Healing is Human

Cath Beagley, CEO
Drawing and Talking and Mental Health Hub

Drawing and Talking

What is Drawing and Talking?

- **Guide them through the world of dream and fantasy**
- **Work one-to-one and groups to create secure attachments**
- **Find symbolic resolutions**
- **Create a safe space: a time-limited approach**

Drawing and Talking

The Drawing and Talking Therapeutic Intervention

Creating Secure Attachments working One to One

This is a one to one intervention focused on building healthy attachments and processing trauma.

The number one precursor or alternative to CBT based approaches

Based on Jungian principles, you will be guided through the power of healing when working with the unconscious.

50,000

Practitioners Trained

That's One in Ten Schools and millions of Children Supported by Drawing and Talking

Drawing and Talking

CPD CERTIFIED
The CPD Certification Service

Fundamental Human Needs

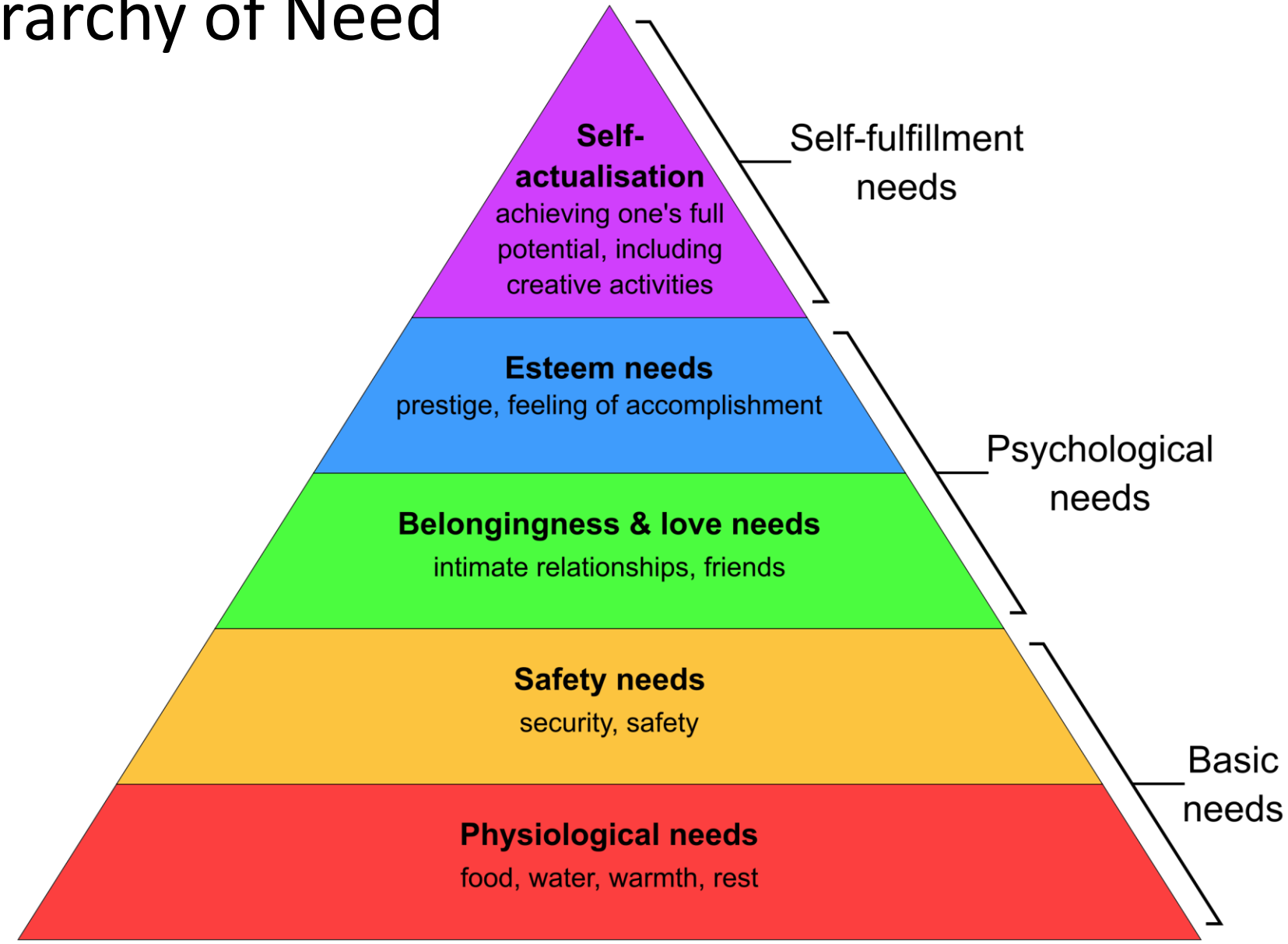
Wanted

Loved

Liked

Drawing and Talking

Maslow's Hierarchy of Need

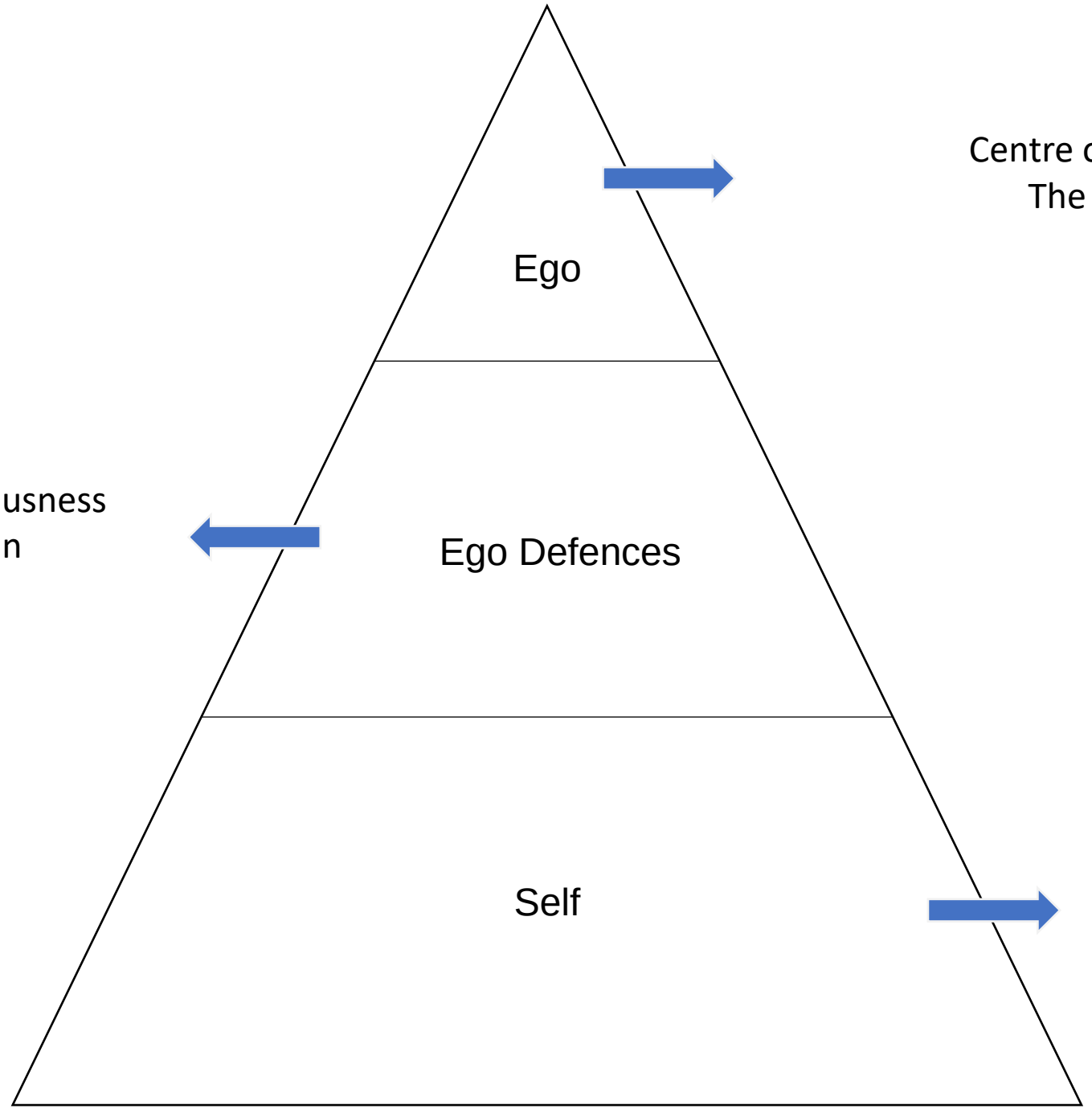


Drawing and Talking

SOCIAL CONNECTIONS 2022

Drawing and Talking

Ego Self-Axis



Centre of consciousness
The “I” we know

Personal unconsciousness
Emotional pain

Self
Inner solutions

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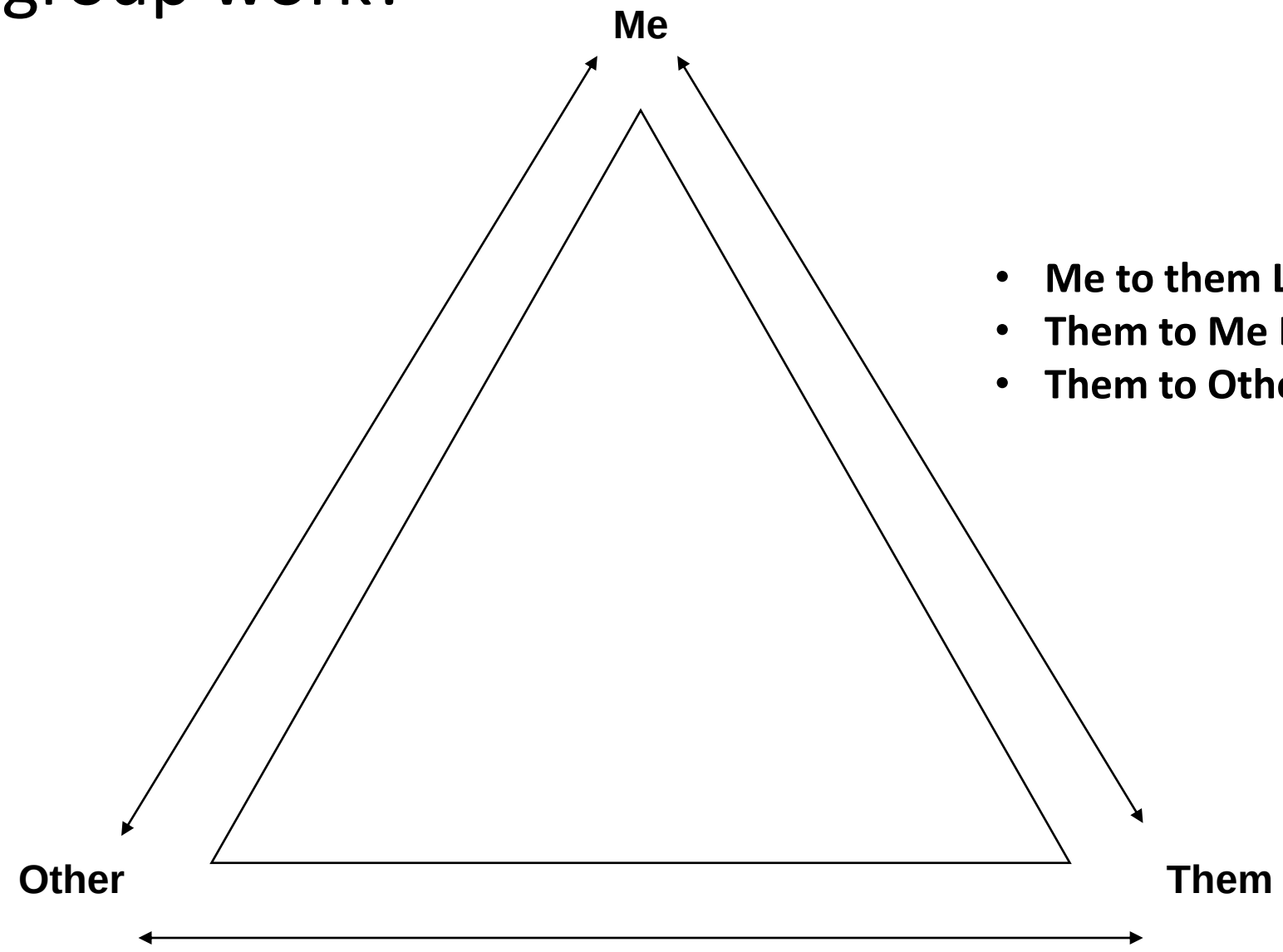
What is important to consider as a measure or target inside therapeutic group work?



- **Me to them Level 1**
- **Them to Me Level 2**
- **Them to Others Level 3**

Drawing and Talking

Healing takes place in the presence of another

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