

# **Finding Vision Beyond Sight: Accessible Creative Rituals for Transition and Loss Workshop**

From the sensory power of sight through to the meaning making of vision, there are enormous impacts in how facilitators invite curiosity and help heal health and self. This workshop offers practical, multi-sensory, narrative-informed methods to support transition grief and continuing bonds without relying on vision-heavy materials, forced disclosure or facilitator-led interpretation, and includes strategies for noticing and repairing misalignment in the room.

## **Presenter: Sara Waitzer**



Sara is a clinical psychologist and director of Axis Minds Psychology, providing psychological therapy for children, adolescents, and adults in both in-person and via telehealth. Her approach draws on narrative-informed practice, grief literacy and multi-sensory creative methods that reduce reliance on visual output and avoid interpretation-heavy symbolism. She is particularly interested in trauma informed care and focuses on client care which intersects with a focus on attachment, identity and uncertainty. Sara often draws on materials and methods that participants can take away and use immediately in therapy, education and community settings while protecting dignity, choice and participant voice.

Sara has experience across a variety of settings and services and has worked with various different care settings most recently working within a consultation role as a ‘lived-experience’ facilitator with low vision to designing and delivering accessible group workshops. The series ran for the purpose of being beyond “access adjustments” to address pacing, sensory load and consent and language.

### **Presenters Professional Affiliations**

- Australian Health Practitioner Regulation Agency
- Australian Psychological Society
- Australian Association for Cognitive and Behaviour Therapy
- Australian and New Zealand Association of Psychiatry, Psychology and Law
- International Schema Therapy Society (ISST)