



Workers, and Chaplains

**NEW INTAKE PHILLIP ISLAND VIC.**  
**Starting March 23<sup>rd</sup> 24<sup>th</sup> 25<sup>th</sup> 2017**

# **Certificate in**

# **Sandplay Therapy & Symbol Work**

*with children, adolescents and adults*

12 days: 4 x 3-day workshops, spread over 6 months

**Trainer for Victoria: Jo Ablett**

**Course Created by Mark Pearson and Helen Wilson**

Authors of: SANDPLAY & SYMBOL WORK (ACER Press, 2001)



*Sandplay Therapy is a hands-on, expressive counselling and psychotherapy modality that has been in use for over eighty years. Sandplay forms a bridge between verbal therapy and the expressive therapies, combining elements of each. Sandplay allows the deeper aspects of the psyche to be worked with naturally and in safety. With an extensive research and literature base, Sandplay is a powerful therapeutic method for use by established professionals. It has been shown to be effective with children, adolescents and adults, in schools, hospitals, welfare agencies and private therapy practices.*

This course provides a thorough training, with extensive practical experience and supervision in the Expressive Therapies approach to Sandplay Therapy and Symbol Work. The method of Sandplay that will be introduced was developed by Dora Kalff in the late 1950s, based on Dr Margaret Lowenfeld's play therapy and Jung's Analytic Psychology. Sandplay is now taught and practised around the world, supported by the *International Society for Sandplay Therapy*.

*This course has been continuously taught around Australia for 23 years, and in Asia since 2006.  
Course also available in Adelaide, Cairns, Brisbane, Perth, Phillip Island, Sydney and Singapore*

Contact:

**INTO BLUE EXPRESSIVE THERAPIES**

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[www.intoblue.com.au](http://www.intoblue.com.au)

**The Expressive Therapies approach to Sandplay combines Play Therapy, Jungian, Gestalt and mindfulness methods and applies this to working with small symbolic objects, either in a sandtray or on art paper. The play aspect of this approach makes it inviting and non-threatening. Sandplay has an important role in helping clients deal with emotional problems and can be incorporated into traditional counselling with children, adolescents and adults, working individually or in groups. It can offer ways to help clients resolve family issues, contact and deepen personal resourcefulness, and promote emotional resiliency. It is an effective support for transpersonal exploration.**

Sandplay and Symbol Work exercises have been found to support insight into emotional problems - helping with the release of emotional stress that can drive acting out - and supporting clients with limited access to verbal skills. By utilising a number of intelligences - as identified by Harvard researcher Howard Gardner - activities involving the use of sand and symbols can provide a powerful means for emotional transformation and psychological healing.

Based on twenty-three years of experience and development, this course provides advanced training in understanding clients' sand creations. It provides clear guidelines and contraindications that support therapeutic confidence in using these interventions.

This is a highly experiential, interactive program that will provide many skills to support your clients move into resilience and emotional confidence. Participants will have the experience of following their own personal growth journey using the processes at each training workshop. There will be illustrated case studies and an extensive manual will be provided for each workshop. There is a requirement for three short assignments, and an electronic Book of Readings will be supplied. Participants with prior training in the helping professions will receive the *Certificate in Sandplay Therapy & Symbol Work*, other participants will be awarded a *Statement of Attendance*.

***This course is recognised by the Australian Creative Arts Therapies Association, and by the Australian Counselling Association, and a number of PACFA member associations, for professional development points.***

## **COMPONENTS OF THE 2017 PHILLIP ISLAND COURSE**

### **WORKSHOP 1 *Foundation Skills - One***

**23 - 25 March, 2017 – 3 days Thursday to Saturday**

- Introduction to Sandplay Therapy and Symbol Work
- Practical skills experience, history and theory
- Overview of literature
- Role-play techniques to support integration
- Collecting and using sandplay equipment
- Contraindications for use of symbolic work and role-play
- Illustrated case studies

### **WORKSHOP 2 *Skills Two: From Theory to Practice***

**11-13 May, 2017 – 3 days Thursday to Saturday**

- Psychological mechanisms supported by sandplay
- Concepts from Jungian Psychology supporting sandplay
- Interpretation of spatial arrangements in the tray – Ammann's quadrant theory
- Lowenfeld's theoretical framework – *The World Technique*
- Skills practice and case illustrations

## **WORKSHOP 3 *Symbolic Expression, Dreams, Sandplay Research***

28 - 30 June, 2017 – 3 days Thursday to Saturday

- Review of Kalff's theoretical framework
- Indications for analysis of sandpictures
- Working with dreams in the sandtray
- Co-transference in the sandplay session
- Refinement of facilitation and observation skills



## **WORKSHOP 4 *Transpersonal Contexts, Supervision***

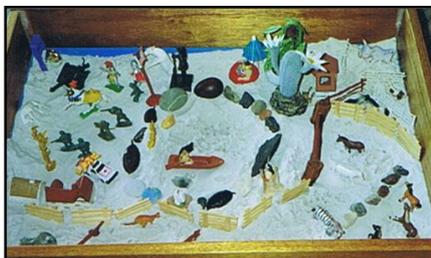
17-19 August, 2017 – 3 days Thursday to Saturday

- Sandplay as a support for Transpersonal Psychotherapy
- Transpersonal influences in the psyche
- Case presentations by students – group supervision
- *Beyond the Shadow* – Kalff's presentation of completion trays - DVD
- Skills development

*In Sandplay, the adult plays, as does a child, with seriousness.*

*The playing aspect seems to provide access or an initiatory rite of entry for adults into feeling, affect and the world of childhood. Lost memories are found again, repressed fantasies are released and possibilities for reconciliation occur.*

- Estelle Weinrib, 1983



**COURSE TIMES:** Each day from 9am to 5pm; last day ends at 4pm.

**VENUE:** 51 Harris Rd Ventnor Phillip Island

**FEES:** Each 3-day training workshop: \$850

Fee includes extensive workshop manuals, electronic *Book of Readings*, morning and afternoon tea and lunch.

Payment can be made per workshop, by direct bank deposit, or by cheque to: ACC Name: Jo Ablett  
ACC #: 10970 BSB 704191 (please tag with your name), or by cheques to: J Ablett PO Box 506 Cowes  
3922

### **ESSENTIAL BACKGROUND READING / COURSE TEXTBOOK:**

Pearson, M., & Wilson, H. (2001). *Sandplay and Symbol Work*. Melbourne: ACER Press

### **WHAT TO BRING:**

Bring your lunch. Large art pad (A3 size); good crayons; biro; journal and/or notebook; an old towel.  
Wear loose comfortable casual clothing. Bring a camera to record sandplay pictures.

### **USE OF SANDPLAY**

With an extensive research base, Sandplay has been used therapeutically in schools (Allan & Berry, 1987; O'Brien & Burnett, 2000; Pearson, 2003), in welfare agencies (Grubbs, 1994; Zinni, 1997), in hospitals (Miller & Boe, 1990), as part of family therapy (Carey, 1991), in couple therapy (Dean, 2001), with adults with PTSD (Moon, 2006) and to support academic learning (Murphy & Tracey, 2001; Noyes, 1981). Sandplay is recommended as an ideal therapeutic medium for traumatised young clients (Harper, 1991; Howe, 2005).

## The Trainer: **Jo Ablett**

M. Couns. Dip & Adv Dip. ET, Dip Ed. B. Ed. Cert IV Couns Supvsn. Grad. Dip. Couns. Supv.

**Jo is the trainer and organiser for the Certificate in Sandplay Therapy & Symbol Work, and the Certificate in Expressive Therapies with Children and Adolescents at Phillip Island and in Melbourne, Victoria.**

Jo is an experienced psychotherapist, educator and clinical supervisor. She has been a senior trainer for the Expressive Therapies Institute of Australia since 2009.

For over 35 years, Jo has facilitated meditation and personal development in support of children, adolescents and adults and continues her life long passion to set the scene for healing, personal growth and life enrichment for people of all ages.

With an extensive background working with children and adolescents, including 10 years teaching in the secondary school system and 20 years in the primary system, Jo began incorporating ET in her work from 1997 and established private practice in 2002 on Phillip Island.

Jo currently works as a psychotherapist with adults, adolescents and children. She is a clinical supervisor (ACA, PACFA, ACATA) for counsellors, psychotherapists and ET graduates and a member of PACFA, CAPAV, ACA, SCAPE, ACATA and VIT.

Her qualifications include Master in Couns.; B. Ed.; Dip Ed.; Dip and Adv. Dip in Expressive Therapies; Cert IV and Grad. Dip. in Couns. Supervision.

Learn more about Jo and her work at the Into Blue website: [www.intoblue.com.au](http://www.intoblue.com.au)

You can contact Jo about her practice and the Certificate courses:

Phone: 0417 078 792, or email: [ablett@waterfront.net.au](mailto:ablett@waterfront.net.au)

## COURSE CREATORS

**Dr MARK PEARSON** *Co-creator of the course, Director of the Expressive Therapies Institute of Aust.* PhD., M. Ed.(BEM); Dip T.; Cert HB & TP; Dip. ERC.

Mark has been conducting training courses in Expressive Therapies around Australia since 1989. He was a primary school teacher, then founded a remedial reading clinic. He has completed further studies in Transpersonal Psychotherapy with Dr Stanislav Grof, and holds a Masters in Education, majoring in behaviour management, and a PhD – researching multiple intelligences in counselling. He has undertaken advanced Sandplay Therapy training with Ruth Ammann. Mark has over 20 years experience as a counsellor, and is currently a lecturer and Program Coordinator for the *Graduate Program in Counselling and Psychotherapy* at the University of Adelaide. He is the co-author of *Emotional First-Aid For Children* (1991), *Emotional Release For Children* (2004), *Sandplay & Symbol Work* (2001), and *Using Expressive Arts to Work with Mind, Body and Emotion* (2009). He is also the author of *Emotional Healing & Self-Esteem – Inner-Life Skills for Children and Adolescents* (2004) and for adults: *From Healing To Awakening* (1991) and *The Healing Journey* (1997). He is the author of the multiple intelligence groupwork program for schools and agencies: *The Innerspace Program – Emotional Literacy for Student Wellbeing and Resilience* (2006). See his books and articles at [www.markpearson.com.au](http://www.markpearson.com.au) See Expressive Therapies programs: [www.expressivetherapies.com.au](http://www.expressivetherapies.com.au)

**HELEN WILSON** *Co-creator of the course, Senior Trainer, Adelaide and Perth*

M. Couns.; B. Bus. (HRM); G. Dip. ERC.; Cert SP; Cert. HB & TP; Cert. ERC.; PhD candidate.

Helen is co-founder of the Institute and a senior trainer in Expressive Therapies, and has conducted a counselling and supervision practice around Australia for twenty years, and now offers Skype and individual supervision in the Adelaide Hills. Founder of the *Turnaround Centre*, she offers personal and professional development programs around Australia. Helen has completed further studies in Transpersonal Psychotherapy, has a degree in Human Resource Management, a Master of Counselling, and is currently engaged in PhD studies. Helen has completed all three levels of training in Emotional Release Counselling and Transpersonal Studies and holds the Post-Graduate Diploma. She has a Certificate in ERC with Children, a Certificate in Sandplay Therapy. She has undertaken advanced Sandplay Therapy training with Ruth Ammann. Helen has been, for the last six years, a Lecturer and Senior Lecturer in Counselling at the

University of Notre Dame Australia, Fremantle, and now lectures in the *Graduate Program in Counselling and Psychotherapy* at the University of Adelaide. Helen is co-author of *Sandplay and Symbol Work - Emotional Healing & Personal Development* (2001), and *Using Expressive Arts to Work with Mind, Body and Emotion* (2009).

***Kalff's Sandplay approach was based on this fundamental premise that the psyche can be activated to move forward in a purposeful and healing manner.***

Mitchell & Friedman, 2002

## **Comments on the Course**

*Thank you for the introduction to Sandplay – the gentle way you as facilitators approached our learning, I believe, had a huge impact on how excited I am to have knowledge of this therapy. I have used it with a few of my young clients and the impact it has had on them is incredible.*

– Carol Long, Centacare.

*I want you to know that your training changed my work practice and also my life practice. The biggest thing I learned was to trust the process.* – Katherine Soper

*Thanks for the excellent sandplay course. It was an extremely beneficial experience for me, both from a personal and a professional perspective. I thoroughly enjoyed the highly professional and informative, yet relaxed and collegial facilitation.* – Fiona Pienaar – MIT, New Zealand.

*There is a very dignified, cohesive symmetry in the way you both worked the workshop. There is calmness and fiery passion, empathy and compassion, overlaid with a huge amount of wisdom and experience, both of which were conveyed with skill and style.*

– New Zealand student.

*I value the many dimensions of practical and personal development offered in the course.*

*The manual was well presented and the course structure was great, with ample time for reflection and discussion.*

– Keran Thomas, Social Worker / Counsellor, CAIRNS

*This course is the missing link to Social Work practice and helping people.*

– Carol Pinfield, Student Social Worker, CAIRNS

*The course last week was fabulous!*

– Margaret Smeaton, Dept. of Juvenile Justice. WA.

*A highlight was the continual unfolding of the story in the sandtray. The experience will stay with me as a wonderful one.*

- Moira Berriman, Counsellor, NEWCASTLE, NSW

*The course was very well thought through, balanced in all aspects. I felt I received well grounded, researched methods and processes that had been tried and proven. A highlight was working with the sandtrays and having the time to process the work in progress over the five days.*

– Eveline Crotty, Pastoral Care & Chaplaincy Trainer, SYDNEY.