



Local organisers: Tanglin Trust School

SINGAPORE 2015 Intake - starting January 15 - 17

Certificate in Sandplay Therapy & Symbol Work

with children, adolescents and adults

12 days: 4 x 3-day training workshops, spread over 12 months

Trainer: Dr Mark Pearson

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 23 years, and in Asia since 2006.

EXPRESSIVE THERAPIES INSTITUTE OF AUSTRALIA

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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 twenty three 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 for professional development points.

COMPONENTS OF THE 2015 SINGAPORE COURSE

WORKSHOP 1 *Foundation Skills - One*

15 – 17 January, 2015 – 3 days

- 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 *Skills Two: From Theory to Practice*

23 – 25 April, 2015 – 3 days

- 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

19 – 21 November, 2015 – 3 days

- 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

21 – 23 January, 2016 – 3 days

- 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 approx 5pm; last day ends at 4pm.

VENUE:

The Tanglin Trust School, 95 Portsdown Road, Singapore 139299

FEES:

Each 3-day training workshop: \$887.50 – includes GST. Total course fee: \$3,550
Fee includes extensive workshop manuals, electronic *Book of Readings*, morning and afternoon tea.
Payment can be made per workshop, by direct bank deposit or by cheque.

Registration and enquiries contact:

Lisa Cannell at CPD@TTS.edu.sg

ESSENTIAL BACKGROUND READING:

Pearson, M., & Wilson, H. (2001). *Sandplay and Symbol Work*. Melbourne: ACER Press
<https://shop.acer.edu.au/acer-shop/product/A863BK>

WHAT TO BRING:

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).

COURSE CREATOR AND TRAINER

Dr MARK PEARSON *Trainer, Co-creator of the course, Director of the Institute.*
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 was a primary school teacher, then founded a remedial reading clinic. 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 intelligences theory in counselling. Mark has over 20 years experience as a counsellor, and lectured in counselling at the University of Notre Dame Australia, Fremantle, for five years, and currently lectures in the *Graduate Program in Counselling and Psychotherapy* at the University of Adelaide.

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). He is the author of the multiple intelligence groupwork program for schools and agencies: *The Innerspace Program – Emotional Literacy for Student Wellbeing and Resilience* (2006). See his books and peer-reviewed articles at www.markpearson.com.au

Mark trained in Sandplay Therapy with a student of Dora Kalff, and have engaged in advanced Sandplay training with Ruth Ammann, Ex-President of the International Society for Sandplay Therapy.

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

From Singapore Students:

It enhanced and deepened my counselling skills. A fresh insight to expressive therapy as in sand play, alternate tools working especially with children. – Jack Yue, Counsellor

It has helped me to develop greater self awareness and sensitivity of being a counsellor towards my client. It has also taught me knowledge & skills which I can apply to help my client; to create a conducive & safe environment for my client by being more patient & understanding.

- Practitioner in social service

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.

I found all the activities to be powerful. The trainer had a wonderful presence and openness with everyone. The manual was excellent. Every day and every activity was incredibly worthwhile and useful, both personally and professionally.

– Michelle Furner, Adolescent Counsellor, DUBBO, NSW.