

Foundation to Drawing and Talking

Lancashire Virtual School In person training 09.00am to 3.30pm:
24th February 2026: Duration: 1 day



Duration: 1 day: 5.5` hours CPD To Book your place [CLICK HERE](#)

The Foundation training includes the first year's annual Drawing and Talking Membership subscription*

What you will learn:

- Jungian and attachment-based therapy
- How to run Drawing and Talking therapeutic sessions
- How to combat problems that can arise
- How to create a safe and containing space
- How to deal with distress and child protection issues
- How to identify different stages within drawings, as healing takes place
- Basic neurobiological theory relating to trauma
- The importance of 'endings' and 'losses'

The Foundation to Drawing and Talking consists of a full day's training. It is suitable for anyone who is working with vulnerable children or adults. No previous knowledge, training or experience is necessary.

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 participants basic neurobiological theory relating to trauma, the value of creating a safe and containing space, the importance of endings and losses, and the relevance of attachment.

The experiential component will provide an opportunity to develop the technique of mentally 'holding' another human being, an essential part of the therapeutic process.

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

"I have seen first-hand the response of children who have completed a course of Drawing and Talking and the results are outstanding."

**Gemma Williamson,
Foundation Stage Leader**

*The Drawing and Talking Membership renews at £99 plus vat per person after 1 year individual Practitioners will be notified by Drawing and Talking.

| Drawing and Talking 2025/2026 Membership supports CPD and Accredited Status <https://drawingandtalking.com/membership>

Drawing and Talking is a child-centred intervention that prioritises a child's emotional journey over measurable behaviour changes. This unique method enables profound, long-term impacts by focusing on the inner healing process rather than setting fixed targets.



Create a safe space: a time-limited approach

You will meet your client for 30 minutes on the same day, time and place each week during a 12-week intervention. You will learn to ask clients a number of non-intrusive questions about their drawings and, over time, symbolic resolutions to conflicts are found and trauma begins to heal.

Work one-to-one to create secure attachments

The Practitioner carries out their work with an individual safely and non-intrusively, with respect for their pace and their state of being. This intervention work builds healthy attachments and helps to process trauma.

Guide them through a world of dream and fantasy

Once an individual feels safe and the Practitioner has created a secure attachment, their imagination begins to unfold. Based on Jungian principles, they will be guided through the power of healing, working with the unconscious.

Deliver 12 weekly sessions

After completion of the series of 12 weekly 30-minute therapeutic Drawing and Talking sessions, individuals are more able to control their behaviour and most importantly have higher self-esteem, allowing them to thrive in the world around them.

Training is designed for:

Education

- TAs and LSAs
- Learning Mentors
- Family Support
- SENCOs
- ELSAs
- Nurture Groups

Charities

- Children's Charities
- Hospices and Bereavement
- Women's Refuges
- Refugee Charities
- Mental Health Charities

Social Services

- Social Workers
- Family Support Workers
- Adoption or Fostering
- Transition From Care teams
- Youth Offending teams

Health

- CAMHS
- Mental Health Nurses
- Therapists
- Counsellors