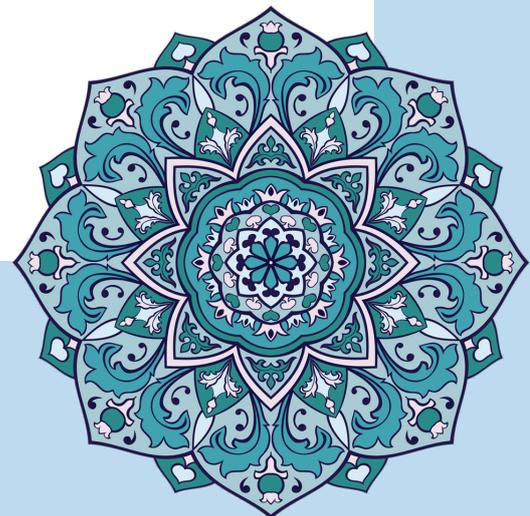


**Drawing  
and  
Talking**

**Drawing and Talking**

**Information  
Leaflet**





# WHAT IS DRAWING AND TALKING?



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

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.

Too often children and adults feel afraid to admit they need help around their mental health and emotional wellbeing.

**Whether you are a child or young person, adult or grandparent, we all at times feel like we are struggling.**

**The important thing to know and remember is you are not alone, and help is available.**

The sessions remain confidential between the person accessing support and the practitioner. At the end of each session, your individual's picture will be put into their folder and kept safely away until the next session.

At the end of all the work (12 sessions), when the individual is feeling better, the folder is handed back to them to keep as they wish.

**Drawing and Talking is not intended to be used as a tool to 'find out' what is wrong or why the person behaves the way they do. It is not behaviour modification or used to fix a problem that a person has or is experiencing.**

Practitioners do not interpret the pictures and do not ask direct questions. The technique should also not be used to replace other specialist services, (such as CAMHS, Psychotherapy, Art or Play therapy) but can be used as an interim tool whilst waiting to be seen by CAMHS or other professionals and can also be used after referral has been completed to complement external agencies.



# 1:1 DRAWING AND TALKING



**We all want all people to be happy and flourish. The individual accessing support will work one to one with a trained Drawing and Talking Practitioner for 30 minutes, once a week, over 12 sessions.**

Within the sessions, the individual will draw anything they choose and will be encouraged to talk about what they have drawn using storytelling language (like metaphors) to help them make sense of their internal world.

The technique is intended to allow the child to play, by drawing a picture, and process any emotions they are holding internally in a safe and non-confrontational way, working at their own pace.



# 1:1 SANDPLAY



**We know that people express themselves in all kinds of ways. Practitioners who have attended our Advanced training can offer Sand Play to children or adults who are accessing support.**

Although they will not be 'Drawing', Sand Play uses the same approach as Drawing and Talking and the individual will be allowed to play with the sand tray and accompanying toys. They will then work with the Drawing and Talking Practitioner to tell a story about the sand work that they have created, and we know this helps people to express and then process their inner world and feelings within.





# HEALING THROUGH GROUP WORK



Group Work is a way of working which allows whole groups of people (both children and adults) to come together and take part in group activities focusing around feelings and emotions.

The Group Work Approach is different to Drawing and Talking because not everyone who takes part has Pain or Trauma that they need to process. Anyone can take part, and it is not Group Therapy. There is no Therapeutic Relationship formed in this work.

Group Work allows children and adults 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.

A Drawing and Talking Practitioner will meet with the Group, once a week for around 4-12 sessions, depending on the group.



## FURTHER INFORMATION



We know that Professionals are keen to know more about Drawing and Talking. Drawing and Talking Ltd is the only licenced provider of Drawing and Talking Therapy Training and if you are unsure about whether a Practitioner has trained with the company, you can get in touch with our Head Office to verify this.

Drawing and Talking is based in the work of Carl Jung (Founder of Analytical & Jungian Psychology) and John Bowlby (Founder of the Attachment Theory).

Drawing and Talking Therapy originated from the Serial Drawing Technique, devised by Dr John Allan, a Psychotherapist and Jungian Analyst. Michael Green and Maria Beagley (Psychotherapists) then created the Drawing and Talking Therapy Training Programme in the UK.

You can contact Drawing and Talking on [info@drawingandtalking.com](mailto:info@drawingandtalking.com) or call the Head Office in the UK on (+44) 0208 715 0745.