



Drawing and Talking

Drawing and Talking is available at St Augustines Primary School and is delivered by school staff Mrs Webb, Mrs Pound and Mrs Graham who are fully trained in delivering the therapy.

What is Drawing and Talking?

Drawing and Talking Therapy is a safe, gentle, approach for any individual or young person who needs some support with emotional difficulties. Using this therapeutic approach the individual will be able to express unconscious thoughts through a combination of drawing and talking. A resolution is reached as the young person is able to address the way they feel about past events or current concerns. No artistic ability needed.

Drawing and Talking Therapy is a 12 week programme with a weekly 30 minute session.

Therapeutic interventions, such as Drawing and Talking can help anyone who:

- Is experiencing anxiety, stress or phobias
- Are not realising their full potential either socially or academically
- Is feeling a lack of confidence in themselves
- Are withdrawn or continually unhappy
- Find it difficult to make friends
- Quarrel frequently with peers or siblings
- Suffer from disrupted or disturbed sleep
- Have suffered loss or bereavement
- Family change
- Have suffered trauma
- Are young carers
- Are socially disadvantaged
- Are suffering from the effects of domestic abuse
- Bully others or is bullied themselves
- Display inappropriate behaviour
- **How do I refer my child?**
- For further information, or to refer your child, please speak to Mrs Webb or Mrs Pound (Pupil and Family Support Leads) and/or your child's Classteacher. In order to access the provision, a signed school referral form is required