

## Level 1: Introduction to Symbol Work and Sandplay Therapy

*Open to any mental health and or health professional working with clients in a creative way or interested in creative therapies.*

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.

### Overview of the training

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.

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 (psycho-dynamic, 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.

**When** 4-5 May 2024, 9am-4pm

**Where** Kirikiriroa Hamilton, Aotearoa  
New Zealand (details will follow)

**Cost** \$450.00

Morning tea included, BYO lunch

### Expressions of interest

Please email Carina Conradie:  
carinaconradienz@gmail.com

### Registration and payment

Please ensure this before **22 April 2024**  
(Secure your place with FULL PAYMENT)

Internet banking preferred.

Account details will be supplied when booking.

### 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/](http://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](http://www.isst-society.com))

