

## Contact Us

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TeePee  
*Coaching*

Helping feelings find  
their voice  
- One drawing at a  
time

## Our Mission

At TeePee Coaching, we specialise in Drawing and Talking—a gentle, therapeutic intervention that supports emotional healing without the need for words.

Our work is rooted in the understanding that both children and parents can experience emotional overwhelm, and that everyone deserves a safe space to process, heal, and grow.

Whether it's a child expressing big feelings through imagery, or a parent navigating emotional burnout, we walk alongside you with empathy, compassion, and quiet strength. We don't analyse or interpret—we listen, we notice, and we hold space.

Our approach is shaped by our values:

- Empathy – We meet you where you are.
- Understanding – Every feeling is valid.
- Passion – We care deeply about the families we serve.
- Acceptance – There is no 'right' way to heal.
- Knowledge – Our practice is grounded in trauma-informed theory.
- Support – You're not alone on this journey.

TeePee Coaching is here for the moments when words aren't enough.

Through Drawing and Talking, we offer calm in the chaos—and a creative path to emotional wellness.

## Disclaimer

Drawing and Talking is a valuable early intervention and is particularly effective for children awaiting further mental health support, such as CAMHS. However, it must not be used alongside other therapeutic interventions. To ensure the integrity and effectiveness of the process, Drawing and Talking should be delivered as a standalone intervention. If other therapeutic interventions are currently in place, it is recommended to wait until those have concluded before beginning Drawing and Talking.

## What is it?

Drawing and Talking is a non-directed therapeutic approach, meaning the practitioner follows the lead of the client. The role of the practitioner is to be emotionally available, offering a consistent, supportive presence while the client explores and processes their inner world through drawing, sand play, and conversation about their creation.

During each session, the client is free to draw or create in the sand whatever they wish, for as long as they wish. The conversation remains entirely focused on the drawing or sand display—staying within the creative and imaginative world, without interpreting or analysing the work. Sessions are safe, gentle, and non-intrusive, allowing emotional expression at the client's own pace.

Each 30-minute session concludes with the client's drawing or a photograph of their sand creation being carefully placed in their individual, named folder. These are securely stored by the practitioner until the end of the programme, when the complete folder is returned to the client as a reflection of their journey.

At the heart of Drawing and Talking is the therapeutic relationship between practitioner and client. Sessions take place in the same space, at the same time each week, creating a predictable, safe, and containing environment. Confidentiality is maintained throughout the process, and all creations are held with the utmost care, respect, and sensitivity.

### Why does it work?

- No pressure to talk
- Symbolic, safe expression
- Supports emotional regulation
- Builds trust and emotional resilience
- Trauma-informed, relationship-led

### What to expect:

- Weekly 1:1 sessions (30 mins)
- 12-week programme
- Consistent, calm, confidential space
- Online or in-person options available

## Your Practitioner

👋 I'm Rachel, founder of TeePee Coaching and a qualified Drawing and Talking Advanced Practitioner. My work is rooted in empathy, understanding, and connection. I support children, adoptive families, and parents navigating emotional challenges with warmth, patience, and care.

I look forward to working together to help those feelings find a gentle way out.

### Special offer

10 sessions for the price of 12 - £300  
(full price £360)

Quote - **Leaf 1** on enquiry

### Location

📍 Based in Monmouthshire  
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TeePee Coaching - Holding space for emotional  
healing in children and parents.