

# INTRODUCTION TO JUNGIAN SANDPLAY THERAPY



This three day training offers an overview of Sandplay Therapy , an introduction to the use of the sand tray as a container and the recommended range of figurines/ symbols.

The weekend is built around participants use of the Sandtray to actively experience the theoretical concepts underpinning this approach.



Because the nature of Sandplay is pre-verbal and symbolic, the greater emphasis lies in the experiential component. As part of a small group of eight, there is the opportunity to work in pairs as both creator and silent witness, coming together to reflect upon the sand pictures, with the assurance that the work will be treated sensitively and will not be interpreted.

You will also witness a sandplay process through case material and gain an insight into the theoretical underpinnings of sandplay.

By the end of this training, participants will have:-

- Developed an understanding of the use of Sandplay
- Considered the Jungian theories relating to symbolic play
- Experienced the use of figurines and the Sandtray as a containing space.
- **For more information on bespoke training programs contact Jean Gascoigne**

