



DRAWING AND TALKING

Through this gentle, therapeutic intervention, I will guide your child to overcome life's challenges such as anxiety, sleep problems, low self esteem, bullying, tough transitions and changes like bereavement, separation and divorce.

1-2-1

Suitable for
children 5 years +

Effective, school-
based, therapeutic
intervention

12 weeks

30 minutes a week

Block bookings
NOW AVAILABLE

Beam Wellbeing

For a free consultation email:

beam@btinternet.com

or visit www.beamwellbeing.com



ADVANCED
PRACTITIONER



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@BEAM WELLBEING UK



ABOUT ME

My name is Sarah Vugler and I am an experienced Advanced Drawing and Talking practitioner working in many local schools. I have a passion for empowering children and young adults to become the best version of themselves by developing robust self care practices that will last a lifetime.

I am a mother of two and have worked in education for over ten years. I have direct experience of neurodiversity and the EHCP process.

I am also a trained Mental Health First Aider.

WHY CHOOSE DRAWING & TALKING?

Drawing & Talking is a gentle, confidential 1-2-1 intervention. Over the course of 12 weeks, as we build a therapeutic relationship, trauma and loss can be safely processed, anxieties can be addressed and the unconscious mind can reframe and learn from past experiences.

D&T is recognised by CAMHS as an effective early intervention. It is used within many UK schools and charities to support and improve mental health.

References available

Book a free consultation with me today:
beam@btinternet.com