



*For Counsellors, Psychologists, Psychotherapists, Creative Arts Therapists, Social Workers,
Youth Workers, and Chaplains*

NEW INTAKE PHILLIP ISLAND VICTORIA
Starting 15 – 17 February, 2018

Certificate in Sandplay Therapy & Symbol Work *with children, adolescents and adults*

12 days: 4 x 3-day workshops, spread over 5 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 24 years, and in Asia since 2006.
Course also available in Adelaide, Cairns, Perth, Phillip Island, and the Czech Republic*

Contact:

INTO BLUE EXPRESSIVE THERAPIES

Phone Jo on: 0417 078 792 E: ablett@waterfront.net.au

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 thirty 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 2018 PHILLIP ISLAND COURSE

WORKSHOP 1 *Foundation Skills*

15 - 17 February 2018 – 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 *From Theory to Practice*

22 – 24 March 2018 – 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*

3 – 5 May, 2018 – 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

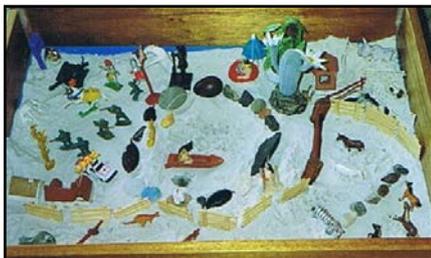


WORKSHOP 4 *Transpersonal Contexts, Supervision*

14-16 June, 2018 – 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*. Only available as e-book.

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,) for counsellors, psychotherapists and ET graduates and a member of PACFA, ACA, SCAPE, AAOS and VIT.

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

Learn more about Jo and her work at the Into Blue website: 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

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 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 intelligence theory in counselling. Mark has over 24 years experience as a counsellor, and lectured in counselling at the University of Notre Dame Australia, the University of Adelaide, and is currently Counselling Program Coordinator at the University of the Sunshine Coast, Queensland, Australia. Mark 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), *The Innerspace Program – Emotional Literacy for Student Wellbeing and Resilience* (2006). See his books and peer-reviewed articles at www.markpearson.com.au

HELEN WILSON *Co-creator of the course, Senior Trainer, Sunshine Coast, 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 *Expressive Therapies Institute* and a senior trainer in Expressive Therapies and Sandplay Therapy, and has conducted a counselling and supervision practice around Australia for over twenty five years. She offers online and individual supervision for therapists using sandplay and expressive therapies. Helen also offers personal and professional development programs around Australia. She has completed further studies in Transpersonal Psychotherapy with the *Grof Transpersonal Training*, has a degree in Human Resource Management, a Master of Counselling, and is currently completing a PhD. Helen has completed all three levels of training in Emotional Release Counselling and Transpersonal Studies and holds a Post-Graduate Diploma. She has a Certificate in ERC with Children, a Certificate in Sandplay Therapy. Helen has been a Lecturer and Senior Lecturer in counselling in a number of Australian universities and currently works lectures to undergraduate students in Human Services and Counselling. Helen and Mark are authors 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.