



# Emotional Attunement Through Sand and Play (EATSAP)

A therapeutic approach to letting go, healing and growing!

Friday 24<sup>th</sup> January 2024

ONLINE – (9:00 am – 3:30pm)

## Are you a

- **School leader, Mental Health First Aider, Well-being leader or SENCO** focused on improving the Mental health and well-being of children and young adults.
- **Holistic or creative therapist?**
- **Practitioner** looking to expand your offer by using **sand** as a therapeutic tool?
- **Professional** working with children facing **social, emotional, or mental health** challenges?
- **Parent** of a child with **autism**, seeking new ways to support emotional and **sensory** needs?
- **Caregiver** interested in helping children through creative and therapeutic methods.
- **This course is for you!**



## What is Emotional Attunement Through Sand and Play and how does it work?



EATSAP is a powerful therapeutic tool that helps individuals **express emotions** and explore their **inner world** through unconscious play. The clients release their thoughts, feelings, and life experiences, often revealing unconscious issues in a safe, **non-verbal** way.

The practitioner creates a **safe place** for the individual and facilitates the interaction with the sand. The tactile and visual experience of creating in the sand helps **unlock psyche** and **promotes emotional healing**. Individuals express themselves through their hands to represent aspects of their **life, emotions, or relationships**.

## Why is Emotional Attunement Through Sand and Play a Powerful Tool for Unconscious Healing?

### EATSAP allows for:

- **Non-verbal Expression:** Allows individuals to express deep-rooted emotions and thoughts without the need for words, making it ideal for those who struggle with verbal communication.
- **Individuals connect to the Unconscious Mind:** The symbolic nature of sand helps individuals unconsciously project their inner world, revealing hidden issues or trauma.
- **Creative Problem-Solving:** By arranging and manipulating the sand, individuals can visualise and explore new solutions to their emotional or psychological challenges.
- **A Safe, Controlled Environment:** Provides a safe space where individuals can experiment with different outcomes, safely exploring feelings of fear, anger, or confusion.
- **Clients to have an Emotional Release:** Encourages the release of suppressed emotions through symbolic representation, leading to emotional catharsis and healing.



## Certification

A certification of attendance will be awarded on the day. A Practitioner Certificate is subject to the **submission of a designed and completed with Observation with a case study submission**. The form will be designed during the course, so don't worry!

## Booking details:

**Trainer:** Shazia Sarwar-Azim FCCT, NPQH, AST, B'ED Hons

(Masters in NLP, Advanced IEMT, EMDR, Drawing and Talking, Integrative Sand Tray,)

**Contact** Shazia – [info@emotionaltherapistcoach.co.uk](mailto:info@emotionaltherapistcoach.co.uk) or call 07946405204 for a **booking form and an invoice**.

**Booklet:** Once payment has been made the **course booklet will be sent through the post**.

**Course Fee:** £449.00 – ask for an early bird discount offer if you are going to make payments in 2024!

**Payments: Sort Code:** 04-06-05 **Account Number:** 16982441 **Account Name:** Shazia Sarwar-Azim ETC LTD

**Ref:** Your name please

If you have any questions, please do not hesitate to get in touch.

