

# Small Figures, Big Meaning: Exploring Gender Diversity Through Miniatures Workshop

Increasing numbers of gender diverse children and young people are accessing counselling services. However, not all receive support that meets their needs, and many professionals feel unprepared to work with this population. Play and expressive arts therapies offer developmentally appropriate ways to engage children and young people, with artistic expression identified as a source of resilience for gender diverse clients. Play- and art-based interventions using miniature figures provide opportunities for safe, creative, and embodied exploration and expression of gender identity.

This workshop aims to give participants a foundational understanding of gender diversity and practical strategies for working with gender diverse clients through play- and art-based interventions using peg doll miniatures.

By the end of this workshop, participants will:

- Understand key concepts related to gender identity, gender expression, and gender diversity-affirming practice
- Be equipped with resources and visual aids for facilitating conversations about gender
- Learn hands-on interventions using peg dolls for exploring gender in therapeutic settings
- Reflect on strategies to create a safe and affirming therapeutic environment for gender-diverse clients
- Have created a personalised wooden peg doll figurine to use in their own practice
- Be inspired to design and adapt miniatures for a range of therapeutic purposes and client needs

## Presenter: Sofia Kouznetsova



Sofia Kouznetsova (she/they) is a nonbinary social worker with experience in counselling roles across a range of practice contexts and client populations. They hold a Master of Social Work from the University of Western Australia (UWA) and a Graduate Certificate in Art and Play Therapy from the Sydney Centre for Creative Change (SCCC). Sofia runs a private practice, Sofia Kouznetsova Counselling, offering inclusive and affirming

individual and relationship counselling services. They also work part-time with Anglicare WA's Young Hearts programme, using play- and arts-based interventions with children and young people who have experienced family and domestic violence.

Sofia's professional interests include creative arts therapies for trauma recovery and working with LGBTQIA+ and neurodivergent clients. Outside of work, Sofia enjoys crafting and making things, and almost always has several creative projects in progress.

**Presenters Professional Affiliations**

Young Hearts Children's Counsellor, Anglicare WA

Social Worker in Private Practice, Sofia Kouznetsova Counselling

