

SUTTON EDUCATION
WELLBEING SERVICE

DYADIC PARENT-CHILD ART THERAPY

A chance to ignite
imagination,
strengthen
connections, and
create memorable
experiences to
cherish and build on.

**TO ENQUIRE,
CONTACT**

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Information Leaflet

Dyadic parent-child art therapy is a form of therapeutic intervention that involves a parent/carer and their child engaging in art-making activities together under the guidance of a trained art therapist. This approach can be particularly beneficial for strengthening the bond between parent/carer and child/young person, improving communication, emotional expression and regulation, and resolving conflicts or difficulties within the relationship. It can also be helpful in addressing a variety of emotional, behavioural, and developmental issues, such as anxiety, trauma, and attachment disorders.

The artworks become a language between the parent/carer and child/young person onto which they project their emotions, experiences and wishes. Through this shared creative experience, the parent/carer and child/young person strengthen their bond, build greater trust and understand each other in deep and meaningful ways. It gives both sides a chance to feel heard, seen and acknowledged. The art therapist offers gentle prompts, alternative perspectives, facilitates a reflective space and encourages meaningful conversations that enrich the experience and help both child/young person and parent/carer navigate and process future challenges together.

The number of weekly sessions may range between six to twelve and is determined on a case-by-case basis. Each session takes approximately 1 hour and 30 minutes. This includes having initial conversations with parent/carer(s), a creative activity joined by the child/young person and a reflective ending with parent/carer(s). Additional 30-minute 1:1 sessions can also be requested by the child/young person or parent/carer(s) at any point during the course.