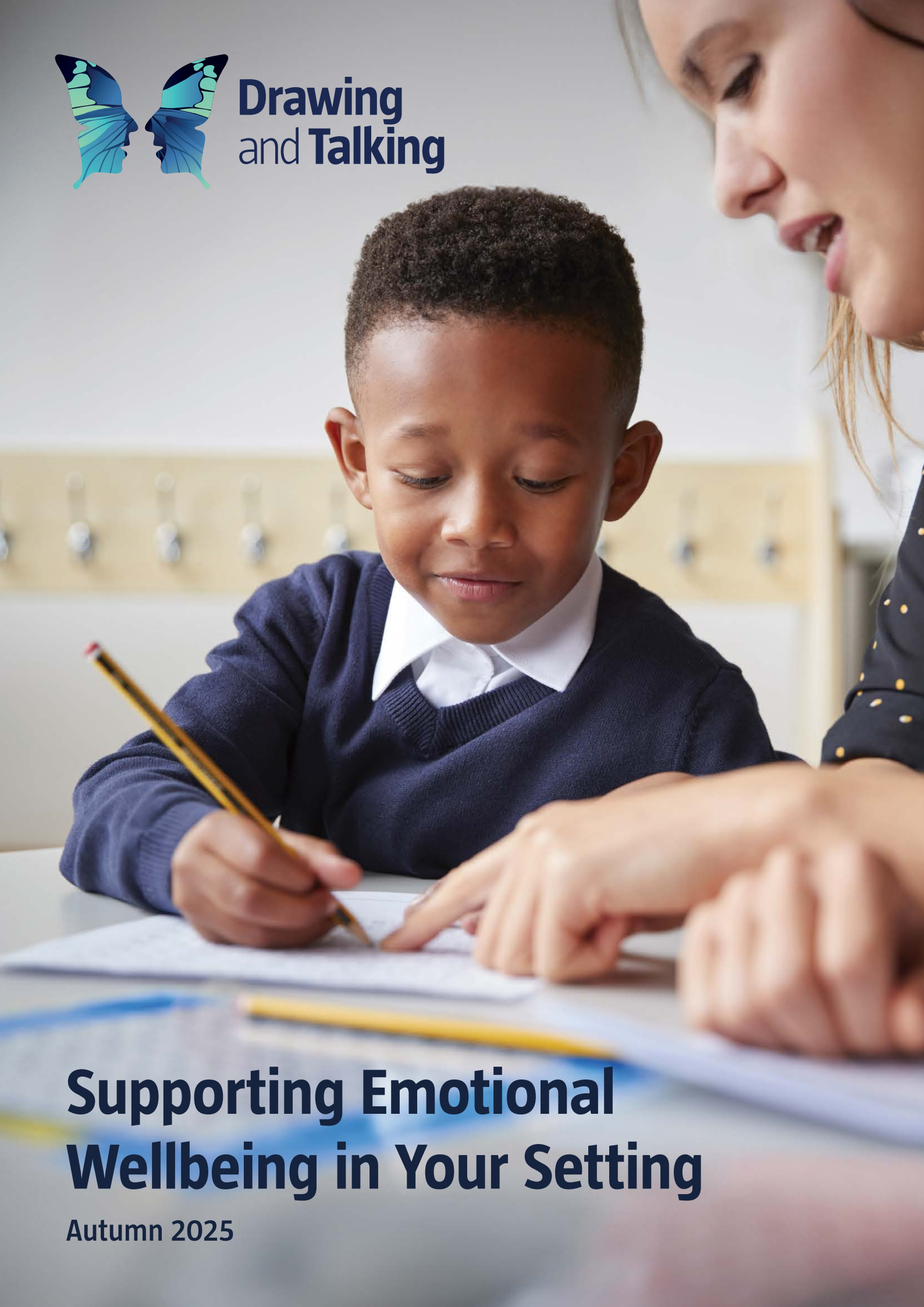




**Drawing
and Talking**



Supporting Emotional Wellbeing in Your Setting

Autumn 2025

Drawing and Talking **therapeutic training Autumn term 2025**

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The CPD Certification
Service

Our expert-led CPD courses are designed to provide practitioners and professionals with tools to develop and improve their practices.

All participants receive a Certificate Of Attendance to say that they have attended one of our CPD sessions.



**All courses delivered
via Zoom**

To ease your access to the training we provide all our training online via Zoom.

All courses are delivered by expert Practitioners.

Welcome to Drawing and Talking

Drawing and Talking is a child-centred intervention that prioritises a child's emotional journey over measurable behaviour changes. This unique method enables profound, long-term impacts by focusing on the inner healing process rather than setting fixed targets.



Create a safe space: a time-limited approach

You will meet your client for 30 minutes on the same day, time and place each week during a 12-week intervention. You will learn to ask clients a number of non-intrusive questions about their drawings and, over time, symbolic resolutions to conflicts are found and trauma begins to heal.

Work one-to-one to create secure attachments

The Practitioner carries out their work with an individual safely and non-intrusively, with respect for their pace and their state of being. This intervention work builds healthy attachments and helps to process trauma.

Guide them through a world of dream and fantasy

Once an individual feels safe and the Practitioner has created a secure attachment, their imagination begins to unfold. Based on Jungian principles, they will be guided through the power of healing, working with the unconscious.

Find symbolic resolution

After completion of the series of 12 weekly 30-minute therapeutic Drawing and Talking sessions, individuals are more able to control their behaviour and most importantly have higher self-esteem, allowing them to thrive in the world around them.

Training is designed for:

Education

- TAs and LSAs
- Learning Mentors
- Family Support
- SENCOs
- ELSAs
- Nurture Groups

Charities

- Children's Charities
- Hospices and Bereavement
- Women's Refuges
- Refugee Charities
- Mental Health Charities

Social Services

- Social Workers
- Family Support Workers
- Adoption or Fostering
- Transition From Care teams
- Youth Offending teams

Health

- CAMHS
- Mental Health Nurses
- Therapists
- Counsellors

Outcomes in Drawing and Talking

Whilst priority is given to the observational outcomes, utilising the Strengths and Difficulties Questionnaire (SDQ) can provide valuable data for those wanting to show improvements over time. We expect to see Drawing and Talking make the most noticeable changes in the emotional and prosocial scores.

Reflective observations

Using qualitative measures to monitor progress, considering the child's emotional state and their overall wellbeing. Frame your reflections around aims—what could be possible and what you hope for the child—rather than rigid objectives.

Your aims might differ from the child's needs for self-healing, but having these in mind will help you measure success. Engage parents and other staff to identify what improved wellbeing might look like, but avoid asking the child directly or setting fixed targets, as these are inconsistent with the principles of Drawing and Talking.



The Strengths and Difficulties Questionnaire (SDQ). Further Guidance for Senior Leaders

For a comprehensive understanding of how to use and interpret the SDQ within your school's mental health strategy, we recommend attending our training day: **SDQ launching Autumn 2025.**

Reported benefits from Practitioners

Faster recovery from emotional distress

Children can de-escalate from heightened emotional states more quickly, leading to fewer prolonged emotional disruptions.

Improved emotional regulation

Children can express their emotions in a safe, structured way, reducing emotional outbursts.

Enhanced social skills

Increased confidence in peer relationships, leading to stronger friendships and reduced social isolation.

Secure attachments with trusted adults

Development of safe, trusting relationships with key staff members, improving overall wellbeing.

Reduction in anxiety and stress

A noticeable decrease in worry, nervousness, and school-related anxiety.

Better sleep patterns

Improved ability to rest and regulate emotions, leading to better sleep quality.

Increased self-expression

Children articulate feelings before reaching a heightened emotional state, reducing frustration and outbursts.

Higher levels of happiness and enjoyment

A greater sense of joy in daily activities and school life.

Feeling loved and valued

A deeper experience of being cared for, increasing self-worth and resilience.

Stronger engagement with learning

A calmer, more focused mindset that can enhance participation in the curriculum.

Greater emotional literacy

Improved understanding of their own emotions and the ability to communicate them effectively.

A Proactive Approach: Building impact from the start

Practitioners return from training with a clear understanding of the Drawing and Talking framework and a list of people they believe could benefit from this intervention. Here's how you can support them in embedding this work into your setting effectively:

Who?

Spend time reviewing the Practitioner's list. Each child on it will have resonated with the Practitioner during training for a reason. Ask what it was about the technique or framework that brought these children to mind — it's an important insight into how Drawing and Talking could support them.

Note: Drawing and Talking can be an effective resource for the wellbeing of both staff and parents. Feel free to offer this to adults in your community. Your Practitioner is set up to offer this in addition.

What?

Remember, Drawing and Talking is a person centred approach, distinct from a behaviour modification programme. It isn't about SMART targets or fixed outcomes. Instead, it provides a safe space for children to imagine and "try on" new emotions and perspectives about themselves, their community, and the world.

Be prepared to observe subtle shifts: as clients feel a sense of belonging and acceptance, their ability to navigate relationships and social settings may improve naturally over time.

When?

Drawing and Talking is most effective as a proactive intervention. Use the Practitioner's list to plan sessions in advance, keeping developmental stages and the school calendar in mind:

- **Younger children:** Avoid starting with Year 1 or 2 students immediately, wait until after the Autumn half term — they need time to settle and adjust.
- **Older students:** Don't initiate sessions with Year 6 or 11 pupils during the summer term when exams or transitions dominate their focus.

While urgent cases may arise, scheduling sessions thoughtfully ensures maximum impact and provides structure for both children and staff.

Where?

Sessions should take place in a consistent, private, and safe setting. Key features to remember:

- Same day, same time, and same place each week.
- Sessions last 30 minutes and run over 12 weeks.

Consistency helps to foster secure attachment and supports nervous system regulation — critical to the intervention's success.

Why?

Think about the reasons why each child might not be flourishing emotionally or socially. What would an improvement in wellbeing look like for them in your school's environment?

Consider:

- How would you know if this intervention helped them feel better?
- What might you observe in their behaviour, engagement, or relationships?

Collaborate with your Practitioner and key staff to embed Drawing and Talking into your broader mental health strategy, creating a foundation for meaningful, school-wide impact.

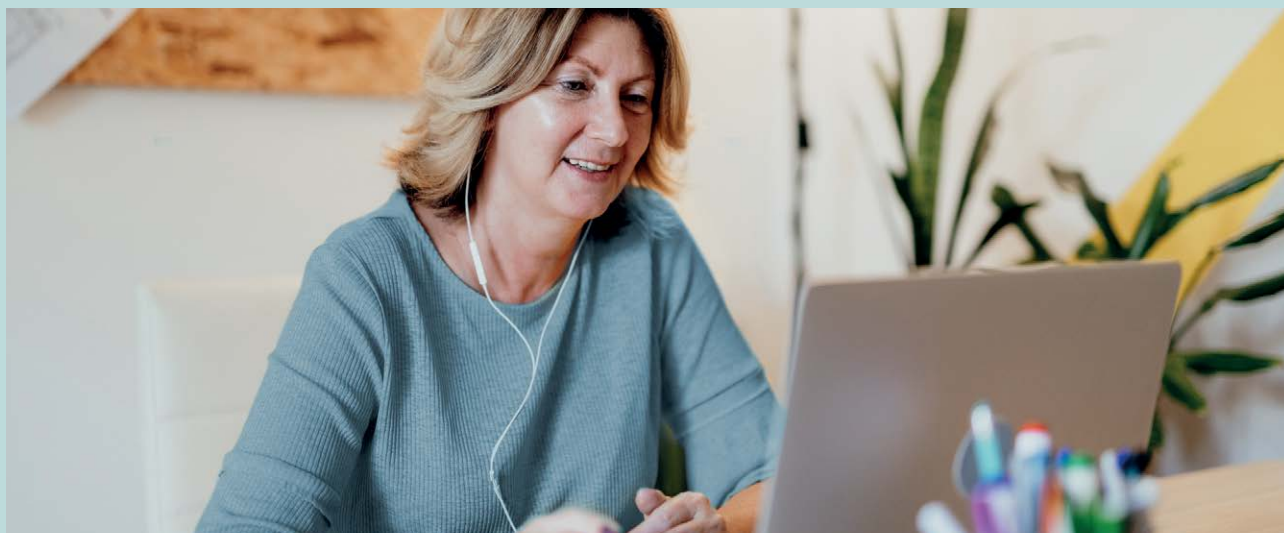
"An excellent course with a very straightforward model of therapeutic intervention."

Foundation Course Participant

"A very powerful tool which is flexible enough to use with adults and children with varying needs. Can't wait to get started."

Foundation Course Participant

Foundation to Drawing and Talking training



Duration: 1 day

Cost: £299 + VAT (per delegate) *includes the first year's annual Membership

The Foundation to Drawing and Talking consists of a full day's training. It is suitable for anyone who is working with vulnerable children or adults. No previous knowledge, training or experience is necessary.

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 participants basic neurobiological theory relating to trauma, the value of creating a safe and containing space, the importance of endings and losses, and the relevance of attachment.

The experiential component will provide an opportunity to develop the technique of mentally 'holding' another human being, an essential part of the therapeutic process.

Delegates will be expected to draw, but no special artistic ability is necessary, as the intention is solely to practise, experience and create the sessions for themselves and people with whom they will be working.

By the end of the training, participants should be confident enough to run sessions.

What you will learn:

- Jungian and attachment-based therapy
- How to run Drawing and Talking therapeutic sessions
- How to combat problems that can arise
- How to create a safe and containing space
- How to deal with distress and child protection issues
- How to identify different stages within drawings, as healing takes place
- Basic neurobiological theory relating to trauma
- The importance of 'endings' and 'losses'

"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**

Register and book online
drawingandtalking.com

Call us
020 8715 0745

Email us
info@drawingandtalking.com

Training Calendar Autumn 2025

Free Intro Webinars

Day	Date	Time
Wednesday	10th September 2025	7.30pm
Thursday	21st October 2025	7.30pm
Wednesday	19th November 2025	7.30pm

Register here:

drawingandtalking.com/introduction-webinar

“A utterly thought provoking experience. The process is simple and consistency is key, but the impact it will have on young people will be immense.”

Foundation Course Participant

Foundation to Drawing and Talking

Duration: 1 day
Cost: £299 + VAT (per delegate)

Day	Date	Time
Friday	4th July 2025	9.00am – 3.30pm
Tuesday	8th July 2025	9.00am – 3.30pm
Friday	11th July 2025	9.00am – 3.30pm
Thursday	28th August 2025	9.00am – 3.30pm
Monday	1st September 2025	9.00am – 3.30pm
Monday	8th September 2025	9.00am – 3.30pm
Friday	12th September 2025	9.00am – 3.30pm
Monday	15th September 2025	9.00am – 3.30pm
Thursday	18th September 2025	9.00am – 3.30pm
Wednesday	24th September 2025	9.00am – 3.30pm
Tuesday	30th September 2025	9.00am – 3.30pm
Thursday	2nd October 2025	9.00am – 3.30pm
Friday	10th October 2025	9.00am – 3.30pm



All courses delivered
via Zoom

Day	Date	Time
Tuesday	14th October 2025	9.00am – 3.30pm
Monday	20th October 2025	9.00am – 3.30pm
Wednesday	22nd October 2025	9.00am – 3.30pm
Monday	3rd November 2025	9.00am – 3.30pm
Friday	7th November 2025	9.00am – 3.30pm
Tuesday	11th November 2025	9.00am – 3.30pm
Wednesday	19th November 2025	9.00am – 3.30pm
Thursday	27th November 2025	9.00am – 3.30pm
Monday	1st December 2025	9.00am – 3.30pm
Friday	5th December 2025	9.00am – 3.30pm
Tuesday	9th December 2025	9.00am – 3.30pm
Friday	12th December 2025	9.00am – 3.30pm

**Choose one of the
following options to
book training dates:**

Register and book online
drawingandtalking.com

Call us 020 8715 0745

Email us

info@drawingandtalking.com
with the following: Participant Name(s);
Training Date; Invoice Address.

Advanced Knowledge in Drawing and Talking



Duration: 1 day

Cost: £325 + VAT (per delegate)

The Advanced Knowledge in Drawing and Talking is available to anyone who has completed the Foundation to Drawing and Talking training day.

It is a one-day programme providing participants with a deeper understanding of the therapeutic process involved in the practice of Drawing and Talking, and the theory which underpins the technique. You will delve deeper into Jungian Theory to explore the use of archetypes and symbols that arise in children's and adults' drawings.

You will also learn about development and movement along the Ego-Self Axis. Participants will learn two different techniques for running group sessions utilising the Drawing and Talking principles in a group environment. Children, young people, and adults can become more aware of their emotions and develop an understanding of how to process them. Group sessions also serve as an outlet where they can share feelings with peers and, in turn, understand that others can feel the same way.

Advanced Knowledge Training

Duration: 1 day

Cost: £325 + VAT (per delegate)

£275
for members
(discount)

Day	Date	Time
Monday	7th July 2025	9.00am – 3.30pm
Friday	29th August 2025	9.00am – 3.30pm
Monday	29th September 2025	9.00am – 3.30pm
Friday	24th October 2025	9.00am – 3.30pm
Tuesday	25th November 2025	9.00am – 3.30pm
Monday	8th December 2025	9.00am – 3.30pm

Course curriculum:

- Advanced Jungian theory, including: structure of personality and ego self axis
- **Sand Play** – a one-to-one approach
- **Group Work** – Using Drawing and Talking within a group (whole class approach and smaller, targeted groups approach)
- Archetypes and symbols

Register and book online
drawingandtalking.com

Call us
020 8715 0745

Email us
info@drawingandtalking.com

Drawing and Talking Annual Membership



Mandatory Annual Subscription: £99 + VAT
(first year included in the cost of the Foundation to Drawing and Talking training)

After training, your Practitioner is now equipped to begin delivering Drawing and Talking sessions. Ongoing professional development is vital to maintaining quality and impact. Each year, every Practitioner is required to complete 6 hours of coaching and CPD in order to remain accredited; this is accessed via the Membership platform.

Regular group coaching calls

We provide Members with bespoke group supervision and coaching to help meet the demands placed on them. Practitioners can attend these calls live or catch up on demand.

Explore exclusive resources

The Members Area provides a wealth of knowledge to help Practitioners to deliver best practice. It contains all our past supervision and coaching calls and includes Masterclasses from industry leaders.

Discounts on further training

Course discounts available to all Members. These include: Advanced Knowledge training, Healing through Art, our essential Review your Practices short courses and the Understanding the Strengths and Difficulties Questionnaire training course.

One-to-one check-in calls

These are designed to support you in your role as a Practitioner – to guide you in your starting sessions.

Recognition for your organisation

The Practitioner will be added to our directory, showcasing your commitment to implementing best practices in mental health support. This recognition highlights your dedication to creating a nurturing environment for emotional wellbeing.

Review your Practices

This course is complimentary for all Members who renew their annual subscription and offers 2 hours CPD.

By reviewing the structure and fundamental principles of the technique, you will make permanent shifts in your mindset which, in turn, provide the ability to create deeper relationships with anyone you work with.

The training is just the beginning — our exceptional customer service and aftercare are what truly set us apart. Together, let's create a supportive, thriving environment for everyone in our communities.

In-house training



Drawing and Talking provides In-house and INSET days for teams or groups of 20 or more in schools, charities and organisations

In-house training days are the most cost-effective way to train groups of 20 or more staff in the Drawing and Talking therapeutic technique.

Benefits include:

- An opportunity to bring your team together and learn our therapeutic technique at an equal level and pace to ensure that all delegates receive the same training
- A community experience where you may combine resources to host a virtual or in-person training day to distribute professional knowledge in your cluster or within your Academy Trust
- A private session for your team that may be tailored to address specific needs within your organisation in delivering the Drawing and Talking technique
- An opportunity to learn, discuss and expand your team's ability to teach and to benefit from other Practitioners experience within your organisation, whilst being guided by Drawing and Talking representatives
- Discounted rates, depending on the number of delegates that attend (minimum 20)
- Course manuals and certificates, and trainer expenses are included

Who is this suitable for?

- Local Authorities and Virtual Schools
- Primary and Secondary Schools
- Academy Trusts and local clusters
- Charities
- Mental Health Teams

How does it work?

- One day virtual training hosted on Zoom, or in-person (restrictions allowing)
- Minimum number of delegates: 20

Arrange a training day:
Call us on 020 8715 0745 or email
info@drawingandtalking.com
for more information

"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

23 years

of delivering training across
the United Kingdom

30,000+

Drawing and Talking
Practitioners trained

1 million

people supported by
Drawing and Talking

Putting
mental health
first

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

Headteacher, mainstream primary school

For more information:

drawingandtalking.com
info@drawingandtalking.com
020 8715 0745

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