

**Drawing
and
Talking**



July - December 2020

**For professionals supporting
emotional wellbeing and
mental health needs**

**Drawing and Talking
THERAPY TRAINING**

Why attend our training?

Join our network of professionals

Drawing and Talking is one of the UK's leading mental health training companies, having created its own technique in 2003.

We work with organisations such as the NHS, large well established charities, small charities, the Armed Forces, counsellors, psychologists & psychotherapists, as well as schools and colleges. As a recognised provider of early intervention training, professionals now seek out Drawing and Talking therapy training to add to their CPD and portfolio of interventions they are able to offer to children and adults.

To date, we have trained 40,000 professionals to support children, young people and adults who suffer with poor mental health or who have experienced trauma, and we estimate approximately 2 million children and young people have benefited from this technique who may otherwise have gone untreated.

Drawing and Talking are committed to providing high-level training within one day, providing staff with tools and grounded knowledge in the unique Drawing and Talking therapy technique.



TRAINING IS DESIGNED FOR:

EDUCATION

TA's
Learning Mentors
Family Support
SENCO's
ELSA
Nurture Groups
Mental Health Lead

CHARITIES

Children's Charities
Hospices and Bereavement
Women's Refuges
Refugees
Child Poverty
Mental Health

SOCIAL SERVICES

Social Workers
Family Liaison Officer
Adoption or Fostering
Transition from Care teams
Youth Offending Teams

THE NHS

CAMHS
Mental Health Nurses
Therapists
Counsellors

ANYONE WORKING WITH VULNERABLE PEOPLE

What is Drawing and Talking?

Drawing and Talking is a person-centred therapy focusing on prevention, early intervention and recovery.

Originally designed as a school-based therapeutic intervention, Drawing and Talking have now established relationships within the mental health and well-being sector with varying professionals.

Providing a highly effective person-centred therapeutic playwork approach, this tier 1-2 intervention is intended to complement rather than replace the work of CAMHS, art or other specialist therapists; enabling children who would otherwise go untreated to get the help they need before problems become entrenched.

Drawing and Talking technique is a safe and easy to learn short term, time-limited therapy to be used with anyone (age 5+) who has suffered trauma or has underlying emotional difficulties. It supports those who are not realising their full potential either academically, professionally or socially.

The purpose of the method is to draw with a person who with whom they feel comfortable at the same time each week. The trusted person will learn to ask a number of non-intrusive questions about the drawing, and over time a symbolic resolution is found to old conflicts and trauma is healed.

Work with the children needs to be carried out safely and non-intrusively, with respect for their own pace and state of being. This is why anyone using Drawing and Talking learns to stay in the world of the child's drawing. The child sets the pace and decides what to bring to the session.

Often in a first session a child will produce a very neutral drawing, something in the room or the view from a window, however once they feel safe and have created a secure attachment, their imagination begins to unfold.

Children that will benefit from a therapeutic intervention such as Drawing and Talking:

- Are not realising their full potential, either academically or socially
- Are at risk of being/is excluded from school
- Have suffered trauma
- Are (or are in the process of being) adopted or fostered
- Suffer because of separated or divorced parents
- Suffer from anxiety, stress or phobias
- Have suffered a loss or bereavement of any kind
- Are withdrawn or continually unhappy
- Are ill, disabled or autistic
- Find it difficult to make friends
- Quarrel frequently with peers or siblings
- Bully others or are bullied themselves
- Display inappropriate behaviour
- Incarceration of a family member
- Don't play
- Gang, grooming and exploitation
- On poverty line
- LGBTQ+
- Suffer with transition

After completion of Drawing and Talking Therapy, children are more able to control their behaviour, better able to access an academic curriculum and most importantly have higher self-esteem; this allows them to thrive in the world around them. We want all children and young people to have the opportunity to achieve and develop the skills and character to make a successful transition into adult life.

Foundation to Drawing and Talking

How can 12 pieces of paper, a pencil and document wallet change children's lives?

The foundation course consists of a full day's training. It is suitable for anyone working with children or young people. No previous knowledge, training or experience is necessary.

Designed as an easy to learn short-term, time-limited one to one intervention, participants will learn how to put this simple technique into practice. They will learn how to get started, how to run a session and how to deal with common problems which can arise.

During the training, there will be an opportunity to see how drawings change over time, as this powerful yet safe healing method takes effect.

The theoretical component to the training will teach basic neurobiological theory relating to trauma, how to create a safe and containing space, the importance of endings and losses, how to deal with distress and child protection issues.

The course will be an opportunity to develop the technique of mentally 'holding' and 'being with' another human being; an essential part of the therapeutic process.

Participants will be expected to draw, but no special artistic ability is necessary as it is solely to practise, experience and create the sessions for them and people with whom they will be working. By the end of the training, participants will be confident to implement their new skills and knowledge in their own schools or organisations.

WHAT YOU WILL LEARN:

- How to run a Drawing and Talking therapy session
- How to combat any problems which can arise in these sessions
- Learn how to identify the different stages within the drawings as this healing method takes place
- Basic Neurobiological theory relating to trauma
- How to create a safe and containing space
- The importance of ending and losses
- How to deal with distress and child protection issues

Course:
Foundation to Drawing and
Talking Therapy Training

Duration:
1 day
(9.30am to 3.30pm)

Cost:
£225.00 + VAT (per delegate)

How to book

Please find public course dates to book your Foundation to Drawing and Talking Therapy Training.

You can choose one of the following options to book participant(s) onto the above training:

1 Register online at:

www.drawingandtalking.com

2 Email

info@drawingandtalking.com with the following information:

- Name of participant(s)
- Address for invoice
- Date of training

3 Call Drawing and Talking on:

020 8715 0745

4 Complete the booking form and return to:

Drawing and Talking Ltd,
4 Langdale Avenue
Mitcham, Surrey CR4 4AE



All training dates until the end of 2020 will be led via Zoom please see available dates below:

Foundation to Drawing and Talking

WEDNESDAY 1ST JULY

FRIDAY 3RD JULY

TUESDAY 7TH JULY

THURSDAY 27TH AUGUST

FRIDAY 11TH SEPTEMBER

WEDNESDAY 16TH SEPTEMBER

TUESDAY 22ND SEPTEMBER

MONDAY 5TH OCTOBER

THURSDAY 15TH OCTOBER

FRIDAY 23RD OCTOBER

WEDNESDAY 28TH OCTOBER

MONDAY 2ND NOVEMBER

FRIDAY 13TH NOVEMBER

THURSDAY 19TH NOVEMBER

MONDAY 23RD NOVEMBER

Advanced Knowledge Training

The healing power of facilitated group work

The Advanced Knowledge to Drawing and Talking Training is available to anyone who has completed the Foundation Course.

The one-day programme provides participants with a deeper understanding of the therapeutic process involved in the practice of Drawing and Talking, as well as the theory which underpins the technique.

Equipped with pictures drawn by children you are currently working with*, and with their permission, we delve deeper into Jungian Theory to explore the use of archetypes and patterns that arise in children's drawings, as well as learning about development and movement along the Ego-Self Axis.

Participants will also learn how to run group sessions, which utilise the Drawing and Talking principles but through a different technique to that used in one-to-one sessions. In a group environment, children and young people can become more aware of their emotions and feelings, and develop an understanding of how to process them.

Group sessions also serve as an outlet in which they can share feelings with peers and in turn, understand that others can feel the same.

We advise that participants have begun work with at least one child before undertaking the Advanced Knowledge Training to allow them to gain experience in one-to-one sessions.

WHAT YOU WILL LEARN:

- Recurring patterns and symbolism in drawings
- Further Jungian Theory including: collective unconscious and synchronicity, transference-counter-transference, archetypes
- Using Drawing and Talking with bereaved children and young people
- SDQ – assessment tool
- Using Drawing and Talking within groups
- The play continuum

*It is vital that participants bring along children's work in order to fulfil on the objectives of the Advanced Knowledge Training course.

Course:
Advanced Knowledge
Training

Duration:
1 day
(9.30am to 3.30pm)

Cost:
£275.00 + VAT (per delegate)

Howto book

Please find public course dates to book your Advanced to Drawing and Talking Therapy Training.

You can choose one of the following options to book participant(s) onto the above training:

1 Register online at:

www.drawingandtalking.com

2 Email

info@drawingandtalking.com with the following information:

- Name of participant(s)
- Address for invoice
- Date of training

3 Call Drawing and Talking on:

0208715 0745

4 Complete the booking form and return to:

Drawing and Talking Ltd,
4 Langdale Avenue,
Mitcham, Surrey CR4 4AE



All training dates until the end of 2020 will be led via Zoom please see available dates below:

Advanced Knowledge Training

FRIDAY 28TH AUGUST 2020

FRIDAY 4TH SEPTEMBER 2020

FRIDAY 18TH SEPTEMBER 2020

FRIDAY 25TH SEPTEMBER 2020

FRIDAY 9TH OCTOBER 2020

FRIDAY 16TH OCTOBER 2020

FRIDAY 20TH NOVEMBER 2020

Graduate Group

Once you or your staff have completed the Foundation to Drawing and Talking Training, we have on-going support for graduates for just £30.00+VAT per year.

Benefits include:

- Monthly Group Supervision Calls to discuss any concerns and receive support from our expert lead trainers
- Members can ask any question about a situation or concern with children or young people they are working with (no names used) and receive guidance and coaching.
- Access to the community for general support & insights from other graduates into learned best practice and their experiences.
- Help others in the community to thrive and share the joys of successes and breakthroughs

Sign up at <https://drawingandtalking.com/members-login/>



Cost Effective In-House Training

Option One:

IN HOUSE TRAINING AND WHOLE SCHOOL APPROACH

Special Educational Needs and Disabilities (SEND) can affect a child or young person's ability to learn. Our popular Inset and Inhouse training days are the most cost-effective way to train staff in our therapeutic technique.

- Training takes place in your venue, enabling you to reduce costs further by keeping staff onsite.
- Minimum number 20
- Maximum number 32
- Cost £180 plus vat per delegate

To select your preferred 2020 date (subject to availability) please contact us.

Option Two:

LOCAL CLUSTER OR ACADEMY TRUSTS

COHESIVE COMMUNITY APPROACH; Working together to co-ordinate best practice and resources. Are you part of a cluster of schools? Would you like to share resources and distribute professional knowledge?

- Training takes place in your venue you must be able to provide space for up to 32 delegates
- Minimum number from cluster 20 (your school minimum number will be agreed with you)
- Maximum number 32
- Cost £180 plus vat per delegate

To check date availability in your area and find out more please contact us.

Option Three:

PARTNER WITH DRAWING AND TALKING

Would you like to train your staff in Drawing and Talking but can't meet our minimum numbers? You can apply to be a Host Venue, and partner with us.

Drawing and Talking will support you in marketing your course by listing it on our website and achieving minimum numbers so that you can run your own course

- Training takes place in your school or venue you must be able to provide space to train up from 20 to 32 delegates
- Cost £180 plus vat per delegate

To find out more and book this option please contact us.

HOW TO FIND OUT MORE:

Please contact us today to book your training day for 2020 at

info@drawingandtalking.com or 020 8715 0745

Our inhouse training options include
Full Trainer expenses
Delegate Manuals
CPD Certificates
Access to our free Graduate Support group

We look forward to supporting you and working with you.

HOW TO BOOK

You can choose one of the following options to book participant(s) onto the public training days listed on page 5 & 7:

1 Register online at:

www.drawingandtalking.com

2 Email

info@drawingandtalking.com with the following information:

- Name of participant(s)
- Address for invoice
- Date of training

3 Call Drawing and Talking on:

020 8715 0745

4 Complete the booking form, tick the date required and return to:

Drawing and Talking Ltd,
4 Langdale Avenue
Mitcham, Surrey CR4 4AE

Booking Form

Name of authority or school:

Address for invoice:

Email Address:

Foundation Course

Date:

Advanced Course

Date:

Participant details

Name:

Job title:

I agree to pay the cost of the training in full upon receipt of an invoice:

Signature:

Name:

Testimonials


Letter from a parent

My son has just completed 12 sessions of Drawing and Talking therapy with Mrs Donnelly and I truly believe this has had a positive impact on his behaviour and emotional wellbeing. My son went through a difficult time regarding contact with his Dad and this was his first experience of rejection, this resulted in him feeling very hurt and struggling with his emotions and anger.

I cannot thank the school enough for their support, which as a mum I found very hard to reach out and admit I was struggling. The school was fantastic in not only supporting my son but also myself. My son looked forward to his weekly session with Mrs Donnelly as I think he felt he could express himself without actually having to talk about what was bothering him, but I also think he knew he had the support of Mrs Donnelly if he did indeed want to disclose anything personal.

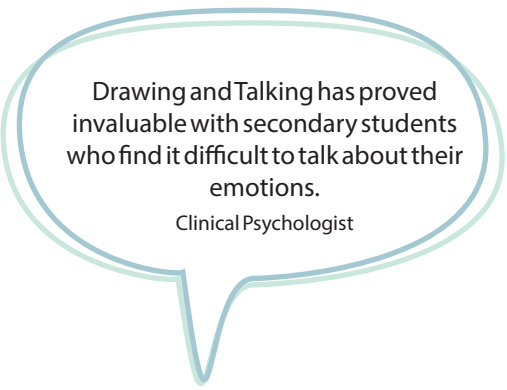
I feel as though I have gained my happy and loving son back and genuinely think some of that comes down to the therapy he received through school. He now has a folder containing his weekly drawings and he has called it his 'treasure file' which he has asked to keep in his bedroom so he can look at the drawings whenever he wants to. I believe by having the weekly sessions my son has been able to work through his emotional turmoil and it has enabled him to offload on a weekly basis.

I know he really enjoyed his time with Mrs Donnelly and I cannot thank her enough for supporting my son and unconditionally helping him through this difficult time. I'm sure he will always remember the time he has spent with her and would have quite happily carried on the sessions.




The Drawing and Talking enabled children, through an unthreatening medium with a known and trusted adult, to explore their thoughts, feelings and anxieties.

Head Teacher
Mainstream Primary School



Drawing and Talking has proved invaluable with secondary students who find it difficult to talk about their emotions.

Clinical Psychologist



My daughter has just gone through these sessions with someone who has been trained in school. She found them really useful in dealing with her anxiety.

Claire McCormick
Parent

Drawing and Talking Case Study

Laurance Haines Primary & Nursery School

Laurance Haines Primary & Nursery School in West Watford, first employed the therapy method in 2012, when the school's Nurture Leader, Nicola Furey, undertook the training. She comments:

“The course was recommended to me by the Nurture Group Network and it’s been central to the wellbeing of the children at Laurance Haines ever since. We do use a number of therapy methods at the school but without a shadow of doubt, Drawing and Talking is by far the most effective.”

Gemma Williamson is a teacher at Laurance Haines and as Foundation Stage Leader is responsible for the welfare and development of around 120 children, she comments:

“I have seen first-hand the response of children who have completed a course of Drawing and Talking and the results are outstanding. “I truly believe that it provides an avenue for these children to release and share the emotional baggage that they carry and, in turn, improve their ability to learn.”

As Deputy Head of Laurance Haines Primary & Nursery School and SENCO (Special Educational Needs Coordinator), Lizzie Butler is the ‘front door’ when it comes to referring children for CAMHS and is very much aware of the demand for early-intervention methods that can be implemented by schools.

It is estimated that 10% of children and young people have a clinically diagnosable mental health problem, yet in some areas of the country, they are stuck on waiting lists for treatment for up to three years. Lizzie Butler says,

“In our school there are around 540 pupils – that’s 54 pupils who need some kind of support – you can see why Drawing and Talking is so valuable to us.”

At Laurance Haines, a whole school approach underpins the success of Drawing and Talking, with every teacher and TA aware of the method and the remarkable improvements it can help a child achieve.

“While academic skills are extremely important, we are lucky to have a very forward-thinking leadership team, who understand that the emotional wellbeing of a child is also key to their development,” adds Lizzie.





For more information:

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