



Holding Space #22
Stones for Therapy

8th March 2021
7.00 – 8.00pm AEDT

Thanks for joining us for this 60min webinar today.

It is the 22nd webinar in our free series –

Holding Space for Self and Others

designed to give you access to new (and not so new) ideas for optimising self care and support for others in challenging times.

This webinar is

Stones for Therapy

About Katerina Bolshakova



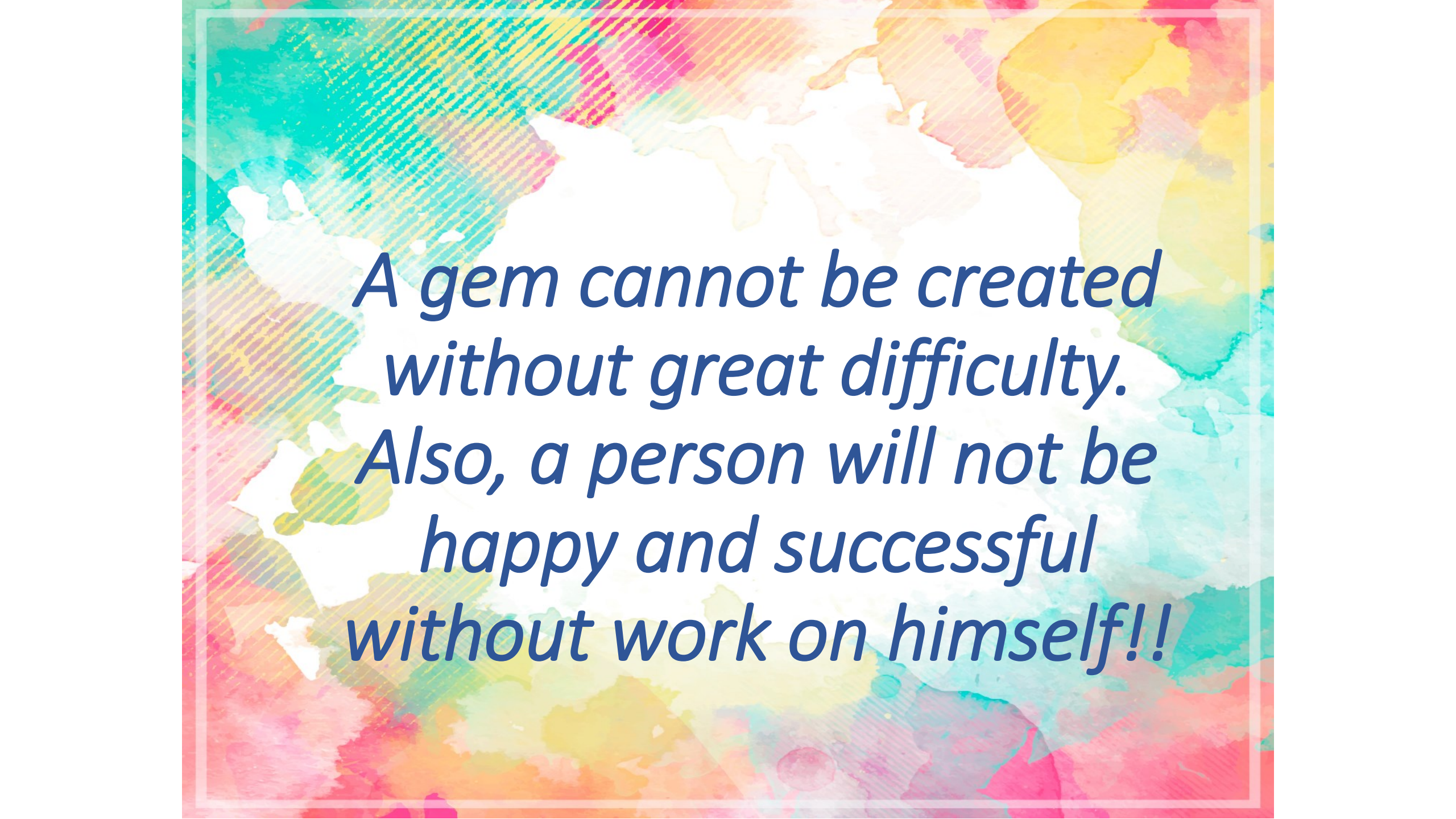
Psychologist
Trauma Therapist
Artist
Art Therapist
Teacher



Stones for therapy



from Katerina Bolshakova

A world map is centered in the background, rendered in a light, semi-transparent style. The map is overlaid on a vibrant, multi-colored watercolor wash that transitions through shades of teal, yellow, orange, and pink. A fine, diagonal line pattern is visible across the entire image, adding a textured effect. The text is centered over the map and watercolor background.

*A gem cannot be created
without great difficulty.
Also, a person will not be
happy and successful
without work on himself!!*

Biography

Katerina Bolshakova – Master's degree in psychology, psychologist, teacher of psychological disciplines, practical psychologist from Ukraine. Art therapist, trauma therapist, developer of methods for psychodiagnostic research in the art of painting on stones and the use of these skills in therapeutic activities. For 3 years has been working a lot on the development and implementation of the technique with painted stones in various types of therapy. She is engaged in private practice in which she uses stones that she painted herself on Greek marble. This allows the client to interact directly with the natural object. Katerina uses sand therapy techniques, EMDR, CBT, metaphorical cards and various types of express therapy. Graduated from art school and has been teaching art at school for 24 years.



Why natural stones?

Natural stones are natural biostimulants. Tibetan lamas in ancient times always used minerals for preparing a healing potion, massage of active points on the body with stones, applying stones to sore spots was popular.

Natural stones have a natural beauty that relieves stress, fights nervous tension - because of nervous overload, diseases mainly arise.



What types of therapy can the painted stones be used for?



Storytelling



What types of therapy can the painted stones be used for?



Drama



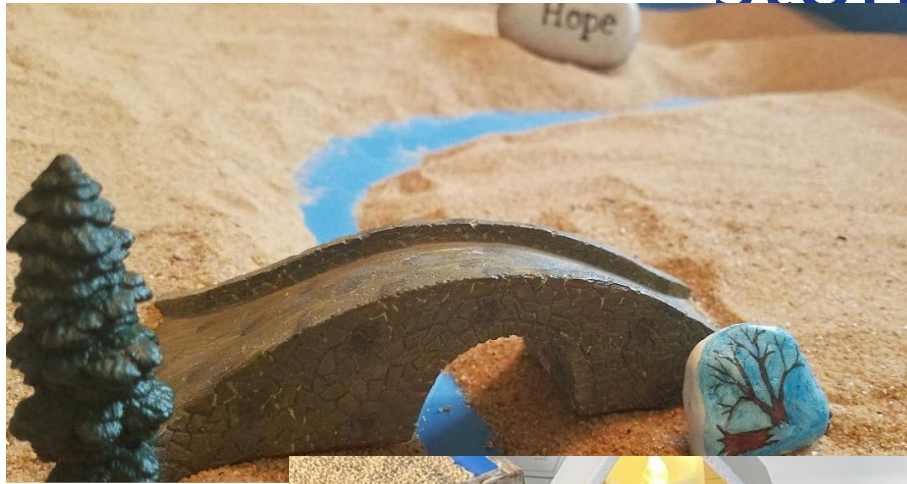
What types of therapy can the painted for?



Trauma therapy



What types of therapy can the painted stones be used for?



*Sand therapy
Sand play*



What types of therapy can the painted stones be used for?



EMDR



Работа со словами

- Lettering on a stone as a type of express therapy. We all know about the power of words and the impact on the psyche and mind and physical body.
- There is a lot of fear and panic in the thinking of people all over the world. I recommend lettering to my clients.
- My clients love to make words on stones, especially the positive emotions of the word. Words motto, gratitude, reminder, etc.
- This work, inspires, calms, and really lowers level of anxiety.
- You can also put them in your office. To make a present for your clients.



Painting stones good for your self care/working with trauma

- When my father died, drawing stones was my therapy. It was just like an express therapy option. I created a series of stones - "Dad and Daughter". I highlighted the moments when we spent time together and were happy. I painted my grief on a stone. Pebble by pebble, my pain subsided. These were not dull, sad, gray drawings. The result is bright, light, warm, kind stones in memory of my father.



Painting stones good for your self care

- There is a war in the east of Ukraine. In 2017-2018, my eldest son was in this war. Returning home, he was broken. He saw many terrible pictures there. He heard many horror stories. He saw how the families of colleagues were breaking up. I asked him to draw some stones. And that became his own therapy. He recalled military events and embodied them on stones. This is how a set from my eldest son "On War" appeared.



RESOURCE STONE

- Resource stone - is created directly by the client, or the client can find in a certain stone for himself a resource, to each his own. The resource stone is designed to inspire, motivate, give a resource that will help you cope with problems and achieve what you want. There is little understanding of what creates difficulties for us and how this situation can be resolved. In addition, you need to find the strength to realize this. It is for this purpose that the resource stone serves.



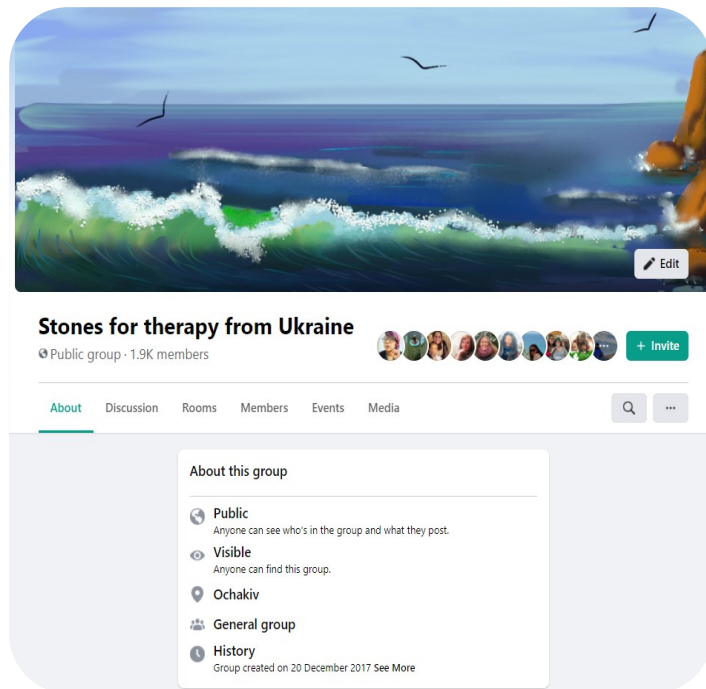
RESOURCE STONE

- Choose or create your own resource stone that will act soothingly and remind you that nature is always there.
- A little time will pass, and you will be convinced of its healing properties!



Creating a Facebook group

- My group Stones for therapy from Ukraine was created on December 20, 2017.
- Today in my group there are 2,000 therapists from all over the world.
- My stones help people in 27 countries.



Collection stones for therapy

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Stones for therapy from Ukraine

+ Invite

Media

+ Create Album Add Photos/Video

Photos Videos Albums



Stones from heart
13 photos

Words on the stones
69 photos

Hearts love couples
31 photos

My older son's painted stones.
20 photos

Dissociations
82 photos

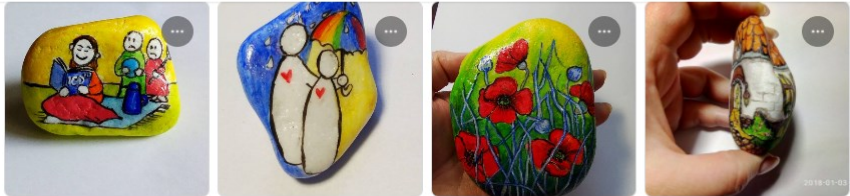
Harts
27 photos

Trees, flowers, nature
22 photos

appearance
40 photos

Stones for therapy from Ukraine

+ Invite




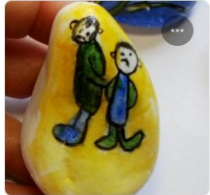


Psychology life.
7 photos

Rainbow
17 photos

Just lovely stones.
70 photos

Houses
39 photos


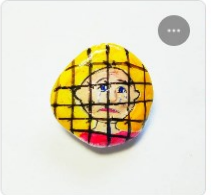



Mixed
57 photos

Fathers and daughters.
20 photos

Love
131 photos

Couple. Life.
64 photos



Words
11 photos

Trauma
193 photos

Fairy tales
56 photos

Reviews of my stones

Cath-erine Rainbird
25 July 2020 · 🌐

Thank you so much for the beautiful stones and careful packaging. I used them with clients today and they loved working with them. One client said holding the stone gave her the comfort and courage to say how she was feeling and felt they were very grounding. Another one said as she turned the stone over how she felt that her partner had removed her from the picture and she realised his side was full of colour and her side had become blank as she lost herself in what he wanted and needed and not her. The photos are of how another client used them. First picture is how she arranged them, second is how she moved them next and the third is how she finished her process. She said working with them really helped her and found them easier to connect with than images on card. (I asked her permission to send photos of her work to you). Thank you for your time and commitment 🌟



👍❤️ 23

8 comments 1 share

Great Britain

Martine L'Ecuyer is 🥰 feeling delighted.
6 February at 06:17 · 🌐

Totally excited that my beautiful hand painted stones (2 sets!), wonderfully created by Katerina Bolshakova **Катерина Большакова**, a super talented artist and an amazing therapist from Ukraine, have arrived!

They are even more beautiful than I expected and I can tell that each one was created with care and love. (They were so well wrapped and secure on top of that!)

Each stone can tell a different story. Each stone can awake something different for each of us. Using them can be a way to explain/express experiences, thoughts and emotions, without or with in having to use words.

I can't wait to use them in my dramatherapy practice, to play with them with my daughter or to show off these unique and magical gems all over the place!

I absolutely love them ❤️! Thank you Katerina! 🌟🌟🌟🌟🌟🌟🌟🌟🌟🌟



👍❤️🥰 71

14 comments

Canada

Zoe Essex
14 October 2020 · 🌐

Thank you for these wonderful stones Kateryna. They are beautifully painted and each one tells a powerful story. Ready to take them to work this afternoon. I am pleased to be able to show them to my clients. 🥰🙏



👍❤️🥰 You, Батынская Елена, Pamela Farlow and 21 others

USA

Reviews of my stones



Lucrezia Nyasha Takadiyi

27 August 2020 · 🌐



Got my stones today love them so much they're really beautiful, thank you for sharing your lovely work



👍 7

4 comments



Trish McGhee Collins

5 December 2020 · 🌐



Finally get to put out my Nativity ste out. Thanks so much [Stones for therapy from Ukraine](#) ❤️❤️❤️❤️ Катерина Большакова



👍❤️ 17

11 comments 2 shares



Claire Turner

12 September 2020 · 🌐



Yay my therapy stones arrived today so pleased with them. I'm expectant and in awe of how they will be used. There is such power in these stones they touch one deeply. Thank you, thank you, thank you 😊



Reviews of my stones



Ann Ricks ▸ Катерина Большакова

6 November 2020 · 🌐

You are so amazing! Super talented! I just got my second order today and I cannot wait to use them. I will probably end up ordering more 💜👍👏 Thank you!



👍 Катерина Большакова

2 shares



Mallory Morris

14 July 2020 · 🌐

I got my package today with all the amazing scenes that Катерина Большакова created! These are amazing! I can't wait to use these! I would highly recommend purchasing them! She's great to work with and very helpful and patient! I can represent as someone from the US that shipping was pretty quick!



👍❤️ 34

7 comments

Reviews of my stones

- One of the psychologists shared what his shelf with sand therapy tools looks like.
- He has a whole shelf with my therapeutic stones.



And many other reviews about my stones!

links to my groups

- <https://www.facebook.com/groups/812311415643268>
- https://www.instagram.com/mytherapystone/?igshid=9r2iabahg7w6&fbclid=IwAR1XuY1j_7GmP5qbfTPoKGVV9PTRVNk3z-CkFq4vLyXTzipeSlk6mCoAR18
- bolshakovakaterina16@gmail.com – Email.

A vibrant, multi-colored watercolor map of the world is centered on a white background. The map uses a variety of colors including teal, yellow, pink, orange, and red. The continents are outlined in white. The text "Thanks for your attention!" is written in a dark blue, italicized serif font, positioned horizontally across the middle of the map. The entire composition is enclosed within a thin, light pink rectangular border.

Thanks for your attention!

Connecting In





[Register Now](#)

Three Brain Facts That Will Help You Communicate Like A Pro

16 April 2021

11.00am – 12.00pm AEST



Dramatherapy for People with Dementia

Live Webinar

\$40

Art Therapy for Adult Mental Health

Webinar



FUN and PRIZES

Live Webinar

Moose and Mouse:
Building Attachment,
Empathy and Resilience

\$40





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