

CERTIFICATE IN

# Sandplay Therapy & Symbol Work

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

NEW INTAKE COMMENCES

**6 May 2021**

**Kindred Art Space  
Frankston Victoria**

SESSION 1

**6-8 May 2021****Foundation Skills**

SESSION 2

**17-19 June 2021****From Theory to Practice**

SESSION 3

**29-31 July 2021****Symbolic Expression, Dreams  
& Sandplay Research**

SESSION 4

**9-11 September 2021****Transpersonal Contexts,  
Supervision**

SESSION 5 [OPTIONAL]

**14-16 October 2021****Advanced Practitioner Training**

**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.

# 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.

### Session 1: 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

### Session 2: From Theory to Practice

- Psychological mechanisms supported by sandplay
- Concepts from Jungian Psychology supporting sandplay
- Skills practice and case illustrations
- Sandplay and Neuroscience
- Somatic awareness and somatic focus

### Session 3: Symbolic Expression, Dreams & Sandplay Research

- Review of Kaff'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

### Session 4: Transpersonal Contexts, Supervision

- Sandplay as a support for Transpersonal Psychotherapy
- Transpersonal influences in the psyche
- Case presentations by students: group supervision
- Skills development

### Optional Session 5: Advanced Practitioner Training

**Advanced training, skill extension and supervision of sandplay facilitation**

- Review principles and skills in sandplay therapy facilitation
- Revisit core concepts: invitational relating, the importance of silence, companioning and integration
- Gain understanding of Siegel's Window of Tolerance and what this means for therapists and clients
- Have supervision and feedback on your skills as a sandplay therapist

#### COURSE REQUIREMENTS

**4 x 3 day workshops  
[plus 1 optional 3 day workshop]**

**Delivered over 6 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 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 ACSA ANZACATA & 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](mailto:ablett@waterfront.net.au)  
or post to  
PO BOX 506  
COWES VIC 3922

COMMENCING

 **6 May 2021**

VENUE

 **Kindred Art Space**  
22 Kookaburra Street  
Frankston Victoria 3199

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

*into blue*  
EXPRESSIVE THERAPIES

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