What is Drawing and Talking Therapy?

Drawing and Talking Therapy is a gentle attachment-based therapeutic intervention. It is designed as a short-term, time limited, pro-active intervention which focuses on social and emotional growth and development.

Why do we offer it?

The aim of Drawing and Talking is to support children in processing worries, trauma, or emotions that may be affecting their wellbeing and learning. The pressure on young people to give us answers so we can provide them with solutions or strategies for 'what to do next time' is immense and can be unhealthy if they are not able to work through emotions, understand them and verbalise them with others. Once an emotion has been felt, it can't be 'unfelt'. Drawing and Talking enables a safe space for children to experience and work through different emotions, without the pressure of solution, which sets it apart from other interventions.

Benefits can include:

- Improved emotional understanding and regulation
- Increased self-esteem and confidence
- Better relationships with peers and adults
- Reduced anxiety and improved focus in class

Who takes part?

Drawing and Talking is suitable for children who might be:

- Struggling to express themselves
- Experiencing change or loss, or simply need emotional support
- Experiencing hyper arousal or immobilised states (Fight, Flight, Freeze, and Appease Mode)

Children can be referred by staff or parents/carers, and sessions are delivered by a trained adult who builds a trusting relationship with the child.

What happens in a session?

It is a 12-week cycle of 30-minute one-to-one sessions. Children draw freely while the practitioner uses gentle, non-intrusive questions to explore the picture and different possibilities of what may happen next and related emotions. This relational-based approach and non-directed technique develops that safe space for children explore and make sense of their inner world in a calm, structured way, facilitating the neutralisation of the nervous system and the ability to regulate, leading to emotional transformation.

Sessions are confidential and focus on the process of drawing rather than the finished picture.