

Are you
sitting
quietly?

*Then we will
begin...*



Sandplay,
Creative Arts
& Trauma
Training





Working creatively with trauma

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Training Ltd
2020



Definition of trauma

*‘A bad thing happened –
I didn’t want it to happen
– nobody could stop it
happening’*

Survivor of American school shooting



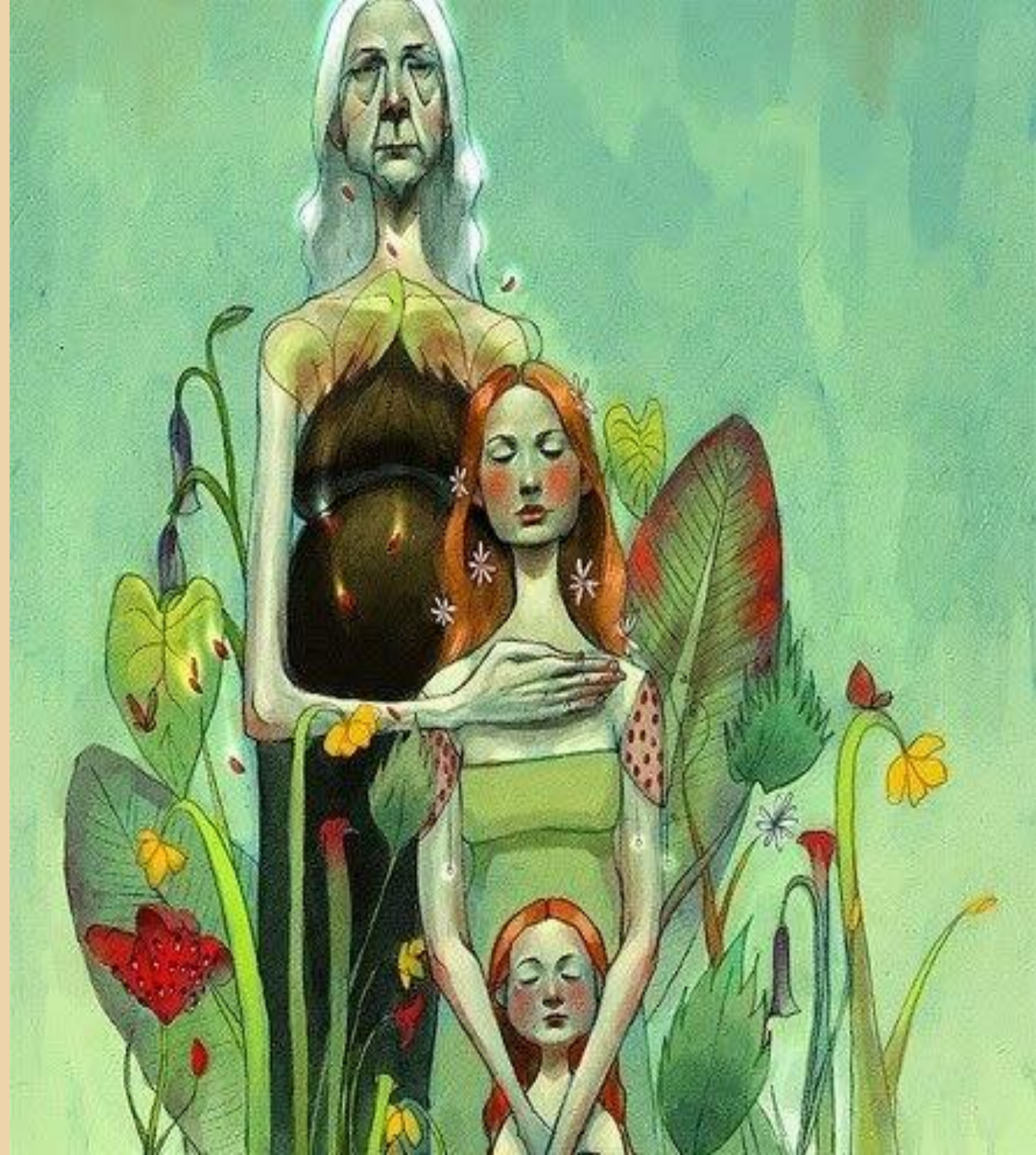
Types of simple trauma

- Directly exposed
- Witnessed
- Learnt
- Experienced repeatedly



Complex trauma

- More *absence* than presence
- Survival at a cost



Trauma effects

Significant impairment

- Social
- Capacity
- Other areas



Shattered self

- Symptoms
- Reaction
- Fear
- Shame
- Numb



How does Creativity help?

*Expression &
containment*



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Creativity
reaches
all parts

*In a kind and
compassionate
way*



Getting the client's creative juices flowing...

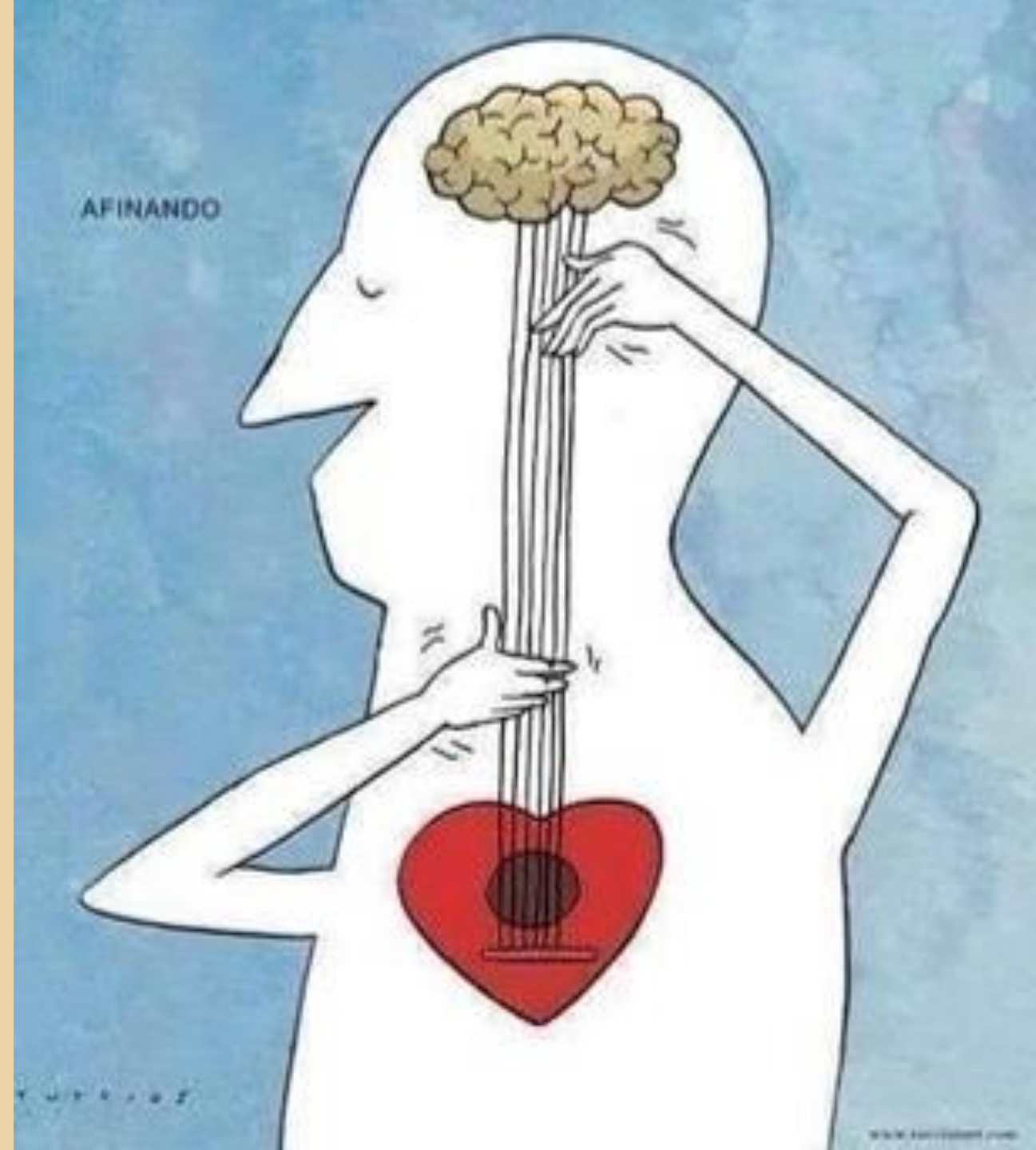
- Your own heart sing
- Model self expression



Open heart

*'The journey of life is
about eighteen inches'*

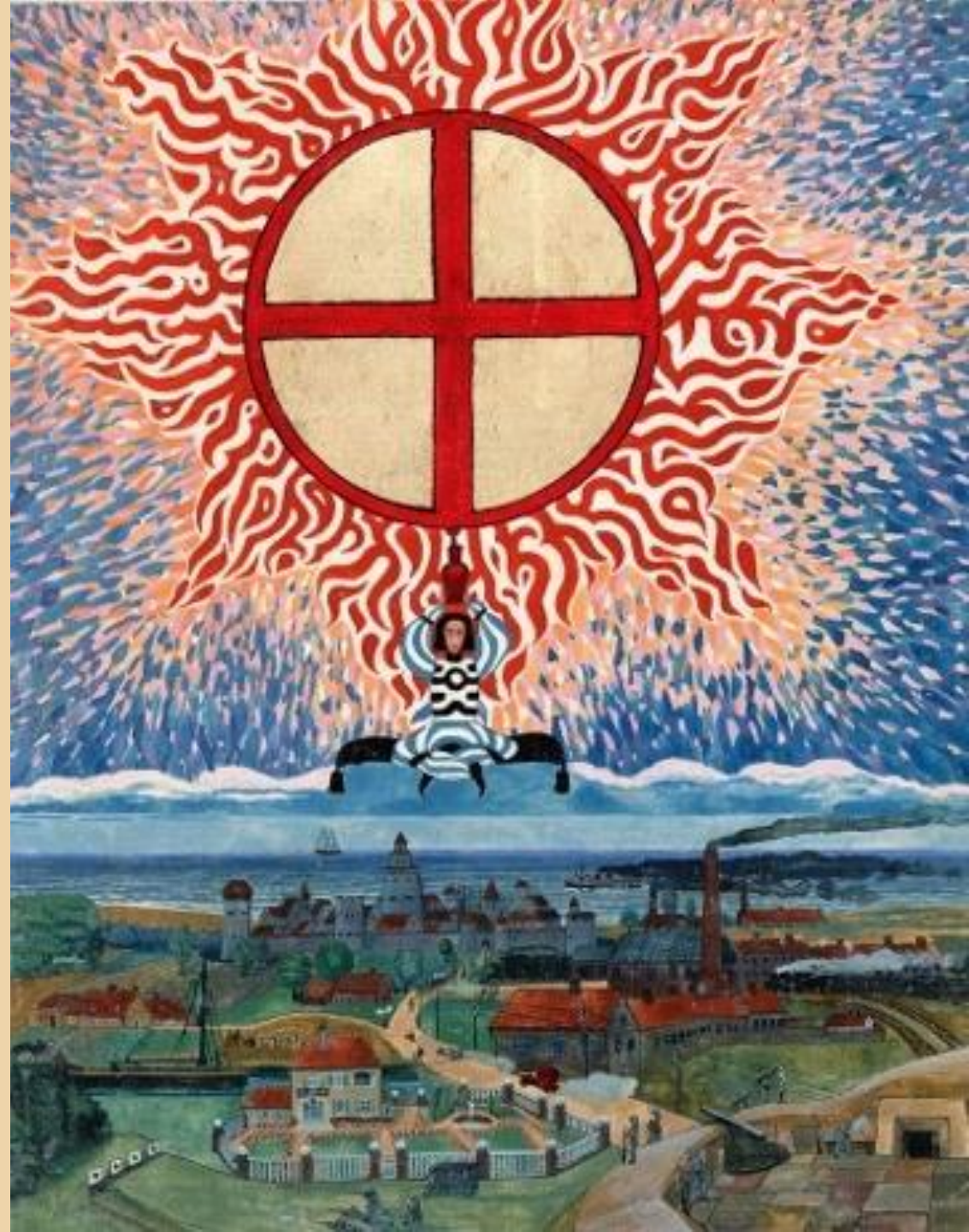
Thích Nhất Hạnh



Moving away from words

- Intuition
- Sensation
- Feeling
- Thinking

(Carl Jung's four functions)

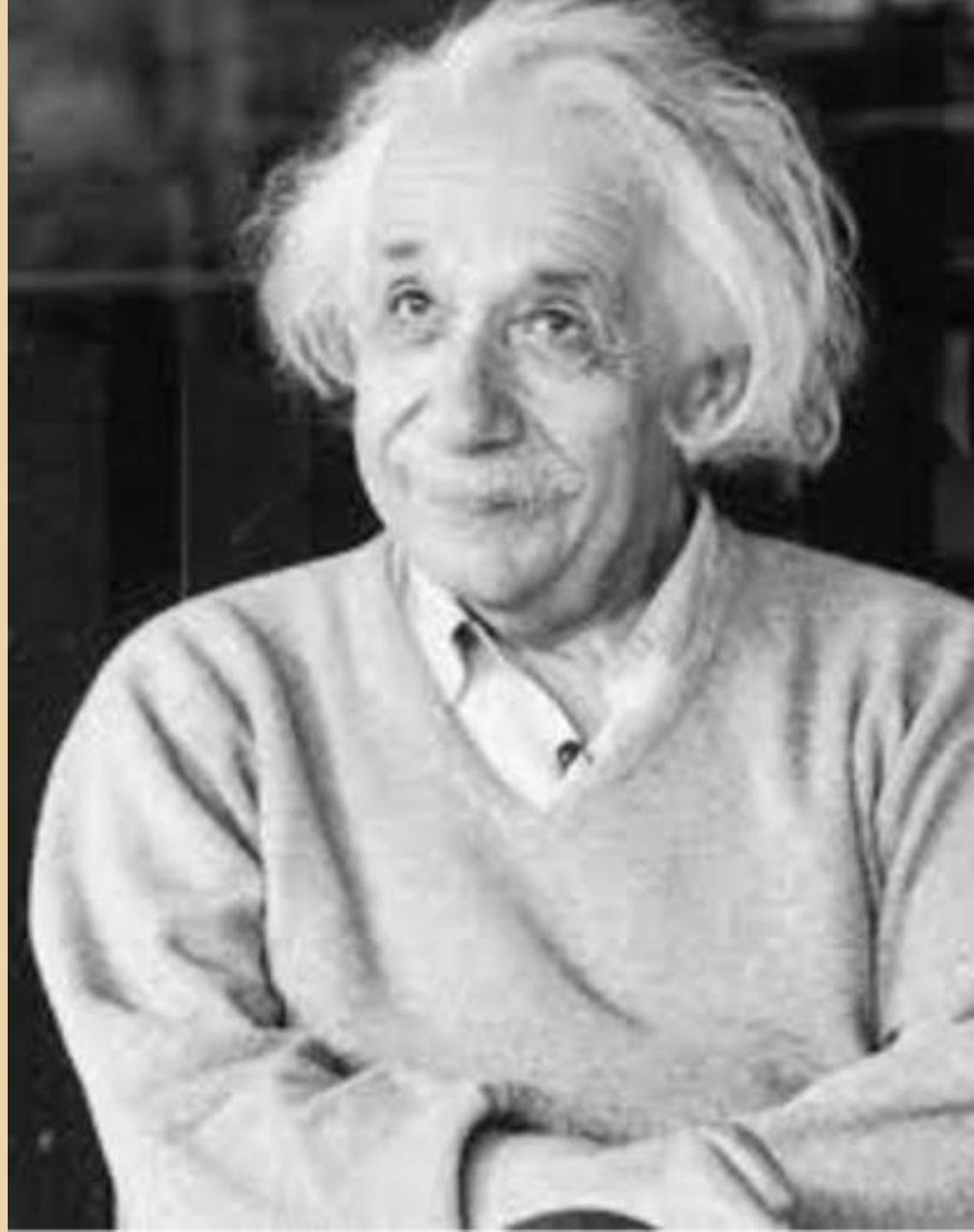


Intuition – place of knowing

*‘The intuitive mind is a **sacred gift** and the rational mind a faithful servant*

*We have created a society that honours the servant and has **forgotten the gift**’*

Albert Einstein



Sensation – body talking

- Information
- Senses
- Resonances



Feeling

‘Feeling is the meaning that our bodies make based on the information from the senses and the limbic brain’

Damasio – Somatic Markers



Intuition,
sensations,
feelings,
thoughts

*Integrated as
a team*



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Breathe

*Body scan
exercise*



Stay curious

- Colour, texture, shape, sound, smell
- Get client to draw
- Or use the sandtray



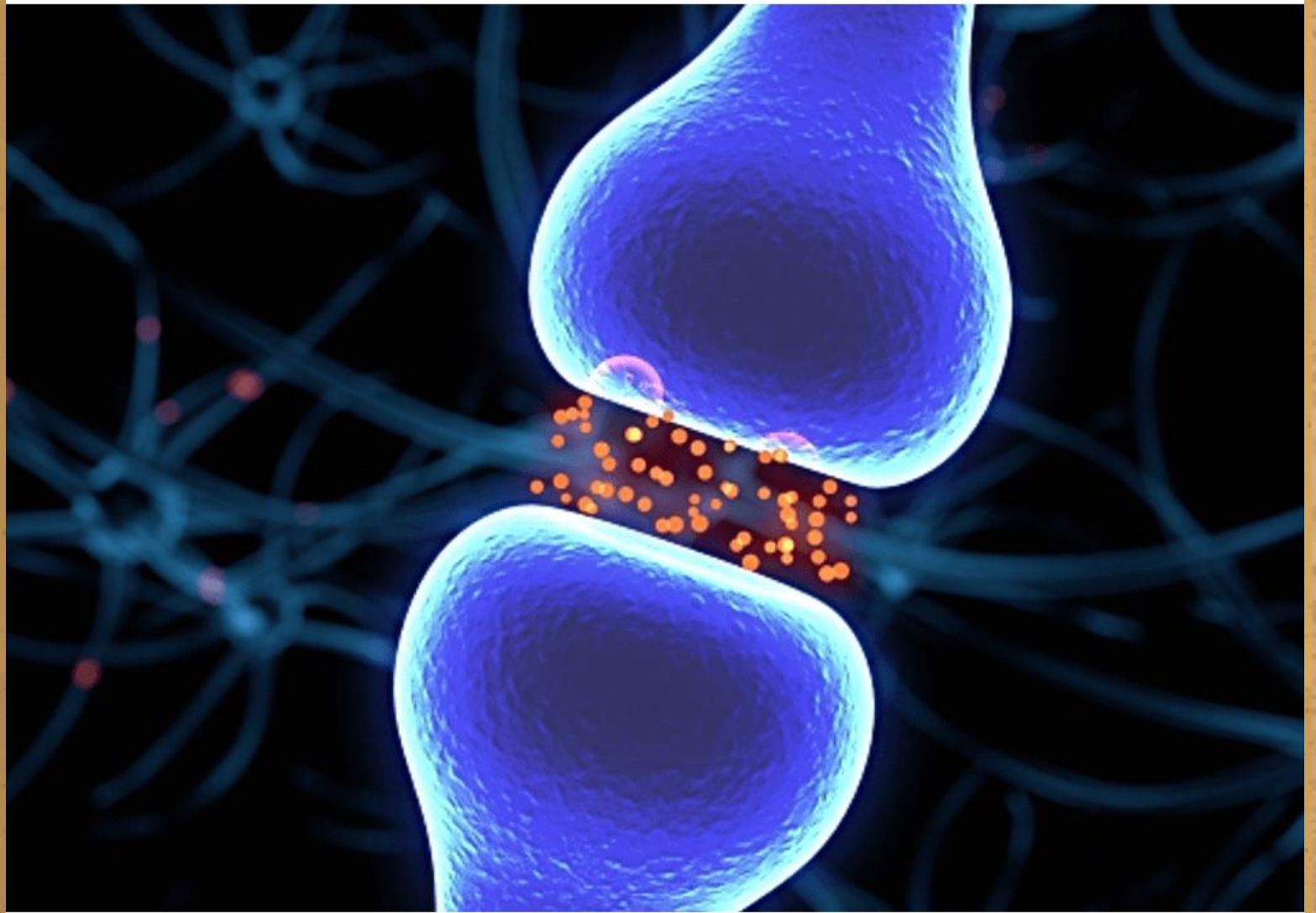
Embodiment

‘An experience in which a primarily *physical sensation* becomes an experience of *emotional depth* with transformational *power* and *meaning*’

Arielle Schwartz (2019)

Our
deepest
desire is to
be whole

Creativity
helps our brain
to do this



Being present

- Healing
- Trauma
- Anxiety
- In the moment



Getting started

- Choose clients
- Existing relationship
- Smaller problems
- Interventions
- Choices



How to suggest creativity

- Would you...?
- Could you...?
- What would...?
- Does that...?



Cheap ways to be creative

- Bags of stones...
- Paper...
- Postcards...
- Play Doh...



More cheap ways...

- Jumping...
- Tearing...
- ...*releases feelings*



Creative ways

- Sandplay
- Art, drawing, painting, clay
- Visualisations
- Breathwork
- Meditation
- Music and movement
- Storytelling



Simple ways to start with art

- Mandalas
- Colouring in
- Drawing
- Painting





Breath and sound



Calmness *and* connection to feeling

- Start with a basic relaxation
- Bring your attention to...
- Keep it short



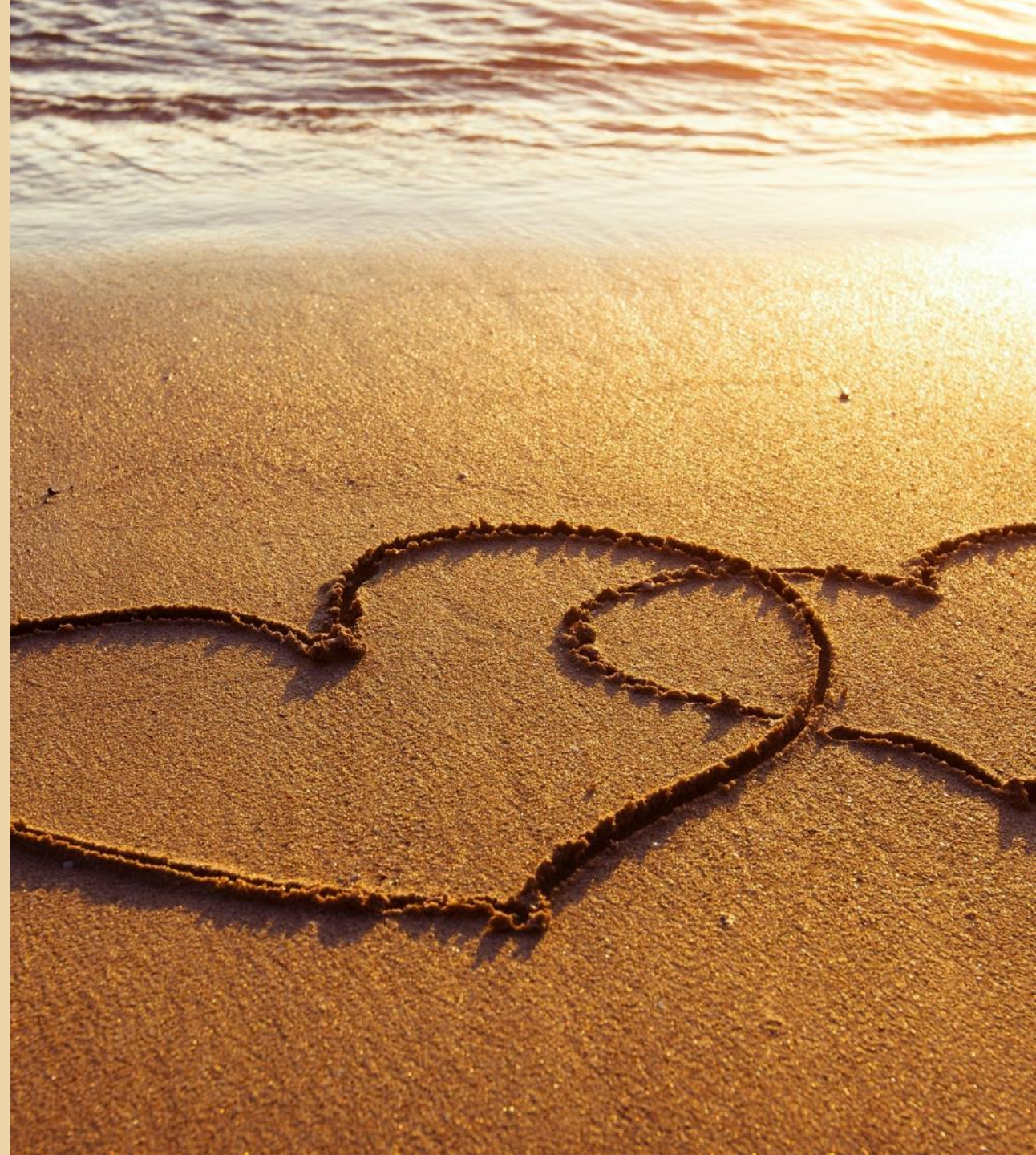
Visualisation

- Using images to focus...



Common guided visualisations

- Forest Walk
- Beach
- House
- Top of mountain



Be receptive

- Relational ways
- Journaling
- Poetry
- Interests
- Draw *or* paint *or* move to music



GET THE
CREATIVITY
FLOWING

EDMR

- Dance and movement strategies



Trauma Informed Somatic Interventions

- Yes – no place in the body
- Safe anchors
- Back of head scale
- Yielding
- Satisfaction cycle



Trauma Interweaves

- Pendulation
- Sequencing
- Titration



Could you
tell me that
story again
without
words...

Authentic
movement



Creativity in a Nutshell

‘Often the hands will solve a mystery that the intellect has struggled with in vain’

Carl Jung



Jill
Carter

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**You don't have to be creative
to be a creative therapist...**



Introduction to Working Creatively with Trauma

Weekend
18-19th April 2020
Ealing



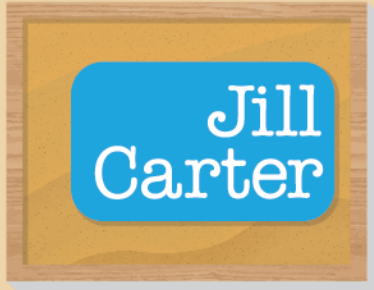
Certificate in
Working
Creatively
with Trauma
Autumn 2020



Bespoke Professional Development Days

For groups and
counselling
organisations





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Thank You

