

Using Symbols for Mental Health Online Workshop

Highly Engaging!

Symbols are powerful images that evoke feelings, understanding and hope for many of us. We wear, carry with us symbols because they have deep significance for us. In this workshop, we will share and demonstrate on how we can use **our personal Symbols to support and improve Mental Well being.**

Objectives:

- Learn how to work with symbols with your clients to explore meaning and purpose in life. Help them to create a connection to symbols to strengthen and support mental well-being .
- Learn what symbol work means and how it has helped persons with mental health concerns.
- Learn symbol work for the different age groups – primary, secondary and tertiary students and adults.
- Learn transformative work on supporting young people and adults.

Symbols



BLACKPINK

Who should attend?

Teachers, Counsellors, Youth Workers, Psychologists & others who are interested to support mental well-being for their students/clients or for themselves.

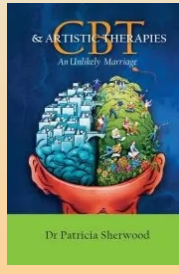
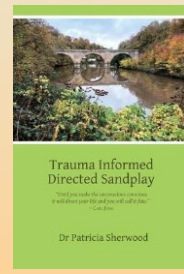
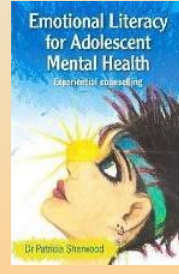
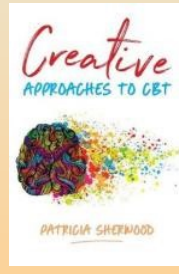
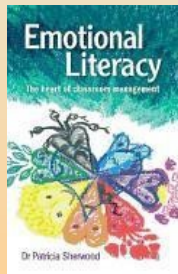
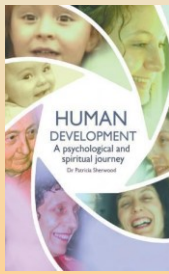
Participants will be guided through the process and stages for creating their own personalized symbol work.



- Dr Patricia Sherwood is a postgraduate supervisor at Notre Dame University in Australia. She supervise PHd's and act as an examiner for Masters and PHd's.
- She has lectured for 30 years in Social Work, Psychology, Social Science, Counselling and Special Education. She is psychotherapist and a mental health accredited social worker and counsellor.
- She founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling.
- She provides mental health and wellbeing training to teachers and parents in Australian schools.
- She has extensive international experience, having trained in Singapore, Malaysia, and South Africa within the fields of counselling and mental health recovery.

Phd, Graduate Diploma in Special Education, B.A. (UWA), Graduate Diploma in Arts (counselling), BSW, Diploma & Advanced Diploma in Holistic Counselling, Diploma in Training and Assessment Systems, Graduate Certificate in Artistic Therapies.

Some of her books:



Trainings will be highly experiential and interactive.

Workshop can be considered for VCF funding as a non pre-approved course.

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