

SANDTRAY - A WAY TO ACCESS CLIENTS' DEEP KNOWING

A one day workshop with Emma Cameron

In this introductory workshop, Integrative Arts Psychotherapist Emma Cameron will demonstrate how you might use sandtray with your psychotherapy and counselling clients. You'll learn practical skills, hear case vignettes, and have a chance to play with and explore sandtray materials in small groups.

Sandtray work can help you connect with your clients in a deeper way, accessing their preconscious schemas, 'life scripts' and dilemmas in a way that makes sense to both of you. This way of working can be used for accessing new insights and perspectives on issues that your clients struggle with.

It can help clients to learn to trust their own abilities to creatively problem-solve and to productively conceptualise their situation and difficulties.

Sandtray can be used in working with a wide range of presenting concerns, such as depression, anxiety, trauma, attachment issues, etc; and also for 'life coaching' issues such as career dilemmas. It can also be a powerful and less threatening way to explore projections and transference.

The workshop will cover :- Why use sand tray? Clinical approaches and theories that combine well with sandtray. The differences and links between Sandtray therapy and Jungian Sandplay. Sandtray and mindfulness. Sandtray and neurobiology. Which clients can use sandtray? Cautions and contra-indications. What you'll need. Choosing your sandtray. How to introduce sandtray to your clients. When to use sandtray in a session. What to do while your client is making their sandtray. How to process sandtray work with your client. Guidelines regarding interpretation. Protocol for ending a sandtray session. How to record sandtray work

Emma Cameron MA, Dip., Adv.Dip., is a UKCP registered Integrative Arts Psychotherapist who works with individual adult clients in private practice in Essex. She gained her MA with Distinction in Integrative Arts Psychotherapy, and her Advanced Diploma certification, at The Institute for Arts and Therapy (IATE) in London, and she is an HCPC registered Art Psychotherapist. Emma's website and blog at <http://www.emmacameron.com> includes articles on psychotherapy and creative techniques including sandtray.



This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, psychotherapists, social workers, mental health nurses, and CBT practitioners.

This workshop will contribute 6 hours Continuing Professional Development

26th Oct 2017 09.30 – 16.30
Guildhall
The Broadway,
Winchester
SO23 9GH

Prices including lunch & refreshments
Until 26th Sept 2017 - £120 plus vat
From 27th Sept 2017 - £135 plus vat
For more information and to reserve a place visit :-
stantonltd.co.uk or grayrock.co.uk