

On the **CAMHS waitlist** but
don't know what to do now?

Have a diagnosis but still
struggling?

At a loss with your
child's behaviour; feel all alone?



Is your child happy at
school?

Is your child dealing with **big emotions** as a result of bullying, low self esteem, or **being different?**



Does your child struggle with emotions, **dysregulation**, behaviour, transitions, separation anxiety, **attachment difficulties?**

Has your child or family
suffered loss, grief, separation,
trauma?

Helping **feelings** find their voice - one **drawing** at a time

Book your session
today!

Website:

<https://teepee-coaching.mailchimpsites.com/>

New Client Special

12 sessions for the price of
10

£300 instead of £360

Use code: TeePee2



TeePee

Coaching

Holding space for
emotional
healing in
Children
and Parents

Rachel Phillips

Drawing and Talking Advanced
Practitioner
Sand Tray Practitioner

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What is **Drawing & Talking** **and Sand Tray?**

Safe and gentle therapeutic approaches, that provide an effective way for children or adults to process big emotions, emotional pain or trauma.

Within a session the child or adult will draw or play in the sand, the practitioner will then use non intrusive questions to help the child or young person to express and process their inner world and feelings through fantasy story telling.

Drawing and Talking is a non-cognitive Tier1/Tier 2 intervention that compliments CAMHS and other specialist therapists.

The practitioner fosters a therapeutic relationship by meeting in the same safe, nurturing environment, on the same day, at the same time for 12 weeks.

About me:

I'm Rachel, founder of TeePee Coaching and a qualified Independent Drawing and Talking 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.

Therapeutic practices used by myself at TeePee Coaching, help children process feelings that affect their behaviour helping them to feel happier.



How we work:

- Weekly 1:1 sessions (30 mins)
- Private, Confidential space
- For all ages
- Fully insured and DBS Checked
- Based in Monmouthshire, can cover the South Wales area.

Ways we work:

- 1:1 Drawing and Talking Therapy (12 Sessions)
- 1:1 Sand Tray Therapy (12 sessions)
- Drawing and Talking Group work (6 sessions)

All TeePee approaches are not intended as a tool to find out, or to fix anything - they are not a behaviour modification tool. They also do not replace other specialist services (CAMHS, psychotherapy, play therapy etc) but can be used as an interim tool or as a compliment to external agencies.