



SUCCESSFULLY COMBINING SCHEMA THERAPY WITH SAND TRAY WORK

**PRESENTER: ESTELLE MACDONALD, ISST
CERTIFIED CA-ST TRAINER AND ADULT AND
CA-ST SUPERVISOR**

**TWO DAY TRAINING FOR MENTAL HEALTH
PROFESSIONALS WITH SCHEMA THERAPY
EXPERIENCE**

Come and learn about how schema therapy can be successfully combined with sand tray work to create a fun, as well as incredibly insightful, way of working with both adult and children/adolescent clients.

Content will include:

Equipment required (a list of materials required for the workshop will be sent once registered)

Resourcing

Distancing techniques

Assessment in the sand tray

Needs work

Modes work

Rescripting worlds

Practice sessions

Training Dates:

**Online dates for
NZ/Australia
region:**

**12-13 November
2024**

NZ Time:

**9am -5pm each
day**

Cost:

**NZ \$500 for 2-day
training**

**Online UK/EUROPE
region**

28-30 January 2025

UK Time: 5pm-9pm

Cost: £250

**SCHEMA THERAPY
TRAINING AND
CONSULTING (STTAC)**

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