



**2012 Certificate in  
Sandplay Therapy & Symbol Work  
with Children, Adolescents and Adults  
Commencing Thurs May 31<sup>st</sup> – Sat June 3rd**

*For Counsellors, Guidance Officers, Psychologists, Psychotherapists, Social Workers,  
Welfare Workers and Chaplains*

**12 days – 4 x 3-day training workshops, over 6 months**

Trainer for Victoria: Jo Ablett

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, and is highly effective in reducing the emotional causes behind difficult behaviours.*

*With an extensive research and literature base, Sandplay is a powerful therapeutic method for use by established professionals. It has been used 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, from Dr Margaret Lowenfeld's play therapy. Kalff, a colleague of the famous Swiss psychiatrist Carl Jung, created sandplay based on Analytic Psychology. Sandplay is now taught and practised around the world, supported by the *International Society for Sandplay Therapy*. Many school counsellors, psychologists and therapists around Australia have now trained with the Institute in the Expressive Therapies style of Sandplay, and find it a highly effective way to work, with many benefits for client and counsellor alike.

Contact:

**INTO BLUE EXPRESSIVE THERAPIES**

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[www.intoblue.com.au](http://www.intoblue.com.au)

## COMPONENTS OF THE CERTIFICATE COURSE

### WORKSHOP 1 *Foundation Skills ~ One - 3 days*

Thurs May 31<sup>st</sup> - Sat June 2<sup>nd</sup> 2012

- Introduction to Sandplay Therapy and Symbol Work
  - practical experience, history and theory
- Overview of literature
- Role-play techniques to support integration
- Input on sandplay equipment
- Contraindications for use of symbolic work and role-play
- Illustrated case studies

### WORKSHOP 2 *Skills Two ~ From Theory to Practice - 3 days*

Thurs August 2<sup>nd</sup> – Sat August 4th, 2012

- Psychological mechanisms activated by sandplay
- Concepts from Jungian Psychology supporting sandplay
- Interpretation of spatial arrangements in the tray
- Dr Lowenfeld's theoretical framework
- Skills practice and case illustrations

### WORKSHOP 3 *Symbolic Expression, Dreams and Research - 3 days*

Wed Sept 5<sup>th</sup> – Fri Sept 7th, 2012

- Review of Dora Kalff's theoretical framework
- Indications for analysis of sandpictures
- Working with dream symbols
- Co-transference in the sandplay session
- Refinement of facilitation skills

### WORKSHOP 4 *Transpersonal Contexts, Supervision - 3 days*

Thurs 25<sup>th</sup> Oct – Sat 27<sup>th</sup> Oct, 2012

- Case presentations by students
- Transpersonal and perinatal influences on the psyche
- *Beyond the Shadow* – completion trays
- Skills development

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 over twenty 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 that can access deeper layers of emotion and support transformation of unconscious processes in the psyche.

This is a highly experiential, interactive program that will provide many skills to support your clients move into resilience and emotional fluency. Participants will have the experience of following their own personal growth journey using the processes for personal experience at each workshop. There will be illustrated case studies. A manual will be provided for each workshop.

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*.

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).

The Expressive Therapies approach combines Jungian and Gestalt theory and applies this to working with small symbolic objects, either in a sandtray or on a drawing book. 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. 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.

*This course is recognised by the Australian Creative Arts Therapies Association.  
It is recognised by the Australian Counselling Association for professional development points.*

## **The Trainer Jo Ablett**

M. Couns., Dip & Adv Dip. ET, Grad Cert ET with Children, B. Ed.

**Jo is the trainer and organiser for the Certificate in Sandplay Therapy & Symbol Work, and the Certificate in Expressive Therapies with Children and Adolescents at Phillip Island, Victoria.**

For 30 years Jo has facilitated personal development in support of children, adolescents and adults and continues her life long passion to set the scene for life enrichment, personal growth and healing for people of all ages.

Jo conducts a private practice, *Into Blue Expressive Therapies* from her studio on Phillip Island; Vic. Jo's qualifications include a Master in Counselling, Bachelor of Education and Diploma and Advanced Diploma in Expressive Therapies and Cert IV in Counselling Supervision.

Jo has an extensive background in working with children and adolescents with 10 years teaching in the secondary school system and 20 years in the primary system before establishing a private practice in 2002. She has worked with children and adolescents using Expressive Therapies since 1997.

Jo currently works as a counsellor and psychotherapist with adults, adolescents and children. She is a professional supervisor (ACA) for counsellors and ET graduates. As the Victorian Trainer for ETIA, Jo also conducts one-day workshops in Expressive Therapies and facilitates the certificate courses.

Jo is a member of SCAPE, PACFA, ACA, CAPAV, ACATA and VIT.

Learn more about Jo and her work at the Into Blue website: [www.intoblue.com.au](http://www.intoblue.com.au)

You can contact Jo about her practice and the Certificate courses: Phone: 0417 078 792, or email: [ablett@waterfront.net.au](mailto:ablett@waterfront.net.au)

## Support Trainer **Anne Kane** Dip & Adv Dip. ET, Grad Cert ET with Children

Anne has extensive training in Expressive Therapies. She has membership with ACA and runs a small counselling practice in the NE of Melbourne. She has worked for many years supporting children with special needs and learning difficulties. Anne has been Support Trainer for the Children's Certificate in Expressive Therapies and Sandplay and Symbol Work trainings since they began in Victoria in 2009.

*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.

### TEXTBOOK FOR THE COURSE:

Pearson, M., & Wilson, H. (2001) *Sandplay and Symbol Work*. Melbourne: ACER Press

### COURSE TIMES:

Each day from 9am to 5.00pm - last day ends at 4pm.

### VENUE:

*Into Blue Studio 51 Harris Rd Ventnor Phillip Island Vic*

### FEES:

Each 3-day training workshop: \$795 **Early bird discount: \$ 745 if paid 1 month before course**  
Fee includes workshop manuals, *Book of Readings* (CD), morning and afternoon tea, lunch.  
Some discounts available for full-time and part-time students of counselling, psychology, social work.

Payment can be made per workshop, by direct bank deposit to ACC 10970 BSB 704191 (please tag with your name), or by cheques to: J Ablett PO Box 506 Cowes 3922

### WHAT TO BRING:

Large art pad (A3 size); good crayons; biro; journal and/or notebook; an old towel for pastels.  
Wear loose, comfortable casual clothing. **Bring a camera to record sandplay pictures.**

### 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, NZ

*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.* – NZ 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

***Course also conducted in Brisbane, Byron Bay, Cairns, Sydney, Perth, Asia***