Drawing enables symbolic and self-expression of feelings

It is a non-directed technique, which supports children who may struggle to make sense of how they are feeling, regulate their feelings and understand how their feelings are impacting on their happiness. These sessions can be delivered one to one or part of a group.

All sessions are 1:1 with a trained practitioner, a pencil and paper are all that is used in the sessions within an area with limited distractions.

There are 12 sessions in total (12 weeks/ 1 session per week)

Small Group Work (4-12 weekly sessions)

Is a way of working, which allows the whole group of children to come together and take part in an activity focusing on feelings and emotions.

Each session, the group focus on one emotion or feeling. This allows the children to become more aware of their feelings/ emotions, develop some understanding of and how to manage the feeling/emotion and more importantly that we all have/experience the same feelings/emotion at some point.

<https://drawingandtalking.com/>