

Certificate in Artistic Therapy , Australia



SAND PLAY THERAPY

Dr Patricia Sherwood

Part of the Certificate in Artistic Therapy program, Sand Play Therapy allows you to create a safe and protected space for clients to promote healing and positive changes. It allows you to experience using sand as the medium to work with your clients on their issues.

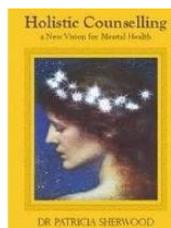
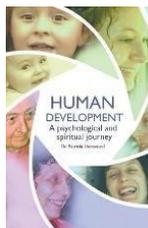
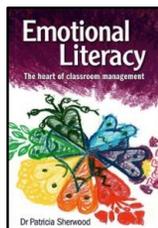
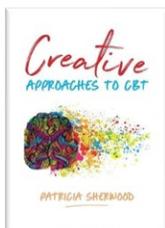
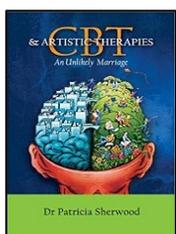
WHY SAND PLAY THERAPY?

- Sand Play is a **NON-VERBAL, NON-THREATENING** symbolic way of expressing difficult experiences and emotions;
- It's **HEALING** effect is **DEEP** and **PERMANENT**;
- The process involves the **WHOLE PERSON**— body, mind, soul, and spirit;
- Activates the individual's **NATURAL SELF-HEALING** capacity;
- Can be **DIRECTIVE** or **NON-DIRECTIVE**
- Aids in **Neuro development**

WHO SHOULD ATTEND?

This workshop is for anyone working with or has the desire to work with children or families for example; **teachers, counsellors, social workers, occupational therapists, art therapists, psychotherapists and other mental health professionals and students in the field.**

Some of Dr Sherwood's Books..



Actual Picture

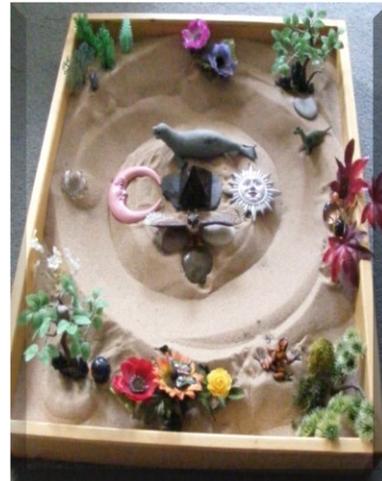


Actual Picture

This workshop covers areas on Special Needs too!

EXAMPLES

Using Sand, Water and Miniature Figures



DAY 1- AREAS COVERED

- Introduction to Sand Play
 - *What Sand Play is and does
 - *Origins and applications
- Sand Play therapy done for understanding particular issues and/or transforming problems
- Working with structured and unstructured Sand Trays
 - *the pros and cons
- Guiding principles for the therapist and setting up of Sand Play equipment and room
- Moving from conscious to unconscious mind
- 3 Dimensional approach to Art Therapy

DAY 2- AREAS COVERED

- Moving on with Sand Play
- Use of Static vs. moving Sand play for particular issues presented during childhood
- Working with adolescent issues like OCD, Self-harm, Bullying and Anger
- Working on parent-child relationship for conflict resolution
- Sand Play therapy for adults: applications and limitations
- Exploring grief, abandonment and trauma-focused issues and how these manifest in Sand Play therapy
- Working with defenses and resistances
- Case Studies



Dr. Patricia Sherwood is a postgraduate supervisor at Notre Dame University in Australia. She has lectured for 30 years in Social Work, Psychology, Social Science, Counselling and Special Education.

- She founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling
- She provides mental health and well-being training to teachers and parents in Australian schools.
- Has extensive international experience, having done training in Australia, New Zealand, Singapore, Malaysia, and South Africa within the fields of counselling and mental health
- She is a Sanctuary Model trainer for mental health agencies
- Currently she is in the process of authoring a Sand Play Therapy book

" Sand Play is an excellent way to engage clients with deep, unresolved issues that are not easy to verbalize. During Sand Play, my clients are able to find the right language to articulate their deep-seated issues and inexplicable emotions in a safe environment."

- Singapore MOE School Counsellor

We are committed to keeping class sizes small to facilitate interaction, so please register early.

Trainings will be highly experiential and interactive.

Workshop can be considered for VCF funding as a non pre-approved course. At the moment, pending skills future approval.

For More Information

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