



2 Day Workshop

Sandplay allows for the projective expression of one's personal inner world. Learn how to respectfully invite the creation of miniature scenes and stories that help clients see, know and change.

When: 14-15 February, 2019 Perth
26-27 February, 2019 Hobart
20-21 May, 2019 Sydney

Time: 9.00am - 4.00pm

Where: Hobart - Salamanca Inn
Perth - Wollaston Conference Centre
Sydney - Burwood RSL

Cost: \$660 (inc GST, all materials, lunch, m/a tea)
\$630 (Early bird paid 2 months prior)
\$560 (Student price)
\$530 (Student early bird paid 2 months prior)

Trainer Jacki Short

Registered Counselling
Psychologist, Play Therapist
and Supervisor

About the Workshop

This two day experiential workshop introduces you to approaches and applications of sandplay with a range of clients and therapeutic contexts. Sandplay is a powerful therapeutic method that has been around for nearly 100 years. It is a form of therapy that gives both child and adult clients the opportunity to portray, rather than verbalise, feelings and experiences often inaccessible and/or difficult to express. Its origins were in the work of Jung and Kalff who were analytically orientated. Current research has demonstrated successful use in shorter term strengths-based approaches in reducing anxiety and depression in traumatised refugees and increasing verbal expression, social interaction and spontaneous novel play with autistic children. In the "free and protected" space provided by the counsellor, a client creates a concrete manifestation of his or her inner world using sand, water, and miniature objects.

This two day experiential workshop introduces you to fundamental theories and methods in the practice of symbols and sandplay work. It will include an overview of the major theoretical influences in this field, the existing evidence base supporting it and a review of contemporary applications. The focus of the workshop will be an experiential and practical introduction to a range of directive and non-directive methods to engage and work with this media in counselling.

You will have the opportunity to:

- Identify the theory behind sandplay work (including Jungian, Narrative, Humanist, Gestalt perspectives)
- Consider the evidence that shows this works
- Practise person-centred counselling skills
- Experience the therapeutic uses of symbol and sand tray work
- Consider practical ways to start to build an appropriate symbol collection
- Learn in the safety and support of a small group