



# Drawing and Talking

In association with  
 Mental Health Hub



## An attachment-based therapeutic intervention

Summer 2024



# Drawing and Talking Therapy Training 2024



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Our expert-led CPD courses are designed to provide practitioners and professionals with immediate 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 taught by expert practitioners.

# Welcome to Drawing and Talking

A therapeutic intervention designed to complement CAMHS and other specialist therapies. How a Drawing and Talking session works:



## 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 a symbolic resolution is found to conflicts and trauma begins to heal.

## Work one-to-one to create secure attachments

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

## Guide them through the 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 when working with the unconscious.

## Find symbolic resolution

After completion of the series of 12 weekly 30-minute Drawing and Talking therapy 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.



# Why Drawing and Talking training is so important

Drawing and Talking Therapy is the number one alternative to CBT and direct talking therapies.

Drawing and Talking allows individuals to discover and communicate emotions through a non-directed technique, setting it apart from existing solution-focused and cognitive-based therapies and interventions.

The Drawing and Talking courses provide everything needed to begin using this powerful and simple person-centred therapeutic approach, without additional specialist training. As a one-to-one intervention, Practitioners are trained how to lead a session in person or via remote facilities, so that clients can receive consistent support even during extreme events such as a national or regional lockdown.

With one in four people suffering from poor mental health there is an ever-growing need and demand to provide support in many communities throughout the world. Many government policies are now targeting professionals to expand their range of offerings. We have a comprehensive suite of training options for independent professionals, your school, local service, charity or organisation.

Drawing and Talking Therapy can be delivered quickly and cost effectively by anyone who has received the appropriate training.



## Training is designed for:

### Education

- TAs
- 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 Liaison Officer
- Adoption or Fostering
- Transition from Care Teams
- Youth Offending Teams

### Health

- CAMHS
- Mental Health Nurses
- Therapists
- Counsellors

**and anyone working with vulnerable people**

# Foundation to Drawing and Talking Therapy



Duration: 1 day

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

## What you will learn:

- Jungian and attachment-based therapy
- How to run Drawing and Talking therapy 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 the different stages within drawings as healing takes place
- Basic neurobiological theory relating to trauma
- The importance of 'endings' and 'losses'

The Foundation Training consists of a full day's training. It is suitable for anyone who is working with vulnerable children or young 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.

Participants will be expected to draw but no special artistic ability is necessary as it is solely to practice, 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 get started.

**"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**

# Training Calendar

## Free Intro Webinars

Day	Date	Time
Wednesday	27th March 2024	7.30pm – 8.45pm
Wednesday	1st May 2024	7.30pm – 8.45pm
Monday	3rd June 2024	7.30pm – 8.45pm

Choose one of the following options to book training dates:

**Register and book online**  
[drawingandtalking.com](http://drawingandtalking.com)

**Call us** 020 8715 0745

**Email us** [info@drawingandtalking.com](mailto:info@drawingandtalking.com)

with the following: Participant Name(s); Training Date;  
Invoice Address.

## Foundation to Drawing and Talking

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

Day	Date	Time
Monday	26th February 2024	9.00am – 3.30pm
Thursday	29th February 2024	9.00am – 3.30pm
Tuesday	5th March 2024	9.00am – 3.30pm
Friday	8th March 2024	9.00am – 3.30pm
Wednesday	13th March 2024	9.00am – 3.30pm
Monday	18th March 2024	9.00am – 3.30pm
Thursday	21st March 2024	9.00am – 3.30pm
Tuesday	26th March 2024	9.00am – 3.30pm
Monday	15th April 2024	9.00am – 3.30pm
Thursday	18th April 2024	9.00am – 3.30pm
Tuesday	23rd April 2024	9.00am – 3.30pm
Friday	26th April 2024	9.00am – 3.30pm
Wednesday	1st May 2024	9.00am – 3.30pm
Wednesday	8th May 2024	9.00am – 3.30pm
Friday	10th May 2024	9.00am – 3.30pm
Tuesday	14th May 2024	9.00am – 3.30pm
Friday	17th May 2024	9.00am – 3.30pm

Day	Date	Time
Wednesday	22nd May 2024	9.00am – 3.30pm
Saturday	25th May 2024	8.00am – 2.30pm
Tuesday	4th June 2024	9.00am – 3.30pm
Friday	7th June 2024	9.00am – 3.30pm
Monday	10th June 2024	9.00am – 3.30pm
Thursday	13th June 2024	9.00am – 3.30pm
Wednesday	19th June 2024	9.00am – 3.30pm
Tuesday	25th June 2024	9.00am – 3.30pm
Monday	1st July 2024	9.00am – 3.30pm
Thursday	4th July 2024	9.00am – 3.30pm
Tuesday	9th July 2024	9.00am – 3.30pm
Friday	12th July 2024	9.00am – 3.30pm
Wednesday	17th July 2024	9.00am – 3.30pm
Friday	19th July 2024	9.00am – 3.30pm
Thursday	22nd August 2024	9.00am – 3.30pm
Friday	30th August 2024	9.00am – 3.30pm

# Advanced Knowledge Training in Drawing and Talking



**Duration: 1 day**

**Cost: £299 + VAT (per delegate)**

## What you will learn:

- Recurring patterns and symbolism in drawings
- Advanced Jungian Theory, including: Collective unconscious and synchronicity, transference, countertransference and archetypes
- Sand Play – a one-to-one approach
- What to do when a child will not draw
- Using Drawing and Talking within groups (whole class approach and smaller, targeted groups)
- The Play Continuum

Advanced Knowledge in Drawing and Talking Training is available to anyone who has completed the Foundation Course. 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 patterns that arise in children's drawings. You will also learn about development and movement along the Ego-Self Axis.

Participants will learn how to run 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.

**“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**



# In-house Training



## Drawing and Talking provide Inset and In-house training days for large organisations and teams

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

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

- The opportunity to bring your team together and learn our therapeutic technique at an equal level and pace to ensure all delegates receive the same training
- A community experience where you may combine resources to host a virtual 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 teams ability to teach and to benefit from other practitioners experience within your organisation, whilst being guided by Drawing and Talking representatives
- Discount rates, dependant on the number of delegates that attend (minimum 20)
- A course Manual and Certificate and trainer expenses included

## Who is this suitable for?

- Local Authorities
- Primary and Secondary Schools
- Academy Trusts & Local Clusters
- Charities
- Mental Health Teams

## How does it work?

- One day virtual training hosted on zoom, or in person (restrictions allowing)
- Minimum delegates 20

Arrange a Training Day:  
Call us on 020 8715 0745 or email  
[info@drawingandtalking.com](mailto: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

# After training – Annual Membership & Supervision



Subscription: £99 + VAT  
For organisational subscriptions - Contact us directly

**We encourage Practitioners to continuously expand their skills. Joining as a member provides Practitioners with extensive professional development opportunities throughout the year.**

## **Monthly group coaching calls**

Each month 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 allows Practitioners to share peer-created resources.

## **Redeem huge discounts**

As Members, Practitioners have discounts on all of our courses and programmes and benefit from our international partnerships.



## Advanced Knowledge Training

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

£250  
for members  
(discount)

Day	Date	Time
Wednesday	27th March 2024	9.00am – 3.30pm
Monday	29th April 2024	9.00am – 3.30pm
Saturday	11th May 2024	8.00am – 2.30pm
Monday	20th May 2024	9.00am – 3.30pm
Friday	28th June 2024	9.00am – 3.30pm
Wednesday	10th July 2024	9.00am – 3.30pm
Wednesday	28th August 2024	9.00am – 3.30pm

## Annual Membership: Coaching Calls

Subscription: £99 + VAT  
For organisational subscriptions of 5 or more members – Contact us directly

Day	Date	Time
Tuesday	12th March 2024	7.30pm – 8.30pm
Tuesday	9th April 2024	7.30pm – 8.30pm
Tuesday	14th May 2024	7.30pm – 8.30pm
Tuesday	11th June 2024	7.30pm – 8.30pm
Tuesday	9th July 2024	7.30pm – 8.30pm
Tuesday	13th August 2024	7.30pm – 8.30pm
Tuesday	10th September 2024	7.30pm – 8.30pm
Tuesday	8th October 2024	7.30pm – 8.30pm
Tuesday	12th November 2024	7.30pm – 8.30pm
Tuesday	10th December 2024	7.30pm – 8.30pm

## Review Your Practices

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

As part of continued membership, one complimentary course is available annually for members who renew their annual subscription. This can be attended on a date of your choice one year after your initial training.

Foundation Review Course  
Cost: £80 + VAT (per delegate)

Complimentary  
subject to  
above

Day	Date	Time
Monday	11th March 2024	9.30pm to 11.30pm
Wednesday	17th April 2024	12.30pm to 2.30pm
Thursday	16th May 2024	12pm to 2pm
Wednesday	05th June 2024	9.30am to 1.30am
Monday	08th July 2024	12.30pm to 2.30pm
Thursday	29th August 2024	8am to 10am

Advanced Review Course  
Cost: £80 + VAT (per delegate)

Complimentary  
subject to  
above

Day	Date	Time
Tuesday	12th March 2024	12.30pm to 2.30pm
Wednesday	17th April 2024	9.30pm to 11.30pm
Thursday	16th May 2024	2.30pm to 4.30pm
Wednesday	05th June 2024	12.30pm to 2.30pm
Monday	08th July 2024	9.30pm to 11.30pm
Thursday	29th August 2024	11am to 1pm

## Additional CPD: Short courses

A Jungian Approach to Healing through Art  
Cost: £80 + VAT (per delegate)

Day	Date	Time
Tuesday	07th May 2024	7pm to 9pm

Choose one of the following options to book training dates:

Register and book online  
[drawingandtalking.com](http://drawingandtalking.com)

Call us 020 8715 0745

Email us

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

**22 years**

of delivering training across  
the United Kingdom

**50,000+**

Drawing and Talking  
Practitioners trained

**Millions**

of 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.”**

**Head Teacher, mainstream Primary School**

**For more information:**

[drawingandtalking.com](http://drawingandtalking.com)  
[info@drawingandtalking.com](mailto:info@drawingandtalking.com)  
020 8715 0745

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In association with  
 **Mental Health Hub**

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