

## **Healing Trauma in Children with Clay Field Therapy.**

This is an online training that is a brilliant fit for Art Psychotherapist that what to develop their learning about embodied trauma. I found the training to be a great mix between talking presentations, lots of case videos, live study groups, relevant reading material and team reflections to be well balanced for my learning style.

The length of the course was 60 hours, due to it being online you could pause and rewind whenever you wanted. I found rewatching sections to be helpful because you could revisit parts as the learning clicked into place.

When I finished this training on 17 December 2024 I received a Certificate of Completion.

I work as an Art Psychotherapist in a CAMHS inpatient unit, offering individual, group, and dyadic therapy to children, young people and their families.

This training used a trauma informed approach. It covered areas such as the sensory nature of clay, symbolic play, child development, haptic perception and diagnosis, nervous system regulation, explicit and implicit memory systems, interventions to strengthen the sensory division, motor division, conflict and identity. This course had recommended reading list for each chapter and there are twelve chapters.

My training highlights and what has been exceptional or meaningful to me were, certain case studies really helped my understanding grow and demonstrated how adaptive I could be as a Clay Field therapist.

I do feel confident that this training has provided me with the resources to commence facilitating Clay Field sessions with child clients, but I think experience will obviously provide more, increasing my ability regarding what to say if anything and when. To be able to increasingly zone into what their body is showing me and remember to keep noticing my own body and breath.

The challenge and need that the Clay Field Therapy training has provided me with more language and understanding to explain the work in therapy that are clients achieve. It has provided me with increased confidence to value the importance of the destruction and rebuilding that can be a vital part of the therapeutic process and remove further the expectation to create the finished piece of art.

What I immediately applied and integrated into my work was being increasingly watchful of hands and posture whatever art materials are being explored in art therapy sessions. Pendulation has helped me understand further that need for some of our clients to move away for a short break within the therapy room and then return to artwork allowing clients to find their own balance, self-care and build resilience. Before I finished the training, I already started to offer bowls of warm water and a "magic" sponge to all my individual art therapy clients and in the art therapy groups as routine in every session clay or no clay because I observed the self-soothing it facilitates.

The "ahaaa!" moments I have experienced whilst learning about Clay Field Therapy, was when I was first investigating the modality for myself experiencing the Clay Field with a trusted colleague. So, I could experience the physical reaction and then explore my reflections.

I believe that I have begun to bring this training into my workplace through my client work, with colleagues and it has provided me with a greater confidence when speaking about the art therapy I facilitate.