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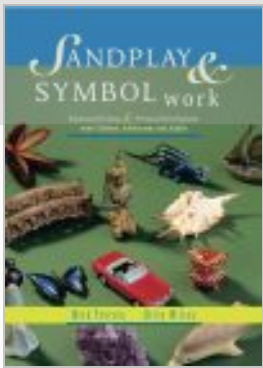
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Sandplay & Symbol Work: Emotional Healing & Personal Development With Children, Adolescents, and Adults

Sandplay & Symbol Work: Emotional Healing & Personal Development With Children, Adolescents, and Adults

Pearson, Mark; Wilson, Helen

Abstract: 'Sandplay & Symbol Work: Emotional Healing & Personal Development with

Children, Adolescents, and Adults' are powerful therapeutic tools that can access and allow expression of a client's inner world. Unlike more cognitive or behavioural therapies, 'Sandplay and Symbol Work' can reveal unconscious processes and dilemmas, bringing them into a representational form that allows resolution. In 'Sandplay and Symbol Work' authors Mark Pearson and Helen Wilson outline the history of sandplay and fully explain how to adapt the techniques to clients from all age groups and in different professional settings. Detailed and careful instructions are given for facilitating the processes. Most of the book is a step-by-step description of a range of exercises that can be used by the therapist. Case histories illustrate the applications of these methods. A review of the literature is supplied, as is a useful glossary of terms. 'Sandplay and Symbol Work' is the first Australian book on sandplay therapy. It provides a practical and detailed guide for those interested in using these helpful techniques.



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To cite this article: Pearson, Mark and Wilson, Helen. Sandplay & Symbol Work: Emotional Healing & Personal Development With Children, Adolescents, and Adults [online]. Camberwell, Vic.: ACER Press, 2001. Camberwell, Vic.: ACER Press, 2001. viii, 132 p. ISBN 0864313403. Availability: <https://search.informit.com.au/documentSummary;dn=322424341865058;res=IELHE> ISBN: 0864313403. [cited 23 Jul 18].

Personal Author: Pearson, Mark; Wilson, Helen;

Source: Camberwell, Vic.: ACER Press, 2001. viii, 132 p. ISBN 0864313403.

Document Type: Book/Monograph (Complete)

Imprint: Camberwell, Vic.: ACER Press, 2001.


ISBN: 0864313403

EISBN: 0585496021

Subject: Psychotherapy; Play therapy; Sandplay--Therapeutic use;

Database: HEALTH COLLECTION



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