

Drawing and Talking – Bridging the Gap in Communication

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.



Utilising drawing is a way to help them to express their feelings beyond ordinary verbal language. By creating a secure attachment and a safe space to process difficult feelings, a symbolic resolution is found to conflicts, and trauma, begins to heal. The Drawing and Talking therapeutic approach allow 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.