

# Drawing and Talking Therapy

**We deliver Drawing and Talking Therapy at our school by trained members of our Wellbeing Team. If you would like more information about this therapy please speak to a member of the team.**

Drawing and Talking is a therapeutic intervention for children and adults. It is designed as a short-term pro-active intervention intended to complement, rather than replace, the work of Specialist Mental Health Services. Through a 12-week cycle of sessions this non-intrusive tool allows children and young people to bring what they need to their sessions. It utilises drawing as a way to help them express their feelings. The Drawing and Talking therapeutic approach allows individuals to discover and communicate emotions through a non-directed technique. This is what sets Drawing and Talking apart from existing solution-focused and cognitive based therapies and interventions.

