

CERTIFICATE IN

Sandplay Therapy & Symbol Work

FOR COUNSELLORS, PSYCHOLOGISTS, PSYCHOTHERAPISTS, SOCIAL WORKERS,
OCCUPATIONAL THERAPISTS, YOUTH WORKERS & CHAPLAINS.

NEW INTAKE COMMENCES

7 February 2019

**Labyrinth Lane
Gardenvale Victoria**

SESSION 1

7-9 February 2019

Foundation Skills

SESSION 2

21-23 March 2019

From Theory to Practice

SESSION 3

9-11 May 2019

**Symbolic Expression, Dreams
& Sandplay Research**

SESSION 4

20-22 June 2019

**Transpersonal Contexts,
Supervision**

Sandplay Therapy has an international history spanning eighty years in Western psychotherapeutic processes. As developed by Dora Kalff, Sandplay is a Jungian-oriented form of psychotherapy that supports a natural human capacity for healing, growth and transformation.

The Expressive Therapies [ET] approach to Sandplay has a distinctly Australian influence. Over the last 30 years the ET style of Sandplay Therapy has been taught continuously around Australia and overseas. ET Sandplay is underpinned by transpersonal psychotherapy and attachment theory, in addition to current research in neuroscience.

Sandplay involves the use of sand and symbols - objects from nature, figurines and ornaments - as a powerful means of non-verbal communication. Symbols are arranged in the sand and in doing so provide visual representation and externalization of emotions, relationships, issues or material from the unconscious. Significant emphasis is placed upon safety, self-discovery, somatic awareness and emotional processes.

The course provides a thorough training, with extensive practical experience, skill development, and supervision. Symbol work, developed by Pearson and Wilson 1994 is a potent addition to sandplay therapy, extending the application of symbols beyond the sandtray to include role-play and drawing.

Sandplay Therapy is a highly individual, profoundly powerful, safe and effective method for working with clients of all ages, including traumatised clients. It allows deeper aspects of the psyche to be worked with naturally and in safety. Using Sandplay bypasses left mode thinking / reasoning to connect with right mode / body where trauma is implicitly stored as imagery, sensations, smell, sound and posture. This reconnection allows integration and healing by way of engagement with the body, with symbols and with sand.

With hope at its centre, sandplay is an effective, outstanding therapeutic modality that has a natural fit with transpersonal perspectives in addition to personal growth that connects an individual to their own innate resources.

into blue
EXPRESSIVE THERAPIES

CERTIFICATE IN

Sandplay Therapy & Symbol Work

Course Outline

This course provides a thorough training, with extensive practical experience, skill development and supervision. Symbol Work, developed by Pearson and Wilson 1994 is a potent addition to Sandplay Therapy, extending the application of symbols beyond the sandtray to include role-play and drawing.

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.

Foundation Skills

Introduction to Sandplay Therapy & 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

From Theory to Practice

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

Symbolic Expression, Dreams & Sandplay Research

Review of Kalf'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

Transpersonal Contexts, Supervision

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

COURSE REQUIREMENTS

4 x 3 day workshops
Delivered over 5 months

ASSESSMENT

3 x short written assignments
An electronic Book of Readings, illustrated case studies and an extensive workbook will be provided at each workshop

LEARNING OUTCOMES

This course is recognised by the Australian Creative Arts Therapies Association and by ACA & PACFA for professional development points

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**

TRAINER

Jo Ablett

Jo is an experienced psychotherapist, clinical supervisor and educator. She has been a senior trainer for the Expressive Therapies Institute of Australia since 2009, delivering training in Sandplay Therapy, Expressive Therapies for children and adolescents, Transpersonal Expressive Therapies for adults and the Inner Space emotional resilience programs for children and teens.

Memberships:

PACFA, ACA, AAOS, ACSA & VIT

Qualifications:

M.Couns.; B.Ed.; Dip.Ed.; Dip and Adv. Dip in ET.
Cert in ET; Cert IV Couns. Supvsn.; Voc. Grad. Dip.
Couns. Supvsn.

COURSE CREATORS

Dr Helen Wilson

Senior Trainer, Sunshine Coast, Adelaide & Perth
PhD.; M. Couns.; B. Bus. (HRM); G. Dip. ERC.; Cert
SP; Cert. HB & TP; Cert. ERC.;

Dr Mark Pearson

Director of the Expressive Therapies Institute
of Australia
PhD., M. Ed.(BEM); Dip T.; Cert HB & TP; Dip. ERC.

REGISTRATION FORM

Sandplay Therapy & Symbol Work

Complete online
and email back to
ablett@waterfront.net.au
or post to
PO BOX 506
COWES VIC 3922

COMMENCING

 **7 February 2019**

VENUE

 **Labyrinth Lane**
110 Gardenvale Road
Gardenvale Victoria 3185

TIME

 **9am to 4:30pm**

COST

 **\$850 per workshop**
includes manuals & morning tea

CANCELLATION POLICY

Notice of 72 hours or more Full refund less \$50 administration fee
Notice of at least 48 hours 50% refund less \$50 administration fee
Notice of 24 hours or less or non-completion No refund

PLEASE REGISTER ME

Name

Background/Qualification

Address

State

Post Code

Phone

Email

Dietary Requirements [eg. Wheat free, vegetarian]

PAYMENT OPTIONS

Deposit of **\$200** required at time of Registration

Direct Deposit [preferred]

BSB: **704 191** Account #: **10970**

Please quote YOUR NAME in narration

Cheque or Money Order [please enclose]

Payable to: **Joanne Ablett**

I require a Tax Invoice to pay my Registration

My Employer requires a Tax Invoice to pay my Registration [please complete details below]

Employer Name

Address

State

Post Code

Email

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EXPRESSIVE THERAPIES

Into Blue Expressive Therapies
ABN 27 792 485 144

PO BOX 506 Cowes Victoria 3922 | Studio: 51 Harris Road Ventnor Victoria 3922
ablett@waterfront.net.au | 0417 078 792 | intoblue.com.au  [intoblueexpressivetherapies](http://intoblueexpressivetherapies.com)