



SANDPLAY THERAPY

Sandplay therapy supports children who communicate better through symbolic play than through conversation to develop a strong sense of self and verbalise their feelings and emotions. It is a multisensory and often non-verbal form of creative expression that connects a person's inner and outer worlds. The non-verbal nature of sandplay therapy and the familiar medium of sand can help children achieve feelings of comfort and security. This method of therapy can serve as a valuable and powerful outlet for children and an incredibly insightful method of gaining access to and work through traumatic experiences.

Sandplay is an internationally established form of Jungian psychotherapy that is well-respected as a highly effective treatment for trauma and anxiety.



Contact us for more info & to register.

 02 4760 4642  www.able2.net.au
 [able2bluemtns](https://www.instagram.com/able2bluemtns)  [Able2](https://www.facebook.com/Able2)

Registered NDIS Provider





MEET UTE

Sandplay Practitioner

Ute Eickelkamp is a Sandplay Practitioner within the Counselling and Early Intervention teams at Able2. She holds a Graduate Diploma in infant and parent mental health, a PhD in social anthropology, and is training with STANZA, the Sandplay Therapy Association of New Zealand and Australia. Ute has spent many years studying sand storytelling with Indigenous families in Central Australia and introduced Sandplay to a mental health program on the Tiwi Islands.

At Able2 Ute works with individual clients who may benefit from this approach to healing, transformation, centering of self, and social and emotional wellbeing. The focus of this service is on children between 4 to 10 years of age, but it is open to clients of all ages, cultural backgrounds and forms of disability.

