

Drawing and Talking

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.

Examples of children that will benefit from a therapeutic intervention such as Drawing and Talking:

- Are not realising their full potential, either academically or socially.
- Have suffered trauma.
- Have experienced the separation or divorce of parents.
- Suffer from anxiety, stress or phobias.
- Have suffered a loss or bereavement of any kind.
- Are withdrawn or continually unhappy.
- Find it difficult to make friends

How Drawing and Talking works

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. Work with the children is carried out safely and non-intrusively. The sessions work at an individual child's pace staying in the world of the child's drawing. The child sets the pace and decides what to bring to the session.

Benefits of Drawing and Talking

After the 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 gives them a better chance to thrive in the world around them.