



Drawing and Talking

In association with
 Mental Health Hub



Therapy Training – Drawing and Talking for Older Adults

An attachment-based therapeutic intervention

Drawing and Talking for Older Adults – Therapy Training



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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.

Drawing and Talking Therapy for the Older Adults

Drawing and Talking Therapy, exclusively offered, is a creative intervention surpassing traditional talking therapies. Crafted for the older adults and those living with dementia, this approach offers a secure space for self-expression through drawing, facilitating communication of intricate emotions without the need for direct verbal articulation.

Create a safe space

In our dedicated care for older adults and those navigating dementia, we create a secure space through a 12-week Drawing and Talking therapy intervention. Each week, clients meet on a 1:1 basis, same day, time, and place, fostering a routine that promotes comfort and familiarity. Alternatively group Drawing and Talking sessions can be offered to a group of 6-8 people for 45 minutes each week, for a course of 6 sessions.

Build 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 through imagination

Once an individual feels secure, practitioners, drawing inspiration from Jungian principles, lead them through the captivating realms of dreams and fantasy. This journey unfolds the power of healing within the unconscious mind.

Attain symbolic resolution

Concluding the 12 weekly (1:1) or 6 weekly (group), individuals gain enhanced control over their behaviour and, most significantly, experience elevated self-esteem, empowering them to thrive in their surroundings.



Join us for a free (no obligation) webinar to find out what's involved in becoming a Drawing and Talking Practitioner.



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 is a distinctive therapeutic approach, offering individuals, including older adult clients living with dementia, a non-directed technique to explore and express emotions. This method sets itself apart from existing solution-focused and cognitive-based therapies and interventions.

Tailored for both group and one-to-one interventions, Drawing and Talking courses equip practitioners to facilitate sessions in person or remotely, ensuring consistent support for clients, even in challenging circumstances.

In response to the growing need for mental health support, where one in four individuals experiences poor mental health, there is an increasing demand for accessible interventions in communities worldwide.

The beauty of Drawing and Talking Therapy lies in its simplicity and effectiveness, making it accessible to anyone who has undergone the appropriate training. This makes it a quick and cost-effective solution for delivering therapeutic support, particularly beneficial for older adult clients living with dementia.



Designed for anyone working with older adults and those living with dementia:

Care homes

- Activities Coordinator
- Care Coordinator
- Occupational Therapist
- Physical Therapist
- Recreational Therapist

Hospice Care

- Resident Care Coordinator
- Geriatric Nurse
- Hospice Nurse
- Nursing Assistant

Healthcare Services

- Case Manager
- Memory Care Coordinator
- Dementia Care Specialist
- Behavioural Specialist
- Speech-Language

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 with dexterity and cognition
- How to create a safe and containing space
- How to deal with distress and dementia issues
- How to identify the different stages within drawings as healing takes place
- Basic neurobiological theory relating to trauma and memory loss
- The importance of 'endings' and 'losses'

The Foundation Training, designed for a full day, is well-suited for individuals working with older adult clients, particularly those with dementia, or vulnerable older adults. No prior knowledge, training, or experience is required to participate.

Throughout the training, attendees will witness the transformative effects of this powerful yet safe healing method, observing how drawings evolve over time. The theoretical component delves into basic neurobiological theory related to trauma, emphasises the creation of a safe and containing space, highlights the significance of handling endings and losses, and explores the relevance of attachment, especially pertinent when working with older individuals facing dementia.

The experiential aspect of the training offers a unique opportunity to hone the skill of mentally 'holding' another human being, an essential element of the

therapeutic process. While participants will engage in drawing, no special artistic ability is necessary; the focus is on practice, experience, and creating sessions for themselves and the older clients with dementia or others they may work with. By the training's conclusion, participants should feel confident and equipped to begin implementing these techniques effectively.

"I have witnessed firsthand the remarkable responses of older clients with dementia who have undergone a Drawing and Talking course."

Activities Coordinator

Advanced Knowledge Training in Drawing and Talking



Duration: 1 day

Cost: £299 + VAT (per delegate)

£250
for members
(discount)

What you will learn:

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

The Advanced Knowledge in Drawing and Talking Training, available to Foundation Course graduates, is a one-day programme deepening participants' comprehension of the therapeutic process in working with older clients with dementia through Drawing and Talking. This advanced training explores Jungian Theory, focusing on archetypes and patterns in drawings, as well as development along the Ego-Self Axis.

Participants will gain skills in leading group sessions using Drawing and Talking principles, offering older individuals a platform to enhance emotional awareness and processing. In a group setting, individuals with dementia can share emotions, fostering understanding that others may experience similar feelings.

"I've applied this with six older clients with dementia, witnessing significant positive results acknowledged by staff and families. A truly commendable intervention."

Hospice Nurse

Training Calendar

NEXT FREE Intro Webinar...

Day	Date	Time
Wednesday	15th April 2024	7.30pm – 8.45pm

Foundation to Drawing and Talking working One-to-One

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

Day	Date	Time
Monday	8th April 2024	9.00am – 3.30pm
Monday	13th May 2024	9.00am – 3.30pm
Monday	8th July 2024	9.00am – 3.30pm
Monday	19th August 2024	9.00am – 3.30pm
Wednesday	11th September 2024	9.00am – 3.30pm

Advanced Knowledge Drawing and Talking working with Groups

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

Day	Date	Time
Monday	29th April 2024	9.00am – 3.30pm
Saturday	11th May 2024	9.00am – 3.30pm
Wednesday	10th July 2024	9.00am – 3.30pm
Wednesday	28th August 2024	9.00am – 3.30pm
Friday	27th September 2024	9.00am – 3.30pm

OR book both our training programmes for just **£549**

To book an inhouse team training day in person or online options available subject to numbers do get in touch with us to find out more – info@drawingandtalking.com

Choose one of the following options to book training dates:

Register and book online drawingandtalking.com

Call us 020 8715 0745

Email us to book info@drawingandtalking.com

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



Annual membership coaching calls

Subscription £99 + VAT

Subscription membership is included in your first year after completion of the Foundation training.

We encourage Drawing and Talking Practitioners to continuously expand their skills. You will have access to course discounts, resources and monthly coaching calls.

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.

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 empowers individuals in our dementia care home to navigate their thoughts, emotions, and anxieties through a gentle and familiar medium, guided by trusted and compassionate caregivers."

Resident Care Coordinator

For more information:

drawingandtalking.com
info@drawingandtalking.com
020 8715 0745

Drawing and Talking Ltd,
4 Langdale Avenue,
Mitcham, Surrey CR4 4AE

In association with
 **Mental Health Hub**

CPD
MEMBER
The CPD Certification
Service