



# Blackfort

Adolescent Gestalt Institute

## TRAINING WORKSHOP

Two Day Training Workshop

### Sandspace with Adolescents

The adolescent brings his world to the therapy situation and we, as therapists need to collaboratively, with our adolescent clients, create a framework of meaning which supports the process and purpose of therapy. The guiding principle of this collaborative construction is the client's meaning-making, which promotes discovery of capability, agency, personal power and connectedness with the interpersonal world.

Sandspace is a unique approach to working with adolescents, developed by Bronagh Starrs. The sandworld can bring healing and insight, offering a dynamic mode of relating which enriches contact process between aspects of self-experience which are often compartmentalised in the adolescent's developing awareness. The adolescent's lifespace and contact boundary development become visible, tangible and three-dimensional in the sand. This dynamic way of working also creates additional richness and depth to therapeutic contact.

During the two days, we will explore theoretical, clinical and practical aspects of sand therapy process with adolescents including:

- An introduction to Sandspace
- Initiating sand therapy process with adolescent clients
- Gaining practical experience of creating & facilitating sand work
- Exploring the healing & transformative potential of sand therapy
- Trauma in the sand: silent expression of the unspeakable
- Understanding the richness of symbolic representation for the adolescent

#### About The Presenter:

**Bronagh Starrs BA Dip  
Psychotherapy MIAHIP**

Bronagh Starrs is Founder & Director of Blackfort Adolescent Gestalt Institute and Programme Director for the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre in partnership with University of Northampton. She maintains a private practice in Omagh, Northern Ireland, as a psychotherapist, clinical supervisor, writer and trainer, specialising in working with adolescents, emerging adults and their families. Bronagh is an adolescent development specialist and has considerable experience as a trainer in adolescent development and therapy throughout Ireland. She also teaches and presents internationally on the developmental implication of trauma on the adolescent journey. As well as having had various articles and chapters published, she is the author of Adolescent Psychotherapy - A Radical Relational Approach (Routledge, London).

**Dates:** 17th & 18th October 2019

**Time:** 10.00am - 4.00pm

**Venue:** Lucan Spa Hotel,  
Dublin

**Fee:** €240

**For information and booking  
please email Bronagh:  
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