

Drawing and Talking Therapy

A small group intervention safely exploring emotions to develop interpersonal relationships and social skills

Drawing and Talking Therapy is a structured, attachment-focused intervention that uses the creativity of drawing and talking to support emotional healing and psychological well-being. It enables children to explore their unconscious thoughts and emotions through artwork and encourages a calming and reflective state, reducing stress and anxiety.

Drawing avoids the constraints of language and articulate feelings that may be difficult to verbalise.

Benefits of 1:1 Drawing and Talking Therapy

- ★ **Facilitating emotional expression and processing**
- ★ **Promoting self-awareness**
- ★ **Reducing anxiety and stress**
- ★ **Enhancing communication skills**

Transition to Group-Based Drawing and Talking

Drawing and Talking Therapy in a group setting has additional benefits. Groups provide opportunities for shared experiences, social interaction and mutual learning, enhancing emotional, social and cognitive development.

1. Developing social integration

2. Mutual support and shared experiences

3. Reflective listening and insight development

4. Breaking down isolation

5. Promoting emotional awareness

6. Encouraging self-discovery

Key Information

- Suitable for children 7-12 years old
- 10 term-time weekly sessions
- A research-backed, creative and fun approach to learning

Led by Dr Pippa, The Child Psych is a growing practice in the heart of Berkhamsted. Our multi-disciplinary team specialise in ASD, nurture and attachment; we have years of experience carry out assessments, supporting academic achievement, and designing and implementing bespoke interventions. We believe that with our evidence-based methods and personalised support, we can help young people in each stage of their journey.



Dr. Pippa Busch
(Hons), DECPsy, CPsychol

Child and Educational Psychologist
HCPC Registered.

For more information or to book, get in touch with us at...

 hello@TheChildPsych.co.uk



 www.TheChildPsych.co.uk  113 High Street, Berkhamsted, Herts, HP4 2DJ

Other services that we offer...

FAMILIES

Services that help you learn, find your community, and mingle with people who get it!

Events

- ★ Coffee Mornings
- ★ Psych Nights

Interventions

- ★ Group Interventions
- ★ 1:1 Interventions

Kids Groups

- ★ Happy Confident Me
- ★ Emotional Based School Avoidance (EBSA)

Home Consultations

- ★ A personalised service for you and your child

EDUCATORS

Collaborating with educators, The Child Psych translates the latest research into classroom-ready resources and career-enhancing development, with children at the heart

Educator Training

- ★ ELSA Training

Bespoke Training

- ★ INSET Days
- ★ SEND and Inclusion

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