**EXPERIENTIAL SAND TRAY AND APPLIED SAND TRAY WORKSHOP**

**PROGRAMME**

**Presenter: Dr Rinda Blom**

**Day 1:**

**18:00-18:30 Orientation**

**18:30-19:30 The structure of the psyche (the unconscious, the conscious, the ego, the persona, the shadow), dynamics**

 **of the psyche, integration and individuation, adaptation and the transcendent function, the flow of psychic**

 **energy**

**19:30-19h45 Tea break**

**20:00-21:00 Sand tray instructions and record-keeping (with children and adults), advantages of sand tray work,**

 **symbolic literacy, Developmental issues in the sand tray**

**Day 2:**

**18:00-19:30 Assessing ego-strength in the sand tray, general patterns in the sand tray process, assessment of the first**

 **tray**

**19:30-19:45 Tea break**

**19:45-21h00 Developmental norms in the sand tray**

 **Gender differences**

 **Themes in the sand tray**

**Day 3:**

**18:00-19:30 Guidelines for understanding sand tray work**

 **Themes of wounding in the sand tray, possible psychological implications and goals**

**19:30-19:45 Tea break**

 **Themes of healing in the sand tray, possible psychological implications and goals**

**19:45-20:00 Actions in the sand box and possible meanings**

 **Symbolism in the sand**

 **A practical case study**

**Day 4:**

**18:00-19:30 Sand tray work with couples (teaching and dvd demonstration)**

 **Communication trays for families**

**19:30-19:45 Tea break**

**19:45-21:00 Applying sand tray therapy with families where there is a**

 **scapegoated child**

 **Shadow work in sand trays**

 **Individuation trays for adolescents**

 **Sand tray work for re-designing a client’s life situation**

**Day 5:**

**18:00-19:30 Amplification in sand work – resolving power struggles through**

 **sand tray work**

 **Trauma sand trays and sand trays for bereaved families**

**19:30-19:45 Tea break**

**19:45-20:30 Personal sand trays for the therapist**

**20:30-21:00 Evaluation and conclusion**