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# ‘Connecting & Connected with Clay Conference’

## CONFERENCE VENUE – MADINGLEY HALL, CAMBRIDGE, UK

### *University of Cambridge Professional & Continuing Education*

With a history dating back to 1543, our story begins when John Hynde acquired the Shire Manor of Madingley and began construction of the Hall. Originally conceived as a grand hunting lodge, its south wing included domestic quarters, a kitchen, and an impressive upper hall with a viewing platform, showcasing the ambition of the Hynde family.

Hynde began building Madingley Hall in the same year, creating what are now known as the south and east wings. The south wing contained domestic buildings, the kitchen and a garderobe; the east wing had just a few sleeping rooms, along with two large halls.

The upper hall had a splendid viewing platform, leading to speculation that the Hall was originally conceived as an extravagant hunting lodge, built to flaunt the wealth of the newly-rich Hynde. When the Hall passed to his son, Sir Francis Hynde, in 1550, he made it the family home, and added the north wing in 1591.

Sir John Hynde Cotton inherited Madingley Hall in 1712: during the 40 years that he owned the Hall he transformed it from a panelled Tudor house into a Baroque building, and closed the medieval village street, with the aim of removing the villagers’ houses from sight.

In January 1861 Edward, Prince of Wales, arrived at Madingley. His mother, Queen Victoria had rented the Hall as a residence for her son whilst he studied at the University. However, his stay was brief and his departure sudden, due to “the great calamity at Windsor” – Prince Albert’s unexpected death.

In 1871 the Hall was sold out of the family to a Mr Hurrell, and subsequently to Colonel Walter Harding in 1905. Colonel Harding, whose portrait can be seen in the Gallery on the first floor, completely renovated the Hall before his heirs sold it, along with the surrounding park and farmland, to the University of Cambridge in 1948 for the sum of £50,000.

Today, the Hall is also home to the University’s Professional and Continuing Education, which provides residential and non-residential courses, conferences and summer programmes for professional groups and the general public from around the world.

Over the centuries, Madingley Hall has evolved into a venue that perfectly balances historic elegance with modern sophistication.

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## Conference Evening Social Gathering at The Three Tuns, Fen Drayton

Come & join us = Friday 17th April, 6.30pm.

The Three Tuns is a delightful Tudor pub and restaurant with a thatched roof and the Hunter’s Lodge is an atmospheric area within the pub’s garden setting.

Tickets can be located on the Conference Booking form.

## FRIDAY 17TH APRIL 2026

**Presentation: 'The Story of Helen Greeves and the Power of Clay'**

The focus of this presentation is on an autobiography written by Helen Greeves, who was labelled as mentally deficient (M.D.) at birth. Born in 1919, Helen lived for a century, and her memoir charts a remarkable journey through therapy with several prominent psychoanalysts of the twentieth century. Entitled 'Still Sane', her story powerfully illustrates how Helen consistently turned to clay as a means of coping with emotional distress.

During the presentation, photographs of Helen's clay sculptures will be displayed, with attendees also having the opportunity to view some of her works in person. Helen's reflections on her creative process are particularly poignant. She describes making "a small figure of a mother holding her baby; her arms joined at the front, making a circle, like a little nest for the baby." This act of creation led Helen to a moment of self-realisation, as she expressed, "…perhaps I'm not so hopeless; perhaps I really can do this!"

**Presenter: Dr Lynne Souter-Anderson, Founder of the Clay Therapy & Clay Conversations Community (CTCC: AP-SV)**

Psychotherapist, Educator, Consultant & Author. Lynne's initial career was as a teacher, working with both adolescents and adults in various artistic disciplines, including art, pottery, textiles, and drama. This experience provided her with a direct understanding of the profound impact that engaging with the arts and working with clay can have on self-worth and self-confidence. Over the past 35 years, Lynne's commitment to supporting the well-being of others has been the driving force behind her professional journey. Her humanitarian outlook has guided her in developing the necessary skills to counsel and train others, empowering them to share this valuable knowledge.

When Lynne was entrusted with the clay sculptures created by Helen Greeves, she immediately recognised their potential as educational aids for practitioners in the mental health field. This responsibility was a humbling experience, one that Lynne wholeheartedly embraced, motivated by her desire to help others.

**Presentation: 'Measuring Calm: How the Body Responds When We Work with Clay'**

Hannah's presentation offers an opportunity to hear about her master's research project on the physiological benefits of playing, sculpting & working with clay.

**Presenter: Hannah Alderson - Clay Conversation Practitioner** & teacher is the founder of Hannah Rae Arts, and holds a master's degree with Distinction in Creative Practice. Her research explored the physiological and psychological effects of working with clay, including heart rate responses and links with the gut–brain axis, highlighting its potential to reduce anxiety and support wellbeing. Building on this work and her Clay Conversations training, Hannah now leads one-to-one clay sessions with children in schools in Harrogate, combining her background in education and creative practice to help regulate the body, calm the mind, and foster connection.

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**Presentation: 'Crumbling Experiences & Fragments of Life. The Use of Clay in Domestic Abuse Cases.'**

In this presentation Gail will share aspects of her clinical work showing how the use of clay to work through harrowing domestic violence cases has proved very beneficial.

**Presenter: Gail Shreeves - Clay Therapist** is a Counsellor with adults and children, Creative Arts Therapist and Play Therapist registered with the BACP and PTUK. Gail holds a post-graduate Certificate in Systemic Practice. She is also a qualified Nurse, Midwife, Health Visitor, Teacher and SENDCo and these other professions have helped to facilitate and influence her work with Clay.

Working with children, adolescents, and adults individually Gail enjoys using clay. In her groupwork she adopts a themed and more structured approach. Her website is www.7winds.co.uk

Gail has a particular interest in clay as it allows the client to tap into their unconscious more easily than other mediums and this allows issues that have been 'hidden' for a while to come into consciousness where they can be processed and talked about if the client wishes.

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**Presentation: 'Connected with Clay – Layered Understanding'**

Maria will be looking at the use of clay in supervision. She gained her masters in 2024 in Counselling and Psychotherapy Practice, her dissertation focusing on practitioners' use of clay in supervision. She will be presenting her interviewees' experiences and feelings surrounding clay as a medium and its impact within supervision alongside her own clay layered learning and ways forward.

**Presenter: Maria Adams (CPP MA) - Clay Therapist** Maria has over 30 years of experience in the fields of therapy and education. She has taught psychology and philosophy and led on several educational programmes. More recently, alongside her therapeutic practice, she has supported the continuing education of therapists, leading on a post-qualifying diploma in working therapeutically with children and young people. Creative techniques, supporting those experiencing trauma and loss, are embraced in her practice, with a clear emphasis on clay work and the healing it engenders. Additionally, she works as a supervisor, keenly using clay to enlighten.

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## AFTERNOON CLAY WORKSHOPS: ELEMENTS OF EXISTENCE

## EARTH & AIR & FIRE & WATER

Presented & facilitated by the Specialist Clay Therapy & Clay Conversations Supervisors from the Clay Therapy & Clay Conversations Community Committee. The focus of the workshops will be on origin & direction as we connect & create with clay giving opportunity to consider opposing & complementary elements within each of us.

Please read on for further information on the two Afternoon Workshops, which will each be delivered on Friday & Saturday giving the opportunity to experience both.

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## SATURDAY 18TH APRIL 2026

### Presentation: 'Courage to try'

How I foster an environment of openness and trust while working with clay within diverse and extraordinary groups.

**Presenter: Kasia Kowalska – Clay Therapist, Clay Conversation** Practitioner. Integrative life coach, yoga instructor, mindfulness teacher. Therapeutic Nature-Based Interventions practitioner, neurodiversity informed practice. Currently undergoing certification in counselling with ICHAS, Ireland and Art Therapy with Sensearte Academy in Poland.

Kasia creates innovative programs and workshops for family resource centres, associations supporting people with disabilities, nursing homes, local organizations, and private clients.

Her therapeutic approach primarily emphasizes the integration of body awareness, breath work, creative expression and promotion of self-development, inviting calm and joy to everyday life!

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### Presentation: 'Letting the clay do what the clay does: fostering connection between a group of home educated teenagers'

What happens when you give teenagers clay and then do nothing? Surprisingly a lot. This talk shares how clay, when given space, encouraged connection.

**Presenter: Claire West – Clay Therapist,** is an integrative counsellor and creative arts therapist whose practice centres on the therapeutic use of clay as a medium for emotional expression and psychological growth.

With over twenty years' experience in primary education, Claire developed a strong interest in fostering creativity as a pathway to learning and wellbeing. She later spent six years as a college lecturer, teaching CPCAB Level 2 and 3 Counselling qualifications, where she wove her passion for creative approaches and clay work into her teaching, encouraging students to explore the role of creativity within therapeutic relationships.

Claire holds additional specialist training in creative arts counselling and clay therapy, which she integrates within her private practice in St Ives, Cambridgeshire. Since 2024, she has facilitated clay-based therapeutic groups for home-educated adolescents and developed workshops for adults exploring personal growth through the creative use of clay.

Her work is grounded in the belief that clay offers a unique means of communication, giving tangible form to emotions and experiences that may be difficult to express in words.

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**Presentation: 'From Zero to Hero: how to market your Clay Conversations'**

Starting and growing a Clay Conversations practice can feel overwhelming – from finding the right venue and creating workshops to marketing, selling tickets, and managing it all. In this session, Plamena will share her personal journey of building a successful Clay Conversations practice in Bulgaria. She will walk you through her full roadmap and offer practical marketing insights and creative tips to help you grow your own Clay Conversation workshops with confidence and purpose.

**Presenter: Plamena Todorova – Clay Conversationist** is a psychologist and art therapist, who creates nurturing spaces for personal transformation and authentic connection. Through playful and mindful exploration with clay and other creative forms of expression, she guides individuals and groups to reconnect with themselves and to heal in the presence of others. Her sessions invite participants to slow down, listen inwardly, and let emotions, insights, and imagination take form in their hands. Plamena believes creativity is a natural path to healing, joy, and a deeper sense of wholeness.

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## AFTERNOON CLAY WORKSHOPS: ELEMENTS OF EXISTENCE

### EARTH & AIR

**The two elements Earth and Air could not be more different yet where would we be without them?**

**Consider our acceptance of these in our everyday lives; one solid, stable, ancient, connected to our past, present and future, the other invisible, allowing us to move through it whilst only sensing it through changes in temperature, atmospheric pressure and smell.**

**This workshop will allow us to ground ourselves, breathe and use earth-clay to consider our experience of these two elements and how we interact with them as we journey through life.**

**Kate Wootton. B. Ed (hons) M.Ed. (Cantab) Clay Therapy & Clay Conversations Supervisor (CTCC: AP-SV).**

Kate started her career as a secondary school teacher in the mid-1980s. She later moved into education administrative management before returning to manage the education and reintegration of children out of school due to medical reasons. Throughout her career she has been passionate about the wellbeing of the whole school community but particularly in enabling the voices of young people to be heard.

Kate trained as a child and adolescent psychotherapeutic counsellor at Cambridge University, gaining her MEd in 2008 and she presently works as an integrative counsellor, using the creative arts with primary but mainly secondary aged pupils in the school setting.

Since training as one of the first clay therapists in 2012, Kate has continued to integrate clay into her practice with individuals and groups of all ages. She is involved in supporting the training of clay therapists and clay conversation practitioners whilst also being the editor for the clay community journal, 'Unearthed'. Kate now provides specialist supervision for clay therapists and clay conversations.

Kate says, "I am constantly inspired by the therapeutic use of clay as a powerful creative tool in my professional practice and on a personal level, as a guide to my own wellbeing".

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**Dawn Warrick**: **Clay Therapy & Clay Conversations Supervisor, (CTCC: AP-SV NCPS Accred). Clay & Sandplay Therapist. Natural World Therapist.**

Dawn has a love and connection with nature & feels blessed to own two lovely horses, a miniature pony, a beautiful dog and three crazy yard cats.

Her love of nature rolls into Dawn's passion for her therapeutic work where she is privileged to support children and YP within schools.

Dawn has over 15 years' experience of working with children, young people, and families which brought her to her life's dream of supporting others within the therapeutic role which she now finds herself in.

Dawn works as a creative counsellor and creative Supervisor and the passion for Clay and Nature comes into both of her roles.

Loving using clay, Dawn finds she has a real affinity with it. She has experienced first-hand the value and difference this medium can make, as well as how nature can play a valuable part in supporting those she works with as well as herself to become the best version of ourselves that we can be.

Dawn feels truly blessed to be a part of such a loving and connected group of wonderful people that she has met on her therapeutic journey and privileged to have a wonderful trainer in Dr Lynne Souter-Anderson, to whom she says she owe so much.

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**Carol Bouch: Clay Therapy & Clay Conversations Supervisor (CTCC: AP-SV, PTUK Accred. Play Therapist.**

Carol feels both excited and privileged to be part of this second Clay Therapy Conference. She has a real passion for Creative Therapies; these being at the centre of her work as a Play & Creative Arts Therapist. She never ceases to be amazed by the power of these mediums and finds using Clay is such an amazing way to work. Anyone can do it – no clay or art skills are necessary. Children and adults alike find just touching and holding the clay a powerful experience and it is fascinating seeing what unfolds.

Carol has been working with Children and families for about 20 years. Training as a Play Therapist seemed a natural progression in the course of her work and she has added additional Clay Therapy, Sand Play Therapy and Creative Arts Therapies to her core training along the way. She also has a special

interest in how trauma affects the body and using clay is a valuable medium as it provides such a varied, tactile experience using hands, feet or other body parts.

Carol is in Private Practice, working mainly in Primary schools, a Foster Agency, and a Therapeutic Farm. She sees adult clients working creatively with clay and often incorporates sand, art and other creative techniques, as well as a cup of tea! Clients, of all ages, seem to find working with the clay very soothing, especially when they cannot find the words to express how they feel – the clay does the work for them.

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## FIRE & WATER WORKSHOP FACILITATORS

**Within each of us lies the potential to connect with the elements of fire and water, and to reflect on how these forces may resonate internally. Consider for a moment where the fire resides within you? In contrast, the element of water interacts with fire in unique ways. Water may serve as a calming influence, soothing the intensity of fire and bringing a sense of peace. Alternatively, water could carry us on a river of emotion, flowing towards lands within ourselves yet to be explored.**

**By yielding to the clay, there is an opportunity to gain insight into the mysteries of our soul and this will serve as a focus in our workshop.**

**Gwenda Hodges**: **Clay Therapist and Clay Therapy & Conversations Supervisor (CTCC: AP-SV, MBACP, PTUK),** has almost twenty-five years' experience in education, eight of these years has been as a Safeguarding Lead, supporting families with complex emotional needs. Skilled in the Protective Behaviour model and 'Girls on Board', she has delivered therapeutic programmes to address girls' behavioural challenges. Presently this specialist field informs Gwenda in her adult work In private practice, Gwenda works with all age groups, and families, and provides clinical supervision for a plethora of organisations offering therapy.

Gwenda uses an integrative approach that emphasises clay therapy and has spent fourteen years writing and teaching counselling courses in further education. Her earlier career in communication systems provided Gwenda with a wholesome appreciation for effective conversation.

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**Theresa McCaskie: Clay Therapy & Clay Conversations Supervisor (CTCC: AP-SV ). NCPS Accred.** Having worked within the mental health industry with children and families since 1999, this experience instinctively led Theresa into therapeutic work training and she is now working as a qualified Counsellor.

Theresa trained as a Psychotherapist / Hypnotherapist / Children & Young Persons Coach / Children's Yoga Teacher / Creative Arts / Sandplay Therapist / Clay Therapist / Clinical Supervisor / / NLP Practitioner, and currently as an Integrative, Creative Counsellor bringing together different elements of specific therapies to suit the needs of clients.

As an Integrative Therapist, with a wealth of experience using creative methods in working with adults' children and young people, Theresa has had the privilege to witness the healing power of using clay first hand, in her own training and in her practice with clients.

Theresa is a Clinical Supervisor and works creatively with other therapists/trainees and Counsellors one to one and in group settings. Wanting to expand her own clay journey and the use of clay in supervision work, Theresa has recently completed the 'Clay Therapies and Conversations Supervision Training' and is excited to integrate this priceless training into to her practice.

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**Lilla Osborne: Advanced Clay Therapist & Supervisor**, (**CTCC: AP-SV)** is an integrative, creative counsellor and psychotherapist who was trained as an art teacher, an adult counsellor, a CYP counsellor, and a supervisor. She is a clay therapist, a clay specialist supervisor and an accredited member of NCPS.

As an Integrative Therapist, with a wealth of experience using creative methods in working with adults, children and young people, Lilla has had the honour of witnessing the healing power of clay in therapeutic settings. As a supervisor, she also works creatively with other therapists/trainees and counsellors individually and in group settings, integrating her love of creativity to work with the unconscious and bring complex issues to the surface.

She has 7 years of experience counselling in school settings, also in children and adult charities such as Fegans and the Hospice in the Weald and building her private practice at the same time. Her passion is to pass down Lynne Souter-Anderson's legacy of using clay in therapeutic settings and promote the power of this medium.

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*Please join us for the Social Gathering on Friday 17th April, 6.30pm when we shall have the opportunity to network with other delegates and reconnect with previous colleagues.*

*We are renown for being a small community with a big heart!*

**PRE-BOOKED, SOCIAL GATHERING, 6.30PM,**

**HUNTER'S LODGE, THE THREE TUNS, FEN DRAYTON,**

**CAMBRIDGESHIRE, CB24 4SL (15 MINUTES DRIVE FROM MADINGLEY HALL)**

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