



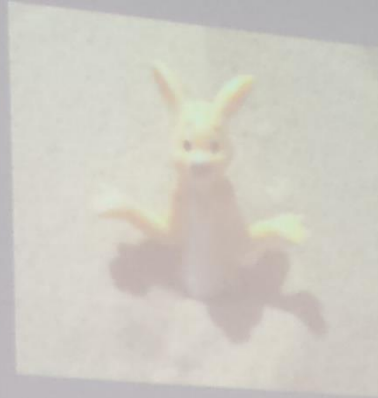
Holding Space for Self and Others

Jacki Short

Principal Counselling Psychologist and Play Therapist
Sydney Centre for Creative Change

Webinar

- Welcome
- New times = New measures
- Holding our own space
- Holding space for others
- What can we do?



Symbols and Sandplay Workshop

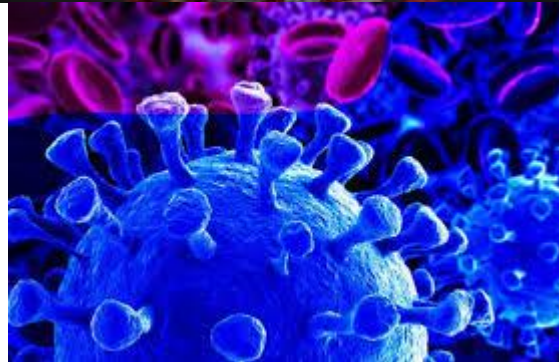




Sydney Centre for Creative Change is a leading provider of creative therapies training in Australia.

Learn sandplay, play therapy and loads of other creative therapies with easy ***on line*** training workshops and webinars.

"By far the most useful workshop I have ever attended... brilliant mix of passive and active learning, with lots of interaction."



Why Maslow Matters....



Crisis Intervention

Temporary, but active and supportive entry into the life of individuals or groups during a period of extreme distress.

Jeffrey H. Mitchell, PhD

Crisis Intervention

refers to the methods used to offer short term immediate help to individuals who have experienced an event that produces mental, physical, emotional and behavioural distress.

Principles of Crisis Intervention

Jeffrey H. Mitchell, PhD



Simplicity

People respond to simple not complex in a crisis



Brevity

Minutes up to 1 hour in most cases



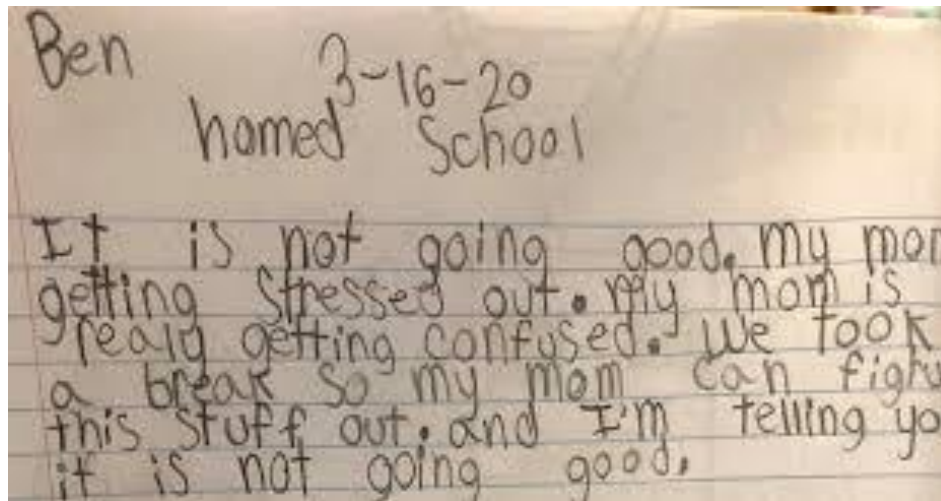
Innovation

Providers must be creative to manage new situations



Pragmatism

Suggestions must be practical if they are to work.



Proximity

Most effective contacts are closer to operational zones



Immediacy

A state of crisis demands rapid intervention.



Expectancy

The crisis intervener works to set up expectations of a reasonable positive outcome





Holding Space for Self

© 2020 Sydney Centre for Creative
Change

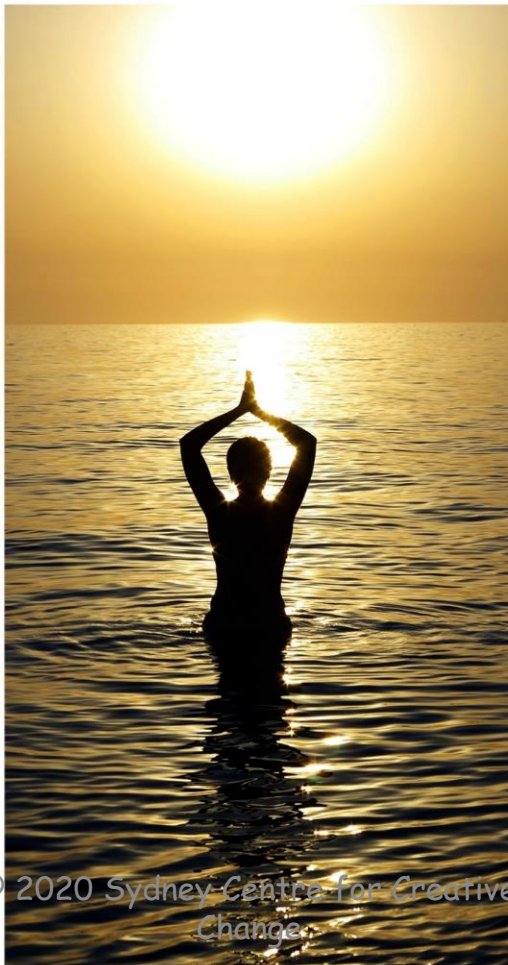
Write in Chat Box
the title of a song
that best describes
how you are
managing.

**You
can't
pour
from an
empty
cup**



In challenging times, it is important
that above all, that we have balance
within ourselves.

Sadhguru



© 2020 Sydney Centre for Creative Change

Write in Chat Box up
to 5 personal coping
strategies that are
working for you.

Draw three things
that have helped
most.

Group Time

FUN and PRIZES



Free One Hour Session of Regulation and Self Care

With trauma specialist, trained in Child Centred Play Therapy, Sensorimotor Art Therapy, Somatic Experiencing and Somatic based Touch Skills for Therapists.

Chris Storm AThR, SEP M.Ed.

Storm Insight

Working towards happier, healthier, safer communities

M: 0418432362

E: storminsightcounselling@gmail.com

W: www.storminsight.com.au

© 2020 Sydney Centre for Creative
Change





Free Business Coaching Session – Taking Your Work Online

With Personal Business Coach, James Short who has 9 years of growing and supporting business with change.

E: tribe@goalstribes.com

W: www.goalstribes.com



Holding Space for Others

© 2020 Sydney Centre for Creative
Change

A wooden signpost with three arrows pointing in different directions, each labeled 'THIS WAY'. The signpost is made of light-colored wood and is set against a bright blue sky with scattered white clouds. The arrows are attached to the post at different heights and angles, creating a sense of confusion or multiple paths.

THIS WAY

THIS WAY

THIS WAY



Advantages of Online Therapy/ Tele Health

- Accessibility
- Affordability
- Extensive and growing online community

Tools

Online Therapy/ Tele Health

- Secure platform
- Device at either end with internet, mic, camera
- System for booking
- Training in online platform use

Online Therapy/ Tele Health

- Who?
- What?
- When?
- Where?
- How?
- Why?

Ethical and Legal Considerations for Online Therapy

- Recontracting
- Confidentiality
- Safety
- Therapeutic Methods
- Professional Association
- Insurance (eg. Check Exclusions)

Counselling Online

- Social and practical support (i.e Crisis Management)
- Ongoing counselling/groups with adult clients
- Parent support/guidance with child clients
- Directive play therapy with children



© 2020 Sydney Centre for Creative
Change

The Little Gnome Who Had to Stay Home – Susan Perrow



<http://susanperrow.com/stories>

© 2020 Sydney Centre for Creative
Change

Innovative Resources

My Story, H. Aged 3



What other work could you do?

- Brainstorm
- Do a personal SWOT analysis
- Build neighbourhood, community and outreach support and connections
- Contribute positively to online groups and forums
- Write a book, blog, diary
- Prepare for when this is over

Take Home Questions

- 1. How am I? What capacity and supports do I have?
- 2. Who is/are my client/s and what are their needs?
- 3. What can I realistically offer from a distance?

Next Free Webinar...







© 2020 Sydney Centre for Creative
Change