

Introduction to Symbol Work and Sandplay Therapy

Sandplay therapy creates a bridge between the conscious and unconscious. Dora Kalff describes it as a “pathway to the psyche and in the hands of a properly prepared therapist, it is a powerful, invaluable modality”. This two-day training opportunity is the beginning foundations of a creative expressive therapeutic modality.

Facilitators:



Jean Parkinson is a registered art psychotherapist in private practice in Auckland, working with children, families and adults. A certified Sandplay Therapist and Teaching member of ISST. Founder of Sandplay Aotearoa www.sandplayaotearoa.co.nz/

Carina Conradie is a registered clinical psychologist in private practice in Hamilton working with adults and children. She is a certified Sandplay Therapist and Teaching member of ISST) and uses sandplay therapy as the main therapeutic modality. (ISST - International Society for Sandplay Therapy-www.isst-society.com)

When 9–10 February 2023

Facilitators Jean Parkinson and Carina Conradie

Where Hamilton – details will follow

Level Introductory – open to any mental health and or health professional working with clients in a creative way or interested in creative therapies.

Overview In this introductory training Jean and Carina will introduce the origins of sand-tray as a therapeutic modality and applications for across a wide range of populations.

Cost \$450.00 (morning tea included, BYO lunch)

Registration and payment Before 1 Feb 2023
(LIMITED SPACES based on full payment)

Contact carinaconradienz@gmail.com

Training will include:

- The history of sand-tray and its theoretical underpinnings;
- Differentiation of sand-tray from Sandplay Therapy;
- Common applications of sand-tray as a therapy modality;
- Understanding various ways that symbol work and sand-tray can be used in assessment, therapy and supervision;
- Using symbols without sand as well as sand-tray with children and young people;
- Adaptations of sand-tray across therapeutic modalities (psychodynamic, CBT, narrative therapy, trauma processing models);
- Use of sand-tray for reflective practice and in supervision.

This two-day workshop will provide an opportunity for participants to engage in creating their own directed sand-trays. There is a maximum number of attendees in order to allow small experiential groups, and for all participants to create their own tray and the observers to practice reflective responses. Participants will be invited to write a reflection of their experiences.

