

ONLINE PROFESSIONAL WORKSHOP

ENGAGING CHILDREN / YOUTH WITH DIVERSE NEEDS THROUGH

ART THERAPY



When words are difficult, creative expression offers another way in.

Practical and creative approaches to support neurodivergent children and children with additional needs.

CLAY · COLOUR · ART · PLAY · DRAMA

11 NOVEMBER 2026

9.00 am – 4.00 pm (Singapore time)
| Live on Zoom

WHY CREATIVE ARTS?

For neurodivergent children and children with diverse needs, words alone may not be enough to express thoughts and feelings, stay regulated or take part in activities. Creative arts offer a gentler, more accessible way to communicate, participate and build trust.



WHY THIS WORKSHOP MATTERS

Participants will gain practical strategies to use clay, color, art, play and drama to support expression, regulation, participation and connection for neurodivergent children and children with diverse needs.

WHAT PARTICIPANTS WILL TAKE BACK

01 Accessible invitations

Practical, flexible creative prompts and approaches that can be adapted for different communication styles, sensory preferences and support needs.

02 Regulation support

Ideas to help children use creative arts to notice feelings, self-regulate and re-engage when overwhelmed or withdrawn.

03 Inclusive practice

Strategies for using materials and activities safely and meaningfully to include neurodivergent children and children with diverse needs in school, therapy and community settings.

WHAT YOU WILL EXPLORE

01

CLAY

Use texture and form to support sensory exploration, emotional expression and self-regulation.

02

COLOUR & ART

Use visual and sensory materials to express feelings, support communication and offer a non-verbal way to process experiences.

03

PLAY

Adapt playful invitations to build engagement, support flexibility and encourage participation in meaningful ways.

04

DRAMA

Use simple, structured activities to support social understanding, imagination, perspective-taking and confidence.

WHO SHOULD ATTEND

Counsellors, Teachers, Psychologists, Social workers, Allied professionals, Parents and anyone who supports neurodivergent children or children with diverse needs.

FACILITATED BY

Dr Patricia Sherwood

Director, Sophia College of Counselling, Australia



Dr Patricia Sherwood brings over 30 years of academic and clinical experience across Social Work, Psychology, Counselling, Social Sciences, and Special Education. A respected thought leader in the field, she is the Founder of the Indo-Pacific Journal of Phenomenology and the Director of Sophia College of Counselling, Australia.

Renowned for her expertise in Artistic Therapy and Sand Play, Dr Sherwood has been instrumental in advancing trauma-informed therapeutic practices globally. She is also a certified Sanctuary Model Trainer, supporting mental health agencies in building safe, restorative environments.

Her work extends across Australia, New Zealand, Singapore, Malaysia, and South Africa, where she has trained educators, counsellors, and mental health professionals in well-being, resilience, and therapeutic interventions.

Dr Sherwood is the author of several influential publications, including the widely acclaimed CBT and Artistic Therapy.

In Singapore, Dr Sherwood has partnered with Relational Resources for over 14 years, delivering bespoke, high-impact training programme for schools, counsellors, and helping professionals.

SOME OF DR SHERWOOD'S BOOKS



MATERIALS PROVIDED

Digital notes, activity guidance and suggested materials will be provided. Participants joining from overseas may speak with us on arrangements.

Training Details

Date : 11 November 2026
Time : 9am to 4pm
(Singapore Time)

Pricing :

Early bird: \$350
(Ends by 30 Oct 2026)

Normal Price: \$380

Workshop can be considered for CCF funding as a non-Pre approved course

Payment: IFAAS, Eventbrite, Pay now

TERMS AND CONDITIONS

1. Classes will be formed only when a minimum class size is being met. Organiser reserves the right to cancel or postpone the workshop at a short notice, or may change the modality of the class and at its absolute discretion without assigning any reasons for such cancellation or postponements. Refund will be made if payment has been received.
2. No withdrawal will be allowed once the participant has registered for the programme. Participant can either find a replacement or pay a penalty of 90% of the full course fee.
3. Photographs and/or videos may be taken during our programmes for audit purposes.



REGISTRATION & ENQUIRIES

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Relational Resources



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