

Name of Programme	<b>Professional Certificate: Sand Therapy in Clinical Practice</b>
Name of Provider	<b>Dublin Art Therapy College</b>
Duration	10 days (50 hours of training, in-college face to face)
Times	10 – 4pm Facilitated in: <b>1a Village Green, Tallaght. D24 EP94</b>
Other Requirements	Clinical Supervision
Fee	€1,500

#### **Programme SCHEDULE:**

	Dates: Saturdays	Event	Tutor	Assignments
1	19 <sup>th</sup> Oct 2024	History, experiential, practice	Liz Doyle	
2	2 <sup>nd</sup> Nov 2024	Symbol meaning	Liz Doyle	
3	09 <sup>th</sup> Nov 2024	1:1 experiential clinical practice	Liz Doyle	
4	16 <sup>th</sup> Nov 2024	Group experiential clinical practice	Liz Doyle	
5	23 <sup>rd</sup> Nov 2024	Self-Supervisory experiential clinical practice	Liz Doyle	
6	30 <sup>th</sup> Nov 2024	Application to Clinical Practice	Liz Doyle	
7	07 <sup>th</sup> Dec 2024	Application to Supervision	Liz Doyle	
8	18 <sup>th</sup> Jan 2025	Process of individual sand trays (Supervision)	Liz Doyle	
9	22 <sup>nd</sup> Feb 2025	Process of client work – power-point presentation	Liz Doyle	Individual process
10	29 <sup>th</sup> March 2025	Process of client work – power-point presentation	Liz Doyle	Clinical practice

#### **Overview of the Sand Therapy Programme:**

The programme provides an enhanced understanding of Sand Therapy through individual and group work. The participants are encouraged to explore the Sand Therapy process.

#### **Sand Therapy programme is suitable for:**

Counsellors & Psychotherapists and other professionals who work with children and adults. The programme is experiential in nature and there is no prior experience in Sand Therapy training required.

#### **The Learning Outcomes for the Sand Therapy:**

- Historical origins of Sand Therapy
- Exploring the creative connection using Sand Therapy
- Learning the meaning of symbols in the Sand Therapy
- Enhanced personal and professional development using Sand Therapy
- Gain insights and express your feelings using Sand Therapy
- Enable clients to express their feelings using Sand Therapy
- An in-depth exploration of Sand Therapy process within the therapeutic setting
- Develop and understanding of the therapeutic nature of Sand Therapy
- Experience of individual and group Sand Therapy exercises

**Tutor:** [Liz Doyle](#) Counsellor/Psychotherapist/Art Therapy/Play Therapist with extensive experience and knowledge of Sand Therapy in Clinical Practice. MIACP.

**Jungian Quotes:** *“The goal of psychic development is the self. There is no linear evolution; there is only a circumambulation of self”. ‘Often the hands will solve a riddle that the intellect has struggled with in vain’.*