

Hypnotic Sand Tray Therapy™

INFORMATION PACK

CPD-Accredited Training for Practitioners

Developed by Amanda Dounis & Christian Dounis

What is Hypnotic Sand Tray Therapy™?

Hypnotic Sand Tray Therapy™ is an innovative clinical method that combines the projective power of sand tray therapy with the therapeutic depth of hypnotic language and suggestion.

Developed by Amanda Dounis and Christian Dounis, this approach uses a clear three-phase framework:

1. Symbolic Activation — the client creates a scene in the sand tray, externalising their inner world through miniatures and symbols.
2. State Deepening — the therapist uses permissive, indirect hypnotic language to deepen the client's connection to the symbolic material.
3. Subconscious Integration — therapeutic shifts are anchored through suggestion, allowing lasting change at a deeper level.

This method is suitable for children, teens /adolescents, and adults across a range of presentations including but not limited to anxiety, trauma, self-worth, relational difficulties. and more.

You will be able to use it in any session and with just about any client once you learn how to use it therapeutically.

Course 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

Course 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

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

What's Included in the Training?

Comprehensive Modules

Covering theory, technique, clinical application, and age-adapted approaches

Live Demonstrations & Opportunities to Practice

Scripted scenarios and mock sessions modelling language, structure, and clinical decision points. Lots of fun and experience gained in the training.

Three-Phase Framework

Symbolic Activation, State Deepening, and Subconscious Integration — taught step by step

Indirect Suggestion Techniques

Master permissive language patterns including "You might begin to notice..." and "Some people find..."

Age-Tailored Case Examples

Children with anxiety, teens with trauma, and adults with self-worth — adapting the method while keeping the core consistent.

Get curious and explore the power inside the tray.

Session Structure Guide

Pre-talk, beginning-middle-end, and post-tray frameworks for confident session delivery

What You'll Receive

CPD-Accredited Certificate

Certificate of completion recognised for Continuing Professional Development

Complete Training Materials

All slides, handouts, and reference guides from every module

Session Ideas

Ready-to-use ideas for pre-talk, induction, and post-tray debriefing

Three-Phase Framework Guide

Step-by-step reference for Symbolic Activation, State Deepening, and Subconscious Integration

Case Examples

Age-tailored examples for children, teens, and adults to guide your clinical work

Ongoing Support Option

Optional access to group supervision or one:one sessions to build confidence after training

Your Very Own Sand Tray Starter Kit

Everything you need to begin practising straight away — your own sand tray and starter collection of miniatures

Ready to Enrol?

Secure your place in the Hypnotic Sand Tray Therapy™ training.
Simply reply to this email or contact Amanda directly.

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0458 850 850

Price \$799

[Early bird rate available at \$699]

6 Hours Plus over 4 Hours Pre-Work

10 OPD Points

Face to Face or Zoom,

or

\$499 for Online [Self paced]