



INTERNATIONAL PSYCHOLOGY CENTRE®
Centre of Excellence for Personal & Corporate Growth

3. Certification in Sandplay Therapy (endorsed by Malaysian Association of Psychotherapy (MAP) and Psychotherapy Chapter of Malaysia Society for Complimentary Medicine)

Sandplay is a wonderful way of exploring our inner world. A lot of transformation can happen at this level, as the figurines in the sand are arranged in relation to each other. It is very non-threatening. Inner changes are allowed which remain hidden in a traditional counseling session. Sandplay is a hands-on expressive counseling and psychotherapy modality that has been in use for over seventy five years. It forms a bridge between verbal therapy and the expressive therapies, combining both elements. Sandplay allows the deeper aspects of the psyche to be worked with naturally and with safety, and is highly effective in reducing the emotional causes of difficult behaviours. It can be used both as a support for stress management and emotional growth and as a means for providing a bridge to support the use of a variety emotional growth therapies.

What is included in this course?

- Lectures
- Reading materials
- Clinical supervisions
- Case review and assessment

Fees and Course Structure

Fees : RM 4800.00 (Students are also required to buy various recommended text books)
Time : 3 months
Prerequisite : At least a Credit in English (SPM) or 2 years working experience at a related industry.
Group size : Group limited to only 6 participants to optimize group dynamics.

Training Module

Foundation Skills

- Introduction to Sandplay Therapy and Symbol Work (Practical experience, history and theory)
- Brief review of literature
- Role-play techniques to support integration
- Input on sandplay equipment
- Contraindications for use of symbolic work and role-play
- Creating mythological stories for self-understanding
- Illustrated case studies

Advanced Skills, Psychological Frameworks

- Psychological mechanisms activated by sandplay
- Concepts from Jungian Psychology supporting sandplay
- Use of mandala artwork for integration
- Interpretation of spatial arrangements in the tray
- Lowenfeld's theoretical framework
- Skills practice and case illustrations

INTERNATIONAL PSYCHOLOGY CENTRE SDN. BHD. (No.: 885574-M)

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Research, Theory & Development of Practice

- Use of Symbol Work in group programs
- Review of Dora Kalff's theoretical framework
- Indications for analysis of sand pictures
- Working with dream symbols
- Co-transference in the sandplay session
- Refinement of facilitation skills

Transpersonal Aspects, Supervision

- Case presentations by students
- Transpersonal and prenatal influences on the psyche
- *Beyond the Shadow* – completion trays
- Skills development

Course Layout

We use the mastery system of education. Besides lecturing, this course provides clinical experience such as research, case study, supervision & presentation. Assessment includes case study presentations, group participation, research paper and assignments.

The topics mentioned above are taught within seven sessions. Between the sixth and seventh session, a period of approximately 1 month of clinical supervision & research is implemented outside of classroom. During this period, students will be given assignments and projects to do.

Equipment and Venue

- Chairs & table
- Projector
- White board
- Sandtray & toys
- Notes/ books

Venue: International Psychology Centre, Kuala Lumpur

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