

CLAY THERAPY TRAINING: CONTEXUAL BACKGROUND



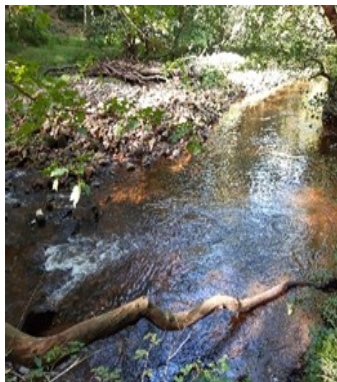
The first Clay Therapy training was delivered in 2012 to clinical practitioners in the beautiful setting of Little Gidding Retreat Centre, Cambridgeshire, UK. It was a wonderful experience culminating from years of teaching pottery and knowing how powerful the medium of clay had been in educational settings.

Through researching the value of using clay in therapy via a Masters programme at the Institute for Arts in Therapy and Education, London, and then into a Doctorate in Psychotherapy at the Metanoia Institute again in London, Clay Therapy was emerging as a distinct psychotherapeutic modality.

From the Doctoral research grew the idea of developing a specialist training using clay in therapy.

Time, since then, has passed when more clinicians are now expressing excitement about working with clay in therapy and this year saw the ninth annual delivery of the Clay Therapy course in the UK, as well as deliveries in Nepal, Bangkok and Bali.

Amazingly, practitioners have integrated Clay Therapy into their own clinical models and developed their distinct way of working. Indeed, the writing of the third book covering Clay Therapy in 2019 entitled *Clay Therapy with Families and Groups*, showcased chapters contributed by members of the Clay Therapy Community, further evidencing the growing interest in this specialist field.





CLAY THERAPY TRAINING



Clay Therapy training is simply so much more than learning new techniques, skills and interventions.



This work keeps the focus on you as therapist and your core theoretical practice whilst enabling you to see with your heart and feel with your body when working therapeutically with clients and supervisees. This course will engage you in an in-depth exploration of many theoretical concepts covering object-relations theory, Jungian concepts and existential perspectives.



LIKELY PARTICIPANTS

This course is designed for qualified therapeutic practitioners who have completed their own respective training as a Play Therapist, Counsellor or Psychotherapist. The course content is likely to appeal also to Creative Arts Therapists, Art Therapists, Sandplay Therapists, Authentic Movement Therapists and similar.



TESTIMONIALS—Former Participants describe the course as:

“A brilliant opportunity for developing my understanding and practise in working with clay. It has been stimulating, thought-provoking and encouraging.”

“A course that offers a magical journey for any therapist.”

“An inspiring course. I was able to learn, share and reflect, in a beautiful and nurturing environment.”

“If you want to explore yourself and gain new skills, knowledge and expertise in the therapeutic arena – this is a wonderful course for fulfilling all of that.”



CLAY THERAPY TRAINING



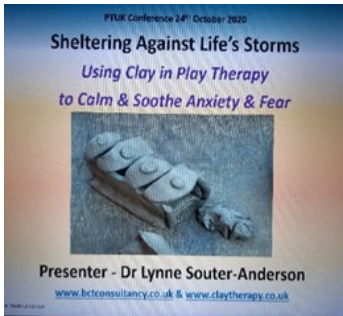
AWARD IN CLAY THERAPY - WITH CHILD, ADOLESCENT & ADULT CLIENTS

COURSE AIMS

At the close of the course participants will be able to:

1. Apply developed and refined technical and constructional skills when offering clay as a medium in both non-directive and structured therapy sessions.
2. Use creative and imaginative clay exercises to develop and enhance therapeutic explorations of personal meaning and understanding with children, adolescents and adults in individual and group work.
3. Engage in authentic communication with clients by utilising the four avenues of exploration to experience and explore the impact of felt depth of connectedness both in therapy sessions and clinical supervision.
4. Explain theoretical aspects of Winnicott's writing that underpin clay therapy.
5. Imaginatively incorporate Jungian theoretical perspectives through the use of symbolism, metaphor and active imagination in clay therapy sessions.
6. Identify, synthesise and integrate existential perspectives

CLAY THERAPY TRAINING



AWARD IN CLAY THERAPY COURSE STRUCTURE

The training programme has four levels of study, each building on the former to ensure solid foundations as knowledge, understanding and skills are acquired in this intense form of psychotherapy.

The full programme totals 160 hours of learning.

This is made up of:

72 hours guided learning,

60 hours observation recording plus practicum.

50 hours home study – written assignments.

Level 1, 24 hours – Practical Skills & Knowledge

3 days - ATTENDING training covering

The Rudiments of Clay Therapy – Working with clay and how to facilitate and support clay therapy sessions.

Construction techniques useful for individual client and group work. Embodied processes.

Theoretical component—A Theory of Contact: Physical, Emotional, Metaphorical and Spiritual.

Level 2, 16 hours – Theoretical Understanding

2 days - ATTENDING covering, Jungian concepts, Archetypal energies, Symbolic work and Mandalas

Level 3, 16 hours – Integrated Practice,

2 days – ATTENDING OR ONLINE covering, further theoretical components, case work, group supervision, experiential work.

4

Level 4, 16 hours – Embedded Practice,

2 days - ONLINE covering presentations, further theoretical components, group supervision,



CLAY THERAPY TRAINING



AWARD IN CLAY THERAPY COURSE DELIVERY MODES

Clay Therapy training sessions have been designed as a blend of learning and teaching approaches to include aspects of the following:

Seminars, prior session reading, individual reflection, pair work, trio work, small group process work and full group discussion, practise sessions, experiential creative clay work, learner presentations, peer group feedback, tutor feedback, individual tutorials, journal writing, individual research and case study writing.

Practitioners are supported throughout by two trainers.



COURSE ASSESSMENT

Assessment is ongoing throughout the course.

The principle written assignments are:

Creative reflective learning journal.

Practise and observations.

Peer assessment.

Practicum.

Case presentations.

Supervision and Supervision statement.

Learning synthesis statement.



VENUE

Training mainly takes place in Yelling or Fen Drayton two villages which are set amongst the peaceful and beautiful rolling countryside of Cambridgeshire. In-house courses have been delivered in Nepal, Thailand, Bali and South Africa.

COURSE FEES: 2024/2025

Level 1 & 2 - £550

April 9th – 13th (2024)

Level 3 - £170 (September 28th/29th 2024)

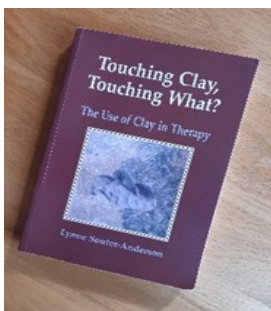
Level 4 - £170 (January 25th/26th 2025)

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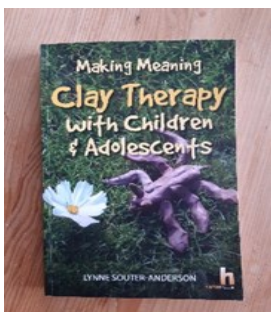


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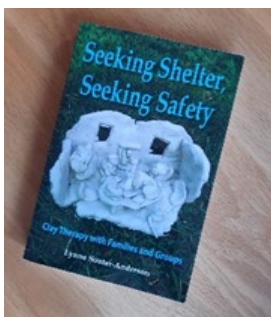
Dr Lynne Souter-Anderson is a psychotherapist with over 30 years' experience of working face to face with all age groups in Cambridgeshire, UK and online for those clients living further afield. Her innovative programme in Clay Therapy training was the direct outcome of her Doctoral Studies at Metanoia Institute, London. Lynne is the founder member of the Clay Therapy Community.



Her way of working has evolved into what she now describes as a counselling conversation style where, together the work evolves in discovering what is at the heart of each client. Lynne wants to support the client in getting to know who they truly are and to discover what nurtures their soul to enable a more enriched existence on this earth. Her desire is that clients leave the therapeutic work with a sense of purpose and a feeling of personal empowerment.



Lynne remains fascinated in family histories and cultures and has forever been intrigued with our different and unique stories, though also continuously amazed with all things that seem to unite us.



Converging pathways rooted in Object-Relations theory, Jungian perspectives and Existential themes informs Lynne's work. As a former art teacher there has been a natural integration of the creative and expressive arts (clay work, sandplay, dream work and art mediums) within therapy sessions with clients of all ages, whenever appropriate, to reignite a spirit of curiosity in everyday life.

Published Books:

Touching Clay, Touching What? The Use of Clay in Therapy (2010). Dorset, UK: Archive Publishing.

Making Meaning: Clay Therapy with Children and Adolescents (2015). Buckingham, UK: Hinton House.

Seeking Shelter, Seeking Safety. Clay Therapy with Families and Groups (2019). Dorset, UK: Archive Publishing

