

# DRAWING AND TALKING FOUNDATION COURSE

Online training hosted on ZOOM

Date 19<sup>th</sup> June 2020

**Attending the Foundation training will enable anyone who attends to deliver one to one, in person and online sessions so that support is consistently available should we need to continue distancing measures.**

Drawing and Talking is a safe, easy to learn method of working with children, teenagers and young adults, to help with underlying emotional difficulties that may be affecting their learning and behaviour. The core of the method is encouraging the pupil to draw with a person with whom they feel comfortable, regularly, at the same time each week, and this person asking some non-intrusive questions about the pupil's drawings. Over time, a symbolic resolution is found to old conflicts, old trauma is healed, and the pupil is more able to control their behaviour and better able to access the curriculum.

Working with the child's inner world needs to be carried out safely and non-intrusively, with respect for the child's own pace and state of being. Anyone using Drawing and Talking learns to stay in the world of the child's drawing. The child sets the pace and decides what to bring to the session. Often, in a first session, a child will produce a very neutral drawing, something in the room or the view from a window. Once they feel safe, their imagination begins to unfold.

## The Foundation Training Course – 1day ONLINE

Led by Cath Beagley MD of Drawing and Talking

**1 place available per school, contact [lucie.keeling@nottscc.gov.uk](mailto:lucie.keeling@nottscc.gov.uk) to book your place**



The foundation course online consists of a full day's training online via zoom. With comfort breaks and lunch break It is suitable for anyone who is working with vulnerable children and young people. No previous knowledge, training or experience is necessary.



Participants will learn how to put this simple technique into practice. They will learn how to get started, how to run a session and how to deal with common problems which can arise.



Drawing and Talking is a serial drawing technique which takes place over a **12-week** period. During the training there will be an opportunity to see how drawings change over time as this powerful, yet safe, healing method takes effect.



The theoretical component to the training will teach basic neurobiological theory relating to trauma, how to create a safe and containing space, the importance of endings and losses, how to deal with distress and Child Protection issues.



The experiential component will be an opportunity to develop the technique of mentally 'Holding' and 'Being With', another human being, an essential part of the therapeutic process.



Participants will be expected to draw but no special artistic ability is necessary as it is solely to practise, experience and create the sessions for them and people with whom they will be working. By the end of the training, participants should be confident to get started.

### Training is designed for:

Head Teachers, Teachers, Teaching Assistants, Learning Mentors, SENCO's, Pastoral Care, Family Support Teams or anyone working within the charitable sectors with children, teenagers and young adults

Train with Drawing and Talking [www.drawingandtalking.com](http://www.drawingandtalking.com).

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