

An Introduction to Sandplay Therapy

1 Day Workshop

presented by **Cathy Banks**

(Grad.Dip Couns & Psychotherapy, B.Bus Psych/Mktg, Dip Mgt)



1 Day Workshop

When: Monday 5th March 2012
OR Tuesday 6th March 2012

Time: 9.00 am (sharp) to 5.00 pm

Where: Wallsend Adventist Church,
182 Lake Road
Elmore Vale (Newcastle)
Enter via Macquarie College

Cost: \$240.00 (inc GST)*
***Early bird Online Special**
To take advantage of this offer you must register and pay online by Monday, 6th February 2012.
Places limited so register early.

\$260.00 (inc GST)
Non NALAG Member

\$230.00 (inc GST)
NALAG Member

The attendance fee is inclusive of morning tea lunch and afternoon tea, comprehensive manual and certificate of attendance.

Bring: Digital camera to take photos of your sand tray work.

Join NALAG today to receive the discount on this seminar. Annual Individual Membership only \$50.00.



NALAG Centre for Loss & Grief Dubbo

mindset | counselling

About the Workshop

Sandplay Therapy is a play-based technique that is a valuable tool for counsellors looking for a nonverbal, less intrusive, and fun adjunct to the mainly cognitive and behavioural modalities of traditional "talking" therapies. It is a self-directed and expressive therapy, and suitable for use by adults and children alike from many client populations. It provides a multiple intelligences perspective, and has proved an effective aid in helping the processing, containment, and healing of emotional trauma – such as grief, anxiety, aggression, and even physical pain.

Sandplay is a healing tool which opens the window into the psyche, accessing unconscious material and making it conscious by giving it form. Sandplay Therapy works by using real symbols from life (utilising small objects, pieces and figures) placed into a tray of sand to form a picture. The tray symbolises a protected space that is safe for expression; the sand is the place that land and water merge and represents a bridge between the conscious and the unconscious. The figurines or miniatures are symbolic of the world at large. This can lead to profound shifts in levels of understanding and emotional healing. One of the attributes of Sandplay Therapy is that change comes from within the client.

This workshop will focus significantly on experiential learning and interactive participation. As the therapy is not diagnostic, this workshop will provide a first level of training to give encouragement and confidence to participants in working with Sandplay. The aim is to be a neutral and honoured witness to your client's self expression. It is about the gaining of insight, a reflection or narrative about what is created, and integration into the client's life experience.

An Introduction to Sandplay Therapy

How to Register:

Online:

To register and pay online please click here to be taken to our website www.nalag.org.au/events.html

Request an Invoice:

If you require an invoice please complete a Registration Form and return via fax, email or mail.

Email/Fax:

E: paulah@hwy.com.au

Fax: 02 6884 9100

By Mail: PO Box 379, Dubbo NSW 2830

Registration Forms

Available to download from our website www.nalag.org.au

Bookings and Enquiries

NALAG Centre for Loss & Grief Dubbo

Ph: 02 6882 9222

Or Email: paulah@hwy.com.au

Program

- 9.00am Introduction
- 9.30am Aims, Benefits, and Uses of Sand play
Tools and Elements
Stages in Sandplay sessions
Role of counsellor/therapist
- 10.30am Demonstration
- 11.00am **Morning tea**
- 11.15am Experiential learning
- 1.00pm **Lunch**
- 1.30pm Experiential learning continued
- 3.00pm Afternoon tea
- 3.15pm Working with children
Contraindications for Sandplay
- 4.30pm Discussion: Q&A
Feedback
- 5.00pm Close

About the Facilitator

Cathy Banks

(Grad.Dip Couns & Psychotherapy, B.Bus Psych/Mktg, Dip Mgt)

Cathy Banks is an experienced Counsellor, Psychotherapist and Workplace Trainer. Cathy has gained experience in organisations such as ANZ Bank, Dept of Corrective Services (Probation & Parole), public schools, and private clinics. Cathy now works in her own private practice in Chatswood, Sydney, specialising in working with children, particularly in the areas of grief, trauma, anxiety, and depression. Cathy continues to work in Sydney schools as a Consultant and Group Facilitator, designing and running programmes for the prevention and treatment of anxiety and depression, resilience training, and social skills. Cathy obtained accreditation as a Sandplay Therapist from the Jansen Newman Institute of Counselling & Applied Psychotherapy. More importantly, Cathy is married with two wonderful children, who taught her the value of experiential learning.