



Trauma Informed SandPlay Therapy

Dr. Patricia Sherwood

Why Trauma Informed SandPlay Therapy?

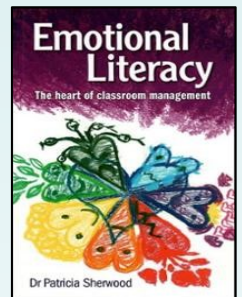
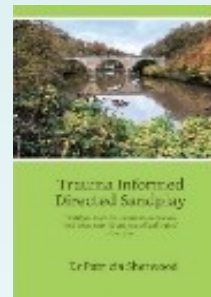
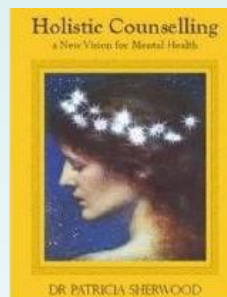
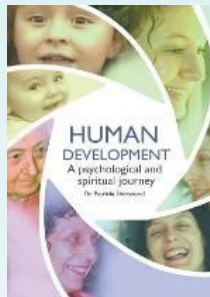
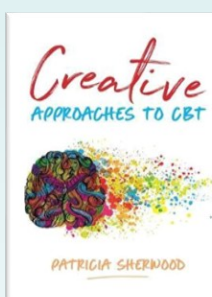
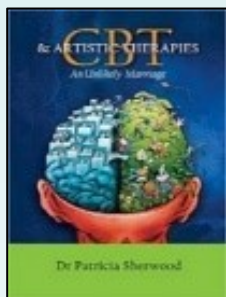
Trauma is characterized by unintegrated heightened experiences. These are often unconscious and stored in the right hemisphere of the brain as sensory data. Spontaneous sandplay is powerful in making conscious, the unconscious in a manner that is compassionate, soulful and transforming.

Dr Sherwood will present structured sequences to support outcomes for clients using sandplay. These directed sequences are concise, focused and transformative using repeatable sequences for a range of traumatic clinical presentations such as substance addictions, cutting, depression, grief and suicide ideation.

Trauma informed sandplay processes facilitate the processing, release and transformation of trauma and promote mental health recovery for clients.

This workshop is suitable for practitioners who have some experience in sandplay therapy. Participants need to have access to a tray with sand and figurines for the session.

Some of Dr Sherwood's Books..



- 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.



“Very informative session..
Learnt how to use sand
play to handle trauma
cases”.



“There was no other
effective way for me to
reach to my client before..
what I learnt transformed
my practice”.

Training will be highly experiential and interactive.

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

Under Aksarth Solutions

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