



HOW IT WORKS

30 minutes on the same day, time and place each week, during a 12-week intervention.

Work is one-to-one to create secure attachments.

Work with an individual is carried out safely and non-intrusively, with respect for their pace and their state of being.

This intervention-focused work builds healthy attachments and helps process trauma.

This intervention guides them through the world of dream and fantasy.

Once an individual feels safe and the Practitioner has created a secure attachment, their imagination begins to unfold.



Drawing and Talking

1:1



ABOUT

Drawing and Talking is a short-term therapeutic intervention, designed to complement, rather than replace, the work of Specialist Mental Health Services.

Using drawing as a way to help them express their feelings, the Drawing and Talking therapeutic approach allows individuals to discover and communicate emotions through a non-directed technique.

WHAT WE NEED:

A completed referral form with signed parental consent, emailed to referrals@desc.herts.sch.uk

Cost: £300 (invoice will be raised after the first session)

A consistent space each week for the intervention to take place.

Some time with the class teacher or SENCO and parents to complete an initial and end SDQ.

For more information please Contact DESC on 01442 247476.



Drawing and Talking

GROUP WORK



ABOUT

In a group environment, children and young people can become more aware of their emotions and develop an understanding of how to process them.

Group sessions also serve as an outlet where they can share feelings with peers and in turn, understand that others can feel the same.

HOW IT WORKS

Group work can consist of 4-6 children for 6 weeks, with 1 session per week lasting 30 minutes.

Group work consists of two options:

Directed group work where the adult will direct the subject each week.

Or

A group approach for facilitating emotional and symbolic expression focusing on a given emotion each week.



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