



Draw and Talk is a safe and easy to learn serial drawing technique for use with children or young people who have suffered trauma or have underlying emotional difficulties. It supports those who are not realising their full potential, either academically or socially.

The purpose of the method is to encourage children to draw with a person with whom they feel comfortable at the same time each week. The trusted person will 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.

Drawing and Talking will benefit any child or young person who has suffered trauma which is affecting their mental health and well-being. The therapeutic intervention can be used with children from five years old right through to adulthood.

Drawing and Talking helps children who are struggling emotionally with certain situations. They may have had a bereavement, experiencing a family separation, witnessing domestic violence or experiencing some other emotional pain.

The child may not be able to vocalise their feelings and this may manifest as 'bad' behaviour, violence, sadness or angry outbursts.

Drawing and Talking interventions can facilitate the healing process by giving the child a protected space for deep healing work to take place.

After completion of Draw and Talk 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.

