



**INTRODUCTION TO WORKING WITH
WORKING WITH SAND TRAYS IN COUNSELLING
PROGRAMME (may change!)**

9.30am	Welcome – technical tips from Jeremy
9.35am	Meet your Buddy Group
9.40am	<u>Session 1</u> History, Purpose and Possibilities Why Use Sand and Miniatures? Choosing your Miniatures Preparation Free and Directed Sand Trays
10.10am	Buddy Group (15 mins)
10.25am	Break (10 mins)
10.35am	Any Questions?
10.45am	<u>Session 2</u> Being fully present
10.50am	Demonstration: Regina's Journey
11.00am	Processing the sand tray
11.05am	Demonstration: Hazel's Home
11.16am	Clearing Up Issues
11.20am	Buddy Group (15 mins)
11.35am	Break (10 mins)
11.45am	<u>Session 3</u> Recreating the Sand Trays
11.55am	Any Questions?
12.05pm	<u>Session 4</u> Therapeutic Landscapes – working online
12.25pm	Buddy Group Discussion (15 mins)
12.40pm	Break (5 mins)
12.45am	Any Questions?
12.55am	Resources and Information
13.00pm	Finish