

Sand Tray Therapy:

An Introduction with Practical Applications



This six day course has been developed as a pragmatic approach to using sand tray in therapeutic contexts. Insider Art's course is intended for students and practitioners who have some knowledge and experience of working therapeutically but have relatively little experience of working with sand tray. The course is offered as 30 hours of taught, continuing professional and personal development (CPD). We choose not to call this a 'certificate' as sand tray therapy is not an HCPC registered form of therapy and there are no officially recognised training standards or validating bodies for it. (See www.hcpc-uk.org)

The course explores a range of skills, models and approaches to working therapeutically with sand tray. As it is taught by, and open to, practitioners from a variety of disciplines, numerous ways in and out of the tray are considered. Theoretical concepts underpinning sand play are reflected on alongside consideration of how sand play complements other therapeutic practices by encouraging the non-verbal expression and construction of images which have both special personal and collective or cultural meanings.

The group works individually and in pairs on themed exercises using traditional blue based wooden trays and the extensive collection of miniatures available. The course is also explicit in enabling practitioners to work safely and effectively with smaller, inexpensive, highly portable sand trays using found objects and requiring very few miniatures. Participants are introduced to working with sand tray through presentations and practical exploration of the following themes:

- History and development of sand play therapy and its role in child development.
- Imagination and creativity within the therapeutic process.
- Story-making, narratives and dramatic structure.
- Imaginative and symbolic thinking.
- Introduction to Jung and Jungian sand tray.
- Sand tray as a psychological therapy: clinical applications and case studies.
- Play Therapy approaches to sand tray including: The Sensory Sandtray.
- Art psychotherapy approaches to sand tray: the role and significance of sand itself; making figures for the tray.
- Introduction to archetypes, change, transformations, loss and endings in creative work.



Learning is through a mixture of presentations, interactive experiential exercises, reflection and discussion. All materials, handouts, refreshments and vegetarian lunches are included.

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The course is led by: Karen Huckvale, HCPC registered art psychotherapist; with Jessica Perriss, HCPC registered social worker/ play therapist (PTUK) and Julie Thompson, HCPC registered occupational therapist/ play therapist (BAPT). Together they have extensive experience of NHS, Social Services and private practice settings with children, young people, families and adults where they work with attachment, fostering and adoption issues, anxiety, depression, loss and bereavement, self-harm and eating, autistic spectrum, obsessive compulsive and attention deficit disorders.

This course provides education about sand tray therapy. All education about therapy inevitably provokes some personal resonances and draws on some personal experiences. However the course has educational aims and is not a substitute for personal therapy. We recommend all practitioners are clinically supervised.

The course runs on three pairs of Fridays and Saturdays (with 3-4 weeks between each pair of days) from 10 am – 4.30 pm in central Exeter.

Friday 30th September & Saturday 1st October
Friday 4th & Saturday 5th November
Friday 2nd & Saturday 3rd December 2016

The course is limited to 12 places.

Fee rates:

Employer funded £560.00
Self-funded £485.00
Discount £460.00
Concessionary £435.00

