



Free Minds

—Wellbeing practice—

Empowering Minds, Transforming lives



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About Sharifa Miller-Snell

I am the founder of Free Minds Wellbeing practise and have 10 years of experience working with children, the past 5 years focussing on mental health and emotional wellbeing for both neurotypical and neurodiverse children. I am thrilled to be able to extend my offerings to the broader community as an advanced Drawing and Talking Practitioner. I'm passionate about helping individuals heal, grow and transform themselves.



Therapeutic Approach

Using the 'Drawing and Talking' technique, a gentle, non-intrusive approach that invites participants to explore their unconscious narratives through storytelling and symbolism. This process allows for the creation of positive attachments and a deeper understanding of the self within a safe and supportive environment. Experience the paradox of bringing unconscious material into the conscious world for personal insight and growth.



Supporting Individuals

- Anxiety
- Neurodiversity
- Emotional and/or Social Wellbeing & Intelligence
- Bereavement / Loss
- Family dynamics
- Pre-cursor to CAMHS
- Individuals, Schools, Charities & Local community groups

How we can help

1:1 Drawing and Talking

- Available to all ages from 5 years old
- 12 week programme, 30 minutes
- Same time, same place each week
- **Pricing: £360 - 12 week programme**

1:1 Sandplay

- Ideal for ages 4 -6 or individuals with communication challenges including non-verbal
- Creating stories through play
- 12 week programme, 30 minutes
- Same time, same place each week
- **Pricing: £420 - 12 week programme**

Group Work

- Story based technique
A tool to breakdown social isolation
Who: Groups with similar backgrounds, families, whole class groups

or

- Emotions based technique
A tool that helps develop an awareness of internal feelings, a sense of community and self discovery.

- 6-8 week programme
- Available to all ages from 5 years old
- Group size & Duration - variable up to whole class size
- Same time, same place each week
- **Pricing: From £90pp for 6 week programme (£15 pp per session)**

Organisations / School

- 1 day per week (6 hours, 5 sessions)
- Max 2 group sessions
- **Pricing: £120 per day**
- Half day per week (3 hours, 3 sessions)
- Max 2 group sessions
- **Pricing: £70 per day**

Concessions for Charities available

Get in touch

For enquiries and bookings please email freemindswellbeing@gmail.com



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