

CLAY WORK THERAPY

DR PATRICIA SHERWOOD

Clay is an Expressive Therapy that
is **POWERFUL & PROVEN** medium to
work with clients' core issues

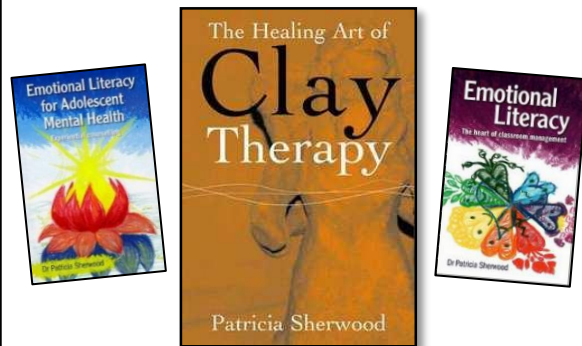
8th & 9th November 2016

A module for the Certificate of Artistic Therapies from Sophia College, Australia

Why Clay?

- Due to the flexibility of clay, experiences can be readily formed in a powerful and visible way.
- Clay is very responsive to human feelings.
- Clay incorporate non-verbal process of sensing, gesturing and sounding.
- Apply clay for
 - ✓ Healing grief
 - ✓ Working with Families
 - ✓ Anger Management
 - ✓ Couple Communication

Some of Dr Sherwood's books..



Feedback from Past Participants of Clay Therapy Workshop held in Singapore:

- *"Patricia Sherwood is an excellent trainer and was highly engaging, throughout the 2 days"*
- *"This is a great workshop that provided an insight into artistic therapies"*
- *" I learnt how to provide healing to adolescents with anger/grief & loss issues through clay therapy x 2"*
- *"Integrating Eastern & Western philosophies of a person"*

Psychologists/counsellors/social workers and special needs officers from schools, social work settings, hospitals, prisons and other helping professionals

SOME CLAY EXPRESSIONS

Transmutating Anger

Family Dynamics

“Exploded Anger”



“The Recovering One”



Images are taken from *The Art of Healing, Clay Therapy*

Day 1 - AREAS COVERED

- Principles of Clay Therapy
- Uses with various clients - children, adolescents and adults (Including men and the elderly)
- Clay vs Other Mediums
- Clay Therapy in :
 - Exploration of feelings
 - Anger management

Day 2 - AREAS COVERED

- The Sensory Tactile Method
- Uses with:
 - Resistant Behaviour
 - Verbalizing Emotions
- Family Dynamics through Clay Therapy
- Case Studies:
 - Grief & Loss
 - Depression





Dr. Patricia Sherwood is a postgraduate supervisor at Notre Dame University in Australia. She has lectured for 30 years in Social Work, Psychology, Social Science, Counselling and Special Education.

- She founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling
- She provides mental health and wellbeing training to teachers and parents in Australian schools.
- Has extensive international experience, having trained in Australia, Singapore, Malaysia, and South Africa within the fields of counselling and mental health recovery.

YouTube video of Dr Sherwood talking on the Artistic Therapies course with Sophia College is available by viewing:
<http://youtube.com/watch?v=PjUEUWzPw0U>

“Strong, concrete, immediate and empowering – these are the qualities of Clay Therapy. Clay therapy gives the inarticulate client a powerful medium to convey his/her experience directly. Clay therapy is used to work vividly and transformatively with anger, grief, fear, family of origin issues, couple communication and blocked speaking. “

Dr Patricia Sherwood

Training	Date & Time	Price
Clay Therapy	8 th & 9 th November 2016 (9:00am - 5:00pm)	PACKAGE PRICE Normal Price: \$750 Early Bird Price: <u>\$650 only !</u> <i>* Price is inclusive of Materials for Participants to use in their setting</i>

Venue: To be confirmed

Morning Tea & Lunch will be served.

We are committed to keeping class sizes small to facilitate interaction, so please register early. Trainings will be highly experiential and interactive.

Workshop can be considered for VCF funding as a non pre-approved course.

Facebook: www.facebook.com/relationalresources



For More Information

Please call : (65) 6337-5153 Email: relationalresources@rpsingapore.org Website: <http://www.relationalresources.info/>