

Sandtray: Effectively Re-patterning Autonomic States

*An online workshop with
Lisa Dion*

Zoom Webinar

8 November 2023, Wednesday

Times:

5:00 pm – 7:00 pm, London UK

12:00 pm – 2:00 pm, New York, USA

CPD hours: 2 / CE credits: N/A

Limited number of early bird tickets at £50 only

Regular price: £60



Location: Online streaming only

(all our webinar tickets now include complimentary access to a video recorded version for 1 year)

Over the last few years, practitioners around the world have increasingly incorporated Sand Tray Therapy into their repertoire of therapeutic skills owing to its many advantages:

- Its non-verbal, non-threatening approach has proven highly efficacious with both children and adults
- It can be modified to work across client presentations ranging from developmental challenges to PTSD
- It can easily be **added as an adjunct to therapeutic approaches from other modalities**

Indeed, there are many ways for a sandtray to be utilized therapeutically to support clients, but one way that isn't often explored is the use of the sandtray itself as a means for regulation and co-regulation.

At this online workshop, participants will explore the **link between sand and the activation of the autonomic nervous system** while discovering how to turn their trays into a regulation tool that can deepen both the client's experience and their own healing.

Because Sandtray Therapy is able to access the right part of the brain while providing connection to the left side, **it allows us to work with the WHOLE brain, allowing for the right and the left to "talk" to each other.**

Using sandtray therapy activates that right part of the brain where the trauma, negative thoughts and feelings are stored. Pictures, images, stories drawn in the sandtray by our clients stimulate memories and feelings associated with their traumas. This allows for the left side of the brain to see those feelings in a three-



dimensional representation. When we are able to bring up those experiences through images and stories drawn into the tray, then our left brain can put words to what we are feeling. **This is when breakthrough moments occur in the therapeutic journey.**

Through sandtray therapy, we can help our clients to move from split-state confusion into a deeper and cohesive understanding of their lives and events that have shaped them.

Designed to help therapists think outside the “sandbox”, this workshop is designed to support clinicians in their ability to increase integration and re-patterning of the client's nervous system activation through the use of the tray. This powerful method is thus **able to uncover aspects of the self and issues that may not be accessed only with cognitive talk therapy.**

Drawing from interpersonal neurobiology and principles from Synergetic Play Therapy, in this highly experiential workshop, participants will have a chance to learn and experience the power of the sand tray as a regulation tool through demonstrations and their own experience in their own sandtray.

Specifically, we will cover the following topics:

- The sand tray as a regulation device in the therapy room
- The essential regulation tools for a sand tray
- Sand play as a way to access various centres of the brain
- **Exploring projection and “The Set Up/The Offering” in Synergetic Play Therapy**
- Understanding a client's nervous system states through their use of sand
- Accessing parts of a client's brain that are sometimes missed in therapy
- **Re-patterning a client's dysregulated states** while they use sand in their sessions

It would be helpful for participants to have the following items available during the training when they attend online:

- Sand tray (can substitute a plastic bin with 2-3 inch sides)
- Therapy sand (please do NOT bring sandbox sand)
- Funnel
- Turkey baster
- Scoop
- Bucket or cup
- Sifter
- Assorted sand tray symbols/miniatures

Learning Objectives:

- Explore the five toys needed to turn your sand tray into a regulation tool
- Examine the link between how a client uses the sand and the activation in their nervous system
- Explore various ways to bring regulation into the sand tray to help deepen the clients' experience

About the speaker

Lisa Dion, LPC, RPT-S, is an international teacher, creator of *Synergetic Play Therapy*, founder and President of the *Synergetic Play Therapy Institute*, co-founder of the *Synergetic Education Institute*, creator of the *Business of Therapy* and host of the *Lessons from the Playroom* podcast. She is the author of *Aggression in Play Therapy: A Neurobiological Approach for Integrating Intensity* and is the 2015 recipient of the Association for Play Therapy's Professional Education and Training Award of Excellence.



Lisa is a Licensed Professional Counsellor, Registered Play Therapy Supervisor, Certified Gestalt Therapist, Parent Educator, Level II EMDR practitioner, and Master Certified Facilitator of the *Demartini Method*; as well as former adjunct faculty at Naropa University, teaching child and adolescent courses in their Transpersonal Counselling Psychology Program.

© nscience UK, 2023 / 24

There is no known commercial support for this program

This course does not qualify for CE credits

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: customerservices@nscience.co.uk

If you have a disability, please contact us in advance of the course so we can accommodate your needs:

customerservices@nscience.co.uk

US: +18337161044

UK/Europe:
+44(0)2070961722

Australia:
+1800861953