



STTAC IS PLEASED TO ANNOUNCE 2025 TRAINING WORKSHOPS IN:

SAND TRAY FOCUSED SCHEMA THERAPY

PRESENTER: ESTELLE MACDONALD, ISST CERTIFIED CHILD AND ADULT SCHEMA THERAPY TRAINER AND SUPERVISOR

TWO DAY TRAINING FOR MENTAL HEALTH PROFESSIONALS WITH SCHEMA THERAPY EXPERIENCE

Come and learn about how schema therapy can be successfully combined with sand tray work to create a fun, as well as incredibly insightful, way of working with adults, couples, as well as child and adolescent clients.

Content will include:

Equipment required (a list of materials required for the workshop will be sent once registered)

Resourcing

Distancing techniques

Assessment in the sand tray

Needs work

Modes work

Rescripting worlds

Practice sessions

Training Dates:

8 - 9 October 2025

Hybrid event

Online via Zoom:

**New Zealand
region**

In person:

**272 Karori Road,
Karori, Wellington**

Time:

9am – 5pm

Cost:

NZ\$500

**SCHEMA THERAPY
TRAINING AND
CONSULTING (STTAC)**

**DIRECTOR: ESTELLE
MACDONALD**

Email: info@sttac.co.nz

Website: www.sttac.co.nz

Phone: +64 (0)279354418