



Certificate in
Sandplay Therapy & Symbol Work
with children, adolescents & adults

May 2025 Intake Redcliffe - Moreton Bay

Trainers:
Dr Helen Wilson & Andrea Snow

New intake starts 1st May, 2025



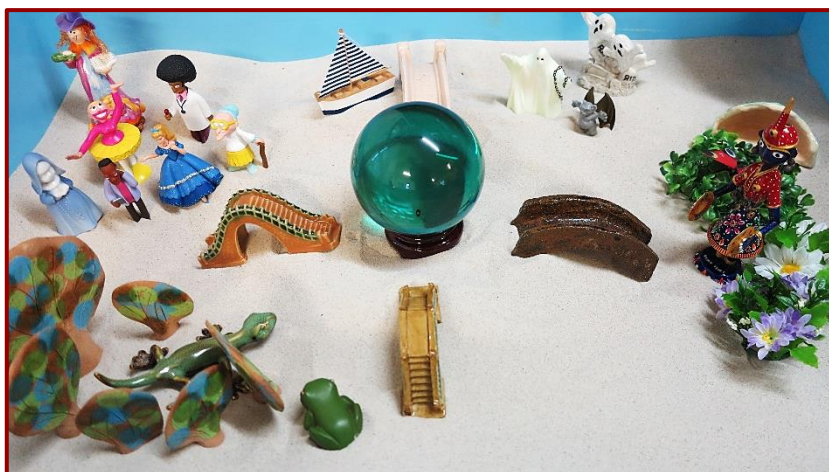
REDCLIFFE / MORETON BAY

12-day course

87 hours

4 x 3-day workshops

over 4 months



Ph: 0421 129 117 helenwilsoneta@gmail.com www.expressivetherapies.au

Twelve days of in-person experiential training and supervision and online case presentations, in the Expressive Therapies approach to Sandplay Therapy and Symbol Work. In addition, participants are strongly encouraged to experience three individual sessions with an approved sandplay therapist.



Sandplay Therapy & Symbol Work

Sandplay Therapy is a hands-on, expressive counselling and psychotherapeutic technique that has been in use for over ninety years. Sandplay forms a bridge between verbal therapy and expressive, creative arts therapies; combining elements of each. The sandplay process is spontaneous and non-directed; Symbol Work is guided to focus on specific issues.

Sandplay allows both explicit and implicit processes to be explored and worked with naturally and safely. With an extensive research and literature base, Sandplay Therapy provides highly positive outcomes as a psychotherapeutic method for use by trained professionals.

An effective therapeutic resource with children, adolescents and adults, in schools, hospitals, welfare agencies and private therapy practices, Sandplay Therapy has been found highly supportive of trauma recovery, and for personal and transpersonal development.

WORKSHOP 1 1 – 3 May, 2025

Foundation Skills One

- Introduction to Sandplay Therapy and Symbol Work
- Practical skills experience, history and theory
- Overview of literature
- Role-play techniques to support integration
- Questioning styles for Sandplay
- Collection and use of sandplay equipment
- Contraindications for use of symbolic work and role-play
- Illustrated case studies

WORKSHOP 2 12 – 14 June, 2025

Skills Two: From Theory to Practice

- Psychological mechanisms in sandplay
- Jung's Analytic Psychology in sandplay
- Understanding spatial arrangements in the tray – Ammann's quadrant theory
- Lowenfeld's theoretical framework – *The World Technique*
- The power of play in therapy
- Skills practice and case illustrations

WORKSHOP 3 17 – 19 July, 2025

Symbolic Expression in Dreams, Trauma Care, Jung's Typology - Individuation Process

- Review of Kalfff's theoretical framework
- Making sense of sandpictures
- Exploring dream symbols
- Sandplay in trauma-informed practice
- Transference and co-transference in Sandplay
- Supervision for Sandplay facilitation
- Facilitation and observation skills

WORKSHOP 4 4 – 6 September, 2025

Transpersonal Contexts, Supervision

- Sandplay as a support in Transpersonal Psychotherapy
- Transpersonal influences in the psyche
- Case presentations by students (online) and group supervision
- *Beyond the Shadow* – Kalfff's presentation of completion trays – DVD
- Kalfff's view of spirituality within Sandplay
- Skills development

Course Information & Trainer Backgrounds

COURSE TIMES: Each day from 9am to 5pm; last day ends at 4pm.

VENUE: *Expressive Therapies Australia Training & Consulting Rooms*, Level 1, Suite 1, Phoenix House, 137 Sutton Street, Redcliffe, Qld.

REGISTRATION: Register and pay from our website. Go to: https://expressivetherapies.au/courses/cc_sandplay.php

FEES: Pay-as-you-go for each 3-day workshop: \$950. Total cost: \$3,800.

Fee includes: 4 x 3-day in-person training workshops, online case presentations, extensive workshop manuals, electronic *Book of Readings*, morning and afternoon tea, as well as a free e-copy of the textbook. BYO Lunch or explore local cafes.

WHAT TO BRING: Bring your lunch (morning and afternoon tea provided). Large art pad (A3 size); oil or pastel crayons; biro; notebook/journal. Bring a camera / iPad or iPhone to record sandplays.

BACKGROUND READING & TEXTBOOK – eBook free with registration: Pearson, M., & Wilson, H. (2001). *Sandplay and Symbol Work*. Melbourne: ACER Press.

DATES: All are on Thursdays, Fridays and Saturdays

Workshop 1: 1 – 3 May, 2025

Workshop 2: 12 – 14 June, 2025

Workshop 3: 17 – 19 July, 2025

Workshop 4: 4 – 6 September, 2025



ENDORSED PROFESSIONAL DEVELOPMENT

PACJA



Dr HELEN WILSON

PhD., M. Couns.; B. Bus. (HRM); G. Dip. ERC.; Cert SP; Cert. HB & TP; Cert. ERC.

Helen is co-founder of *Expressive Therapies Australia*, with Dr Mark Pearson, and is a senior trainer in Expressive Therapies and Sandplay Therapy, around Australia and internationally.

Helen has conducted a counselling and supervision practice for over 32 years. She offers online and face-to-face supervision for therapists using sandplay therapy and expressive therapies.

Helen has completed advanced studies in Transpersonal Psychotherapy with the *Grof Transpersonal Training*, has a degree in Human Resource Management, a Master of Counselling, and a PhD, researching self-compassion.

Helen has completed all three levels of training in Emotional Release Counselling and Transpersonal Studies and holds a Post-Graduate Diploma. She has a Certificate in ERC with Children, a Certificate in Sandplay Therapy, as well as several qualifications in clinical supervision. Helen has completed advanced Sandplay Therapy training with Ruth Ammann, a close colleague of Dora Kalff, the founder of Sandplay.

Helen has been a Lecturer and Senior Lecturer in counselling with a number of Australia universities. She is a Level 4 member of ACA.

Helen is the co-author of *Sandplay and Symbol Work - Emotional Healing & Personal Development* (2001), and *Using Expressive Arts to Work with Mind, Body and Emotion* (2009).



ANDREA SNOW

M.Couns., B.Sc (Psychology), Dip. Counselling, Cert. SP&SW.

Andrea has a private counselling and supervision practice based on the Sunshine Coast, Qld. An advocate of expressive therapies, Andrea has been assisting Dr Helen Wilson in training emerging Sandplay therapists for over 5 years.

She holds a Masters in Counselling, a Bachelor of Science in Psychology, a Diploma in Counselling and has advanced training in Sandplay Therapy and Symbol Work. Extensive experience at managing and training diverse cultural teams as well as coordinating and lecturing in counselling at a university level, means Andrea combines her passion for expressive therapies with her love of teaching.

Raised in a military family and relocating often, she understands the impact of change and the importance of connection in relationships. Working with young people, adolescents and adults, Andrea supports individuals from a client-led, and feedback informed relational depth framework.

Email Sage Counselling: info@sagecounsellingservices.com

This course is recognised by the Australian Counselling Association and endorsed by PACFA for professional development points.

This is a highly experiential, interactive program that will provide many skills to support your clients move into resilience and emotional confidence. Participants will have the experience of following their own personal growth journey using the processes at each training workshop, as well as through three individual sessions with trainers to gain experience in the client role.

There will be illustrated case studies and an extensive manual will be provided for each workshop. There is a requirement for three short assignments, and a Book of Readings will be supplied to support your wider reading. 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.



The Expressive Therapies Approach to Sandplay combines Play Therapy, Jungian, Gestalt and mindfulness concepts and methods, and applies this to working with small symbolic objects, either in a sandtray or on art paper. The play aspect of this approach makes it inviting and non-threatening and suitable for trauma recovery. Sandplay has an important role in helping clients deal with emotional and relational problems and can be incorporated into traditional counselling with children, adolescents and adults, working individually or in groups. It can offer ways to help clients resolve family issues, contact and deepen personal resourcefulness, and promote emotional resiliency. Sandplay Therapy is also an effective support for existential and transpersonal exploration.

Comments on the Course and Trainers

I absolutely loved studying with Dr Wilson. I found her to be a highly experienced and compassionate educator of immense depth, ably steering our group through powerful processes and theory. Helen is genuine, kind, skilled, and generous. We were 'well held', both personally and professionally. The group was cohesive and mutually supportive. It was also really fun! I feel like I emerged as a butterfly from chrysalis: 'more whole' than before, excited for the future, ready to soar. I am so excited to be bringing this to my social work practice, particularly with young persons who have experienced trauma. I have already recommended it to many colleagues, I can't recommend it enough! Sincerely, thank you so much. – Claire, Social Worker

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, Counsellor.

Thank you for conducting the course in such an inviting friendly and 'warm' environment. I've learnt so much and experienced the benefits in such a great way. Am excited with what I can do with this and where I am 'going' from here. Thank you so so much. – Social Worker, Singapore

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. – New Zealand course participant.