



# Drawing and Talking THERAPY TRAINING



**Drawing and Talking therapeutic technique empowers professionals to develop a proactive approach that supports the mental health and emotional wellbeing of your entire community.**

# Drawing and Talking

For professionals supporting emotional wellbeing and mental health needs

19 years of delivering training across the United Kingdom

40,000+ Practitioners trained

Millions of people supported by Drawing and Talking

Creating an organisation that puts mental health first

As a recognised provider of early intervention mental health training, professionals now seek out Drawing and Talking therapy to add to their portfolio of interventions they are able to offer to children and adults.

Drawing and Talking is a Tier 1/2 therapeutic intervention that is designed to complement rather than replace the work of CAMHS, art or other specialist therapists.

## TRAINING IS DESIGNED FOR:

### EDUCATION

TAs  
Learning Mentors  
Family Support  
SENCOs  
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

### HEALTH

CAMHS  
Mental Health Nurses  
Therapists  
Counsellors

ANYONE WORKING WITH VULNERABLE PEOPLE

# Why attend our training?

**When a child has experienced trauma, many of the ways we've been trained to establish safety and build rapport may fail us.**

People suffering with poor mental health are often unable to express their feelings in ordinary verbal language. The Drawing and Talking therapeutic approach allows individuals to discover and communicate emotions through a non-directed technique. This is what sets Drawing and Talking apart from existing solution-focused and cognitive-based therapies and interventions.

The Drawing and Talking Foundation course delivers everything needed to begin using this powerful and simple person-centred therapeutic approach, without additional specialist training.

As a one to one intervention, Practitioners will be trained in how to lead a session in person and via remote facilities, so that anyone doing Drawing and Talking can be assured of receiving consistent support even during extreme events such as a national or regional lockdown.



Supporting our young people to develop and explore new communication methods that build internal resilience often helps resolve emotional distress in a safer and more contained way.

People, who would otherwise go untreated, get the help they need before problems become entrenched.

**Drawing and Talking Therapy is the number one alternative to CBT or direct talking therapies and interventions that can often be confronting or limiting in the processing of pain or trauma. Drawing and Talking Therapy can be delivered quickly and cost effectively by anyone.**



# Who Benefits from Accessing Drawing and Talking

## Children from ages (5+), young people and adults that will benefit from Drawing and Talking therapeutic intervention:

- Have suffered trauma recently or in the past
- Have been or are in the process of being adopted or fostered
- Suffer because of separated or divorced parents
- Are young carers
- Are vulnerable teenage parents
- Experience emotional trauma because of their LGBT status
- Are socially disadvantaged
- Are suffering from the effects of domestic violence
- Families involved with incarceration
- Suffer from anxiety, stress or phobias
- Have suffered loss or bereavement of any kind
- Are withdrawn or continually unhappy
- Are suffering from terminal or long- term illness or disabilities
- Has SEN (including autism, ADHD, selective mutism, etc.)
- Find it difficult to make friends
- Quarrel frequently with peers or siblings
- Bully others or are bullied themselves
- Suffer from disrupted or disturbed sleep
- Display inappropriate behaviour
- Do not play
- Are not realising their full potential either socially or academically

AND SO MANY MORE...



# What Is Drawing and Talking?

## The Drawing and Talking Therapeutic Intervention



### **A Short-Term and Time-Limited Approach**

During this 12 week intervention, you will meet your client for 30 minutes on the same day, same time, same place each week.



### **Creating Secure Attachments working One to One**

An intervention focused on building healthy attachments and resolving trauma.



### **World of Dream and Fantasy through Drawings**

Based on Jungian principles, you will be guided through the power of healing when working with the unconscious.

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

The 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 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 individual 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 individual's drawing. The individual sets the pace and decides what to bring to the session. Often in a first session, the individual 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.

After completion of Drawing and Talking Therapy, individuals are more able to control their behaviour and most importantly have higher self-esteem; this allows them to thrive in the world around them. We want all children, young people and adults to have the opportunity to achieve and develop better emotional skills and character.

# Foundation to Drawing and Talking

## The Training Day



### What you will learn:

- How to run a Drawing and Talking therapy session
- How to combat any problems that 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 endings and losses
- How to deal with distress and child protection issues

## Creating a safe space to process pain and trauma

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 that 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 safeguarding 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.

**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](http://www.drawingandtalking.com)

2 Email

[info@drawingandtalking.com](mailto: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

**All training dates  
will be led online via  
Zoom**



## Foundation Courses - 9.30am to 3.30pm

**TUESDAY 2ND NOVEMBER 2021**

**WEDNESDAY 10TH NOVEMBER 2021**

**FRIDAY 19TH NOVEMBER 2021**

**THURSDAY 25TH NOVEMBER 2021**

**WEDNESDAY 1ST DECEMBER 2021**

**THURSDAY 9TH DECEMBER 2021**

**WEDNESDAY 12TH JANUARY 2022**

**FRIDAY 14TH JANUARY 2022**

**MONDAY 17TH JANUARY 2022**

**THURSDAY 20TH JANUARY 2022**

**TUESDAY 25TH JANUARY 2022**

**MONDAY 31ST JANUARY 2022**

**FRIDAY 4TH FEBRUARY 2022**

**WEDNESDAY 9TH FEBRUARY 2022**

**WEDNESDAY 23RD FEBRUARY 2022**

**WEDNESDAY 2ND MARCH 2022**

**MONDAY 7TH MARCH 2022**

**THURSDAY 17TH MARCH 2022**

**THURSDAY 24TH MARCH 2022**

**TUESDAY 29TH MARCH 2022**

## Evening Courses 4pm - 10pm

**FRIDAY 7TH JANUARY 2022**

**WEDNESDAY 16TH FEBRUARY 2022**

**WEDNESDAY 23RD MARCH 2022**

## Saturday Courses 8am - 2pm

**SATURDAY 26TH FEBRUARY 2022**



# Advanced Knowledge Training

## Taking Your Skills to the Next Level

### Advanced Training Dates

THURSDAY 11TH NOVEMBER 4PM TO 10PM
FRIDAY 26TH NOVEMBER 2021
FRIDAY 17TH DECEMBER 2021
SATURDAY 15TH JANUARY 2022 8AM TO 2PM
THURSDAY 27TH JANUARY 2022
THURSDAY 24TH FEBRUARY 2022
THURSDAY 10TH MARCH 2022 4PM TO 10PM
FRIDAY 25TH MARCH 2022



### 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
- What to do when a child will not draw (Sand Play)
- SDQ—assessment tool
- Using Drawing and Talking within groups
- The play continuum

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. You will 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, young people, and adults 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.

The Advanced Knowledge Training also covers the SDQ clinical assessment tool, which is used to measure pro-social behaviour, emotional symptoms, conduct problems, hyperactivity, and peer problems. This tool is invaluable in assessing your pupils' emotional and mental wellbeing.

All Training dates will be live and led via Zoom

<b>Course:</b> Advanced Knowledge Training	<b>Duration:</b> 1 day (9.30am to 3.30pm)	<b>Cost:</b> £275.00+ VAT (per delegate)
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# Ongoing Coaching and Supervision



Drawing and Talking encourages practitioners to ongoingly expand their skills and provides extensive professional development opportunities throughout the year.

We pride ourselves on continuously supplying members with high-level support from our team as well as gaining access to:

- **Monthly EXPERT-LED Group Supervision and Coaching Calls for your continued professional development**

Each month, we provide members with bespoke group supervision and coaching to help meet the demands that are placed on practitioners delivering Drawing and Talking Therapy. Practitioners can either attend these calls live or catch up on demand.

- **EXCLUSIVE Membership Resources Area and Library**

The Members Area provides a wealth of knowledge and resources which help Practitioners to deliver on best practice. This area contains all of our past supervision and coaching calls and also allows practitioners to share peer created resources.

- **Registration onto our GLOBAL Drawing and Talking Search Engine**

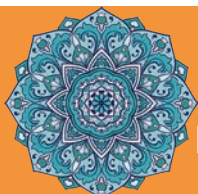
Our Drawing and Talking Search Engine hosts hundreds of practitioners, schools and organisations to showcase them to communities locally and internationally as being able to offer Drawing and Talking Therapy.

- **Access to HUGE Discounts on further Training and Products**

We are committed to ensuring that our Practitioners have access to ongoing professional development, so as part of our membership, we ensure that Practitioners have discounts onto all of our courses, programmes and benefit from our international partnerships.

- **ENHANCED Marketing Campaigns to boost the presence of Drawing and Talking Practitioners**

Drawing and Talking regularly promotes the Find a Practitioner service to help boost the awareness of the platform and profiles of practitioners, schools and organisations.



**Annual Subscription of £99 (incl. VAT)**

**For organisational subscription of 5 or more members contact us directly**



# In-house training options

## Summer term and Autumn availability

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

We offer individual school and organisational training days, or are you part of a cluster of schools?

### **Booking an Inset day enables your school, cluster or organisation to benefit from:**

- A private session for your team, providing a unique experience to learn our intervention and support children and young people in your care and each other
- An opportunity to bring your team together to learn a cost effective therapeutic intervention that can change lives in your setting
- Our discounted rate
- A community experience you can combine resources to host a virtual training day to distribute professional knowledge in your cluster or within your academy trust
- Each participant will receive a course manual and certificate

### **Who is this suitable for?**

- Local Authorities
- Primary and Secondary Schools
- Academy trusts & Local Clusters
- Charities

### **How does it work?**

One day virtual training hosted on zoom

- Minimum delegates 20
- Maximum delegates 40
- Discounted Rate

This course was fabulous. At last an intervention that gets at the pain in the unconscious that many children carry around with them. Drawing and Talking is a fantastic tool to promote healing!

FOUNDATION COURSE ATTENDEE  
2020

Thank you for a fantastic training event, I feel empowered to go back to school and make a difference.

FOUNDATION COURSE ATTENDEE  
2020

An amazing course. Even online it was so powerful. Can't wait to get started with making such a difference for children.

FOUNDATION COURSE ATTENDEE  
2020

# Testimonials

## Claire Pester Inclusion Manager/Assistant Head Teacher Mrs C Pester (Senior Leader) at Edgebury

“Our school is no different; the rise of children presenting with mental health difficulties, trauma and attachment difficulties increases year on year; yet the outside agencies available to support them have thresholds so high that a child may have to wait a significant amount of time in order to receive therapeutic support.

The introduction of Drawing and Talking at our school a couple of years ago was a game changer for us. It provided us with a short term intervention therapy method to support children to understand, develop strategies and manage their respective traumas. Drawing and Talking has enabled identified children at our school to flourish and the positive impact has been significant. The next steps for us as a school are to deliver a Drawing and Talking presentation to all staff once our school is fully reopened, and to identify additional staff to be qualified in the future to enable us to increase our caseload of children able to access the Drawing and Talking therapeutic intervention.”



## Jacqui Hicks TA in a Primary School

“Drawing and Talking has been central in changing not only the lives of the children I see each week but also my own life. It is extraordinary how drawing a picture and talking about it can make such a difference to a person’s life. Right from the beginning, I felt totally supported not only by the new friends and colleagues I made on the closed Facebook group, but by monthly group Zoom calls supported and supervised by the D & T management, plus being always available in a 1:1 situation to help; always caring, always supportive, always fun. The ongoing training from Drawing and Talking from Foundation training, upgrading that practice, going deeper into Healing through Art and completing the Advanced training course have all helped to create me into a confident practitioner of D & T. When Covid-19 hit the UK and we went into lockdown I focussed my CPD learning on being able to help children in and from a remote setting, adding to my D&T qualifications with bereavement counselling skills, safeguarding updates; and central to all this learning was D&T with another excellent course covering Best Practice for Delivering Remote Interventions.”

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

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.

Nicola Furey  
Nurture Leader

I have seen first-hand the response of children who have completed a course of Drawing and Talking and the results are outstanding.

Gemma Williamson  
Foundation Stage Leader



## Drawing and Talking

I have completed this with six children to date and have seen such great results, as have the other staff and families involved. Great intervention, I cannot champion it enough.

Claire Price  
Teaching Assistant

I remember, a long time ago, when we did the drawing. I've still got all the drawings and I keep them in my safe place and only show them to very special people.

Six year old child, seven months after completion of Drawing and Talking

For more information:

[www.drawingandtalking.com](http://www.drawingandtalking.com)

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[info@drawingandtalking.com](mailto:info@drawingandtalking.com)

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**CPD**  
**MEMBER**  
The CPD Certification  
Service