

Family Mental Fitness North East

Programme Overview

Drawing and Talking 1:1



EYFS	KS1	KS2	KS3	FAMILIES
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Drawing and Talking is a non-intrusive, attachment-based therapeutic intervention that uses drawing as a medium for emotional processing. Delivered over 12 weeks, this 1:1 programme is especially suited to children and young people who have experienced trauma, loss, anxiety, or emotional overwhelm. Unlike solution-focused or cognitive behavioural approaches, Drawing and Talking is grounded in the principle that healing occurs symbolically, over time, and at the pace of the individual. There is no interpretation or analysis of drawings—just a calm, contained space to explore difficult feelings safely.

Purpose

To provide a gentle, therapeutic space where children and young people can process emotional pain, build secure attachments, and find symbolic resolution to inner conflict through the natural language of drawing.

Impact

- Supports children who have experienced trauma, bereavement, anxiety, or major life changes
- Builds emotional resilience and self-esteem
- Offers a safe and consistent adult relationship based on trust and containment
- Reduces behaviours that stem from unprocessed emotional distress

Outcomes

- Healthier emotional regulation
- Stronger sense of self and increased confidence
- Improved relationships with peers and adults
- Greater ability to cope with change, challenge, and transition

Example Session Structure (30 minutes)

- Consistent weekly 1:1 session with the same practitioner (e.g. Kay)
 - Quiet drawing time using plain paper and pencil—no directive or theme
 - Gentle, non-intrusive questions about the drawing (e.g. “Tell me about this part”)
 - The focus remains on the drawing—not the child or their personal life—allowing emotions to emerge safely
 - Over 12 sessions, a symbolic resolution is often found, allowing healing to begin
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Group Size

- 1:1 therapeutic sessions only (not group-based)
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Session Duration

12 × 30-minute weekly sessions

Cost Per Session

Schools and Public Bodies: £63

Subsidised for families: £31

For Funders

Fully funded cost per 12-week programme: £888

(£74 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

Review Date: 19/08/26
