



**Drawing
and
Talking**

Adults Fact Sheet



Drawing and Talking is a person-centred one to one intervention focusing on supporting your social and emotional wellbeing.

Drawing and Talking Therapy

What Happens During Drawing and Talking Sessions?

Drawing and Talking provides an effective way for adults to process emotional pain, anxiety or trauma they may be experiencing.

Adults are impacted emotionally by many different events, struggles or traumas. Sometimes we are unable to make sense of how we are feeling and how those feelings are impacting on our happiness and ability to navigate the world.

Too often, people feel afraid to admit they need help around their mental health and emotional wellbeing. Whether you are a child or adult, parent or grandparent we all, at times, feel like we are struggling.

The important thing to know and remember is you are not alone, and help is available.

During Drawing and Talking you will work one to one with a trained Drawing and Talking practitioner for 30 minutes, once a week over 12 sessions. Within the sessions, you will draw anything you choose and will be encouraged to talk about feelings using storytelling language to help make sense of your internal world.

The technique is intended to allow you to play, by drawing a picture, and process any emotions you are holding internally in a safe and non-confrontational way, working at your own pace.

The sessions remain confidential between you and the practitioner. At the end of each session, your picture will be put into a folder and kept safe until the next session.

At the end of all the work (12 sessions), when you're feeling better, the folder is handed back to you for you to keep as you wish.



Drawing and Talking is not Cognitive Behavioural Therapy (CBT) or intended to be used as a tool to 'find out' what is wrong or to fix a problem. You do not have to speak directly about your past or present difficulties, however using Drawing and Talking will help find a resolution to old conflicts, and trauma is often healed.

Drawing and Talking has been specifically designed as a short term intervention. Some adults find this is enough to support them in their lives, and others find this technique a nice introduction to longer-term therapy.