



Oak Tree Therapy and Consulting Services

Art Psychotherapy Experiential Workshops for Practitioners

Sculptural Lifelines



When clients make a sculptural lifeline the emphasis is on the process of creating a three-dimensional artwork while reflecting on their life. This process offers an opportunity for self-exploration, and the sculptural lifeline also acts as a tangible reminder of multiple facets of life experiences, as well as the meanings and values ascribed to them. Reference can be made to sculptural lifelines during subsequent counselling sessions to, for instance, explore the impact of a client's life events in the past and present. Despite that sculptural lifelines may contain representations of difficulties or intense emotions, the final tangible artwork can produce in clients a sense of satisfaction and/or pleasure in completion. Sonia's journal article "[The Use of Sculptural Lifelines in Art Psychotherapy](http://www.tandfonline.com/doi/abs/10.1080/08322473.2016.1176813)" is available to download for free at <http://www.tandfonline.com/doi/abs/10.1080/08322473.2016.1176813>

Therapeutic Doll Making



In Therapeutic Doll Making the emphasis is on the process of creating, developing, and reflecting on meanings held within the doll. This form of art psychotherapy is based on evidence-informed practice, and has the ability to assist clients attune to their physical experiences and their self-awareness, as well as their cognitive, emotional, and sensorimotor processing. Therapeutic Doll Making can be used with a wide range of populations and ages, and has multiple applications due to its diverse functions. It can be used with individual or group work, with siblings, or with parent/carer and child to improve attachment. This workshop includes a copy of Sonia's journal article "[Therapeutic Doll Making in Art Psychotherapy for Complex Trauma](#)"

The Workshops

These experiential workshops are AASW Endorsed Continuing Professional Development (CPD) and they are designed to provide practitioners with an understanding of the therapeutic benefits of making sculptural lifelines or therapeutic dolls. Practitioners will also make their own sculptural lifeline or therapeutic doll to take with them at the end of the day.



The workshops begin with a presentation including applications, examples and techniques of making sculptural lifelines or therapeutic dolls, before practitioners engage with the process themselves. Even though sculptural lifelines and therapeutic dolls can often take several therapy sessions to complete, most practitioners will complete theirs during the workshop, providing them with a tangible reminder of the therapeutic benefits of these forms of art psychotherapy.

Prerequisites ~ Counselling skills and an understanding of psychotherapy.

Learning Objectives

At the end of the workshop, participants will be able to:

- Explain the benefits of making sculptural lifelines or dolls as a therapeutic technique
- Outline the key components of making sculptural lifelines or therapeutic dolls
- Identify which clients would benefit from making sculptural lifelines or therapeutic dolls
- Reflect on the experiential process of making their own sculptural lifeline or therapeutic doll in a professional workshop setting

Cost per workshop ~ Members of AASW or ANZATA \$250 and Non-members \$300 per workshop
Cost includes morning and afternoon tea, handouts, a booklet containing colour images of sculptural lifelines or therapeutic dolls (depending on the workshop) and an abundance of supplies / materials to be used during the workshop for participants to make their own sculptural lifeline or therapeutic doll (if you wish, you may also bring meaningful items to use).

Presenter

Sonia Stace is an Accredited Mental Health Social Worker, a Registered Art Psychotherapist, and an Approved Counsellor for Victims of Crime. Sonia holds a Bachelor of Social Work (Honors 1st Class), a Master of Art Therapy, and a Diploma of Statutory Child Protection. In her private practice Sonia often sees adults, young people and children who have experienced traumas (such as sexual assault, physical assault, and domestic/family violence), as well as people who are experiencing relationship, infertility or pregnancy related issues, or who care for a child with a disability.



Please direct any enquiries and/or email your registration to sonia@oaktreetherapy.com.au
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Registration Form



Sculptural Lifelines

Dates and Venues to be advised



Therapeutic Doll Making

Dates and Venues to be advised

Name.....

Organisation.....

Position.....

Address.....

Work Phone.....Personal Mobile.....

Email.....

Emergency Contact.....Phone.....

How did you hear about this workshop?

Yes, it is okay to email me about future workshops or publications

Payment per workshop

\$250 AASW or ANZATA member

Direct deposit

BSB 704 865 (Qudos Bank)

Account 02251818

Reference (your name)

\$300 Non-member per workshop

Cheque payable to

Oak Tree Therapy & Consulting Services

PO Box 533

Leichhardt NSW 2040

3% surcharge for credit cards (*Diners Club is not accepted*)

\$257.50 Member per workshop

\$309 Non-member per workshop

Card Number..... Expiry / Type.....

Name on card Signature

(Note: cancellations less than 1 month prior and non-attendance are ineligible for refund)

Please email your registration form to Sonia Stace, sonia@oaktreetherapy.com.au