



Drawing and Talking

Drawing and Talking can be a one to one intervention or a group intervention. The one to one sessions are carried out over a course of 12 weeks and the pupil has a 30 minute slot at the same time each week with the same practitioner. The group sessions are carried out over a course of 6 weeks and the sessions are also 30 mins, at the same time each week, with the same practitioner and the same group of pupils.

The purpose of this intervention is for the child to draw with a person with whom they feel comfortable. The trusted person will ask a number of non-intrusive questions about the drawing. Over time a symbolic resolution is found to old conflicts and trauma is healed.

The intervention is carried out safely and non-intrusively, with respect for the child's own pace and state of being. The practitioner always stays in the world of the child's drawing. The child sets the pace and decides what to bring to the session.

After completion of the Drawing and Talking intervention, children are more able to control their behaviour, better able to access an academic curriculum and, most importantly, have higher self-esteem.

These sessions are also very enjoyable and are something pupils often look forward to each week.

Drawing and Talking can help children who:

- Suffer from anxiety, stress or phobias
- Quarrel frequently with peers or siblings
- Find it difficult to make friends

- Struggle with social interactions
- Have low self-esteem or lack in confidence
- Are not realising their full potential either socially or academically
- Are withdrawn or continually unhappy
- Suffer from disrupted or disturbed sleep
- Have been or are in the process of being adopted or fostered
- Suffer because of separated or divorced parents
- Are young carers
- Have suffered trauma
- Are socially disadvantaged
- Are suffering from the effects of domestic violence
- Have suffered loss or bereavement of any kind
- Are ill, disabled or autistic
- Bully others or are bullied themselves
- Display inappropriate behaviour
- Do not play
- Are at risk of being, or have been excluded from school

This is an intervention that is suitable for children of all ages. For those children who are in the early years or for those who do not want to draw there is an option to use sand play instead.

At Aboyne Lodge School we have two fully trained Drawing and Talking Practitioners

The practitioners are:

Mrs Mandy Thomas and Mrs Ruth Clinton

If you would like any further information about this intervention or you would like your child to be considered for Drawing and Talking sessions please contact Ruth Clinton using the following email address

senco@aboyne.herts.sch.uk