

Hypnotic Sand Tray Therapy™

Integrating Symbolic Processing
with Clinical Hypnosis & Counselling Skills

Providers:

Amanda Dounis | Positive Thinking Clinic
Christian Dounis | Strategic Mindset and Wellness Clinic

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6
CPD
Hours

1. Provider Details

Provider 1: Amanda Dounis

Professional Title: Strategic Psychotherapist | Clinical Hypnotherapist | Counsellor

Organisation: Positive Thinking Clinic

Website: www.positivethinkingclinic.com.au

Provider 2: Christian Dounis

Professional Title: Strategic Psychotherapist | Clinical Hypnotherapist | Counsellor | NLP Strategic Coach

Organisation: Strategic Mindset and Wellness Clinic

Website: www.strategicmindsetandwellnessclinic.com.au

Qualifications (Amanda Dounis):

- Strategic Psychotherapist
- Clinical Hypnotherapist
- Professional Counsellor
- NLP Master Practitioner
- EMDR Practitioner
- Early Childhood Teacher
- *Supervisor

Qualifications (Christian Dounis):

- Strategic Psychotherapist
- Clinical Hypnotherapist
- Professional Counsellor
- NLP Master Practitioner
- NLP Strategic Coach
- EMDR Practitioner
- *Supervisor

Location: Sydney, Australia

Contact Details:

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2. Course Overview

This professional development training introduces an integrative therapeutic approach combining sand tray therapy with clinical hypnosis and counselling skills to support deeper emotional processing, symbolic expression, and subconscious change.

The training is designed to provide participants with both theoretical understanding and practical application of Hypnotic Sand Tray Therapy™, enabling therapists to work effectively with clients who may experience difficulty expressing themselves through traditional verbal modalities.

Participants will develop the capacity to recognise symbolic communication, utilise naturally occurring trance states within therapy, and apply structured therapeutic language to facilitate meaningful clinical outcomes.

The course emphasises ethical, trauma-informed practice and is suitable for use across a range of client presentations, including but not limited to anxiety, trauma-related responses, emotional dysregulation, and self-esteem concerns.

3. Learning Objectives

Upon completion of this training, participants will be able to:

- Demonstrate understanding of the theoretical foundations of sand tray therapy and symbolic processing
- Identify the role of unconscious processes in therapeutic change
- Recognise and utilise naturally occurring trance states within clinical practice
- Apply hypnotic language patterns to support therapeutic engagement and client responsiveness
- Implement a structured Hypnotic Sand Tray Therapy™ framework within sessions
- Facilitate client-led symbolic exploration while maintaining appropriate therapeutic boundaries
- Assess client suitability and identify contraindications for experiential approaches
- Apply trauma-informed principles when working with emotionally sensitive material
- Reflect on and adapt their therapeutic approach to enhance client outcomes

4. Course Structure and Content

The training is structured into eight core modules:

Module 1: Foundations of Symbolic and Subconscious Work

- Theoretical foundations of symbolic processing (including Jungian influences)
- Understanding non-verbal communication in therapy
- The role of images, patterns, and metaphor in emotional expression
- Observational skills: recognising patterns, repetition, and spatial meaning

Module 2: Principles of Clinical Hypnosis in Therapy

- Overview of hypnotic processes and therapeutic applications
- Natural trance states within counselling and psychotherapy
- Focus, absorption, and internal awareness in sessions
- Introduction to therapeutic language patterns and suggestion
- Ethical considerations in the use of hypnotic experience

Module 3: Hypnotic Sand Tray Therapy™ Model

- Introduction to the structured HST™ framework
- The three-phase process: Symbol Activation, State Deepening, Subconscious Integration
- Linking symbolic expression with emotional and cognitive processing
- Facilitating dual awareness (conscious and unconscious engagement)

Module 4: Facilitating the Hypnotic Sand Tray Session

- Structuring a session from beginning to completion
 - Creating a safe therapeutic environment (physical and psychological)
 - Therapist role: observing, pacing, and guiding without directing
 - Recognising and responding to client cues within the process
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Module 5: Language, Suggestion and Therapeutic Communication to Deepen the Work

- Use of embedded suggestions in clinical dialogue
- Metaphor and symbolic language in facilitating change
- Future pacing and reinforcing internal shifts
- Developing precision in therapeutic communication

Module 6: Clinical Applications Across Populations

- Application with children, adolescents, and adults
- Adapting the approach to developmental stages and client needs
- Working with common presentations (anxiety, trauma, emotional dysregulation, self-esteem)
- Enhancing engagement with clients who struggle with verbal expression

Module 7: Trauma-Informed Practice and Ethical Considerations

- Recognising signs of emotional overwhelm and dysregulation
- Working within the client's window of tolerance
- Grounding and stabilisation techniques
- Scope of practice, consent, and professional responsibility

Module 8: Integration into Clinical Practice

- Integrating HST™ within existing modalities (e.g. CBT, EMDR, counselling)
- Structuring sessions within therapeutic frameworks
- Developing therapist confidence and intuitive practice
- Case-based application and reflective learning

5. Delivery Format

Mode: In-person and/or live online delivery (Zoom)

Duration: 6 hours

Delivery Methods:

- Didactic teaching
- Live demonstration
- Experiential learning activities
- Small group discussion and reflection

6. Assessment and Participation Requirements

Participants are required to:

- Attend the full duration of the training
- Engage in experiential practice activities
- Participate in reflective discussions
- Complete a brief written reflection or case-based application

A Certificate of Completion will be issued upon satisfactory participation.

7. Target Audience

This training is suitable for:

- Counsellors
- Psychotherapists
- Clinical Hypnotherapists
- Psychologists
- Social Workers
- Allied Mental Health Professionals

8. CPD Hours Requested

6 CPD Hours

9. Relevance to Professional Practice

This training supports practitioners in expanding their clinical skillset through the integration of symbolic and experiential approaches.

Participants will enhance their ability to:

- Work effectively with non-verbal client expression
- Facilitate deeper emotional processing
- Engage clients who may be resistant to traditional talk-based therapy
- Apply flexible, client-centred interventions
- Support therapeutic change through both conscious and subconscious processes

The training aligns with contemporary therapeutic approaches that emphasise experiential, embodied, and client-led methods of intervention.

10. Presenter Experience

Amanda Dounis and Christian Dounis are professional counsellors, experienced strategic psychotherapists and clinical hypnotherapists with diverse backgrounds in therapeutic practice across children, teens /adolescents, and adults.

They integrate multiple evidence-informed modalities, including psychotherapy, hypnotherapy, NLP, EMDR, and early childhood development principles.

There is extensive experience delivering therapeutic interventions, workshops, and professional supervision, with a focus on emotional regulation, resilience, and innovative therapeutic approaches.

11. Supporting Materials

Participants will receive:

- Structured training slides
- Participant workbook
- Hypnotic Sand Tray Therapy™ framework guide
- Case studies and practical examples
- Certificate of Completion

12. Ethical Considerations

This training is grounded in ethical and professional practice, with emphasis on:

- Trauma-informed care
- Client safety and emotional regulation
- Informed consent and therapeutic boundaries
- Adherence to scope of practice
- Responsible integration of therapeutic modalities

13. Evaluation Process

The effectiveness of the training will be evaluated through:

- Participant feedback forms
- Reflective responses
- Ongoing review and refinement of course content
- Monitoring of participant learning outcomes

14. Alignment with CPD Standards

This training aligns with professional development requirements by supporting practitioners to maintain, update, and enhance their clinical competencies in accordance with industry standards and ethical practice guidelines.
