



Drawing & Talking Therapy

**12 x 30 min
weekly sessions**

Drawing and Talking is a safe and gentle therapeutic approach, which provides an effective way for children to process emotional pain or trauma they may be experiencing.

Drawing and Talking was established in 2004 by Maria Beagley, a former Special Educational Needs Co-ordinator (SENCO). It is a short-term intervention therapy method for use with children who may be on the waiting list for child and adolescent mental health services (CAMHS) or other external agencies, or for those who are beginning to show signs of anxious-avoidant insecure attachment.

Drawing and Talking's therapy provides a school with an intervention that is a 'proactive' rather than 'reactive' technique to use with children. People are impacted emotionally by many different events, struggles or traumas. Sometimes they are unable to make sense of how they are feeling and how those feelings are impacting on their happiness and ability to navigate the world. Drawing and Talking is not intended to be used as a tool to 'find out' what is wrong or why the child behaves the way they do but an opportunity for the child to process any emotions they are holding internally in a safe and non-confrontational way.

1:1 Drawing and Talking

During a session, the child will draw anything they choose and will be encouraged to talk about what they have drawn using storytelling language to help them make sense of their internal world. The sessions remain confidential between the child and the practitioner. At the end of the session, the child's drawing will be put into their folder and kept safely until the next session. The child is given this folder to keep, if they wish, at the end of the 12 weeks.



1:1 Sand Play

Although they will not be 'Drawing', Sand Play uses the same approach as Drawing and Talking and the child will be allowed to play with the sand tray and accompanying toys. They will work with a trained practitioner to tell a story about the sand work that they have created. This is known to help children express ideas as well as process their inner world and feelings within.

Group Work

Group Work is a way of working which allows children to come together and take part in activities focusing around feelings and emotions. Group work allows the children to become more aware of the feeling states within them, develop some understanding of and how to handle the feelings, share their feelings with others and to express their feelings symbolically, in the form of Drawing.

