



Clay Therapy & Clay Conversation Community

## **‘Round & About Clay’**

**This 2-day inaugural Conference has come about through the passion and dedication of those who value the use of clay to support and improve our levels of well-being.**

**The 2 days are likely to appeal to potters, artists, SENCOs, SNAs school mental health practitioners, well-being supporters, childcare specialists, family workers, youth workers, mental health practitioners, social workers, play therapists, psychologists, psychotherapists, counsellors, those in training and all who work creatively and therapeutically to enhance the well-being of others.**

### **Conference Programme – Day 1, Friday 15<sup>th</sup> March 2023**

**9.15 – Registration opens**

**10.00 – Welcome**

**10.15 – Opening Address - Dr Lynne Souter-Anderson**

**10.30 – First Presentation: ‘How Clay Reaches Beyond Words In Neurodivergent Ways of Being.’ Presented by Honorata Chorazy-Przybysz.**

**11.30 – Morning Break**

**12.00 – Second Presentation: ‘In the Silence the Clay Does All the Talking.’ Presented by Dawn Warrick.**

**1.00 – Lunch**

**2.00 – Third Presentation: ‘From the Ground Up.’ Presented by Oli Neary**

**3.00 – Afternoon Break**

**3.30 – Fourth Presentation: ‘Remembering to forget – or forgetting to remember?’ Presented by Anne Ambler. MA.**

**4.30 – Closing Day 1 & Evaluation time.**

### **Conference Programme – Day 2, Saturday 16<sup>th</sup> March 2024 – Workshop Carousel**

**9.15 – Registration**

**9.50 – Welcome to Day 2**

**10.00 – Workshop 1. ‘Feeling Sound.’ Facilitators: Angela Amos & Kate Wootton**

**11.15 – Morning Break**

**11.45 – Workshop 2. Facilitators: Theresa McCaskie & Dawn Warrick**

**1.00 – Lunch**

**2.00 – Workshop 3. Facilitators: Gwenda Hodges & Carol Bouch**

**3.15 – Afternoon Tea**

**3.30 – Plenary & Conference Closure. With evaluations.**

**FRIDAY 15<sup>th</sup> MARCH 2024**

**PRESENTATIONS DAY**

**OPENING ADDRESS: Dr Lynne Souter-Anderson, (DPsychProf)**

**Founder of the Clay Therapy & Conversations Community**



As founder of the Clay Therapy Community, in 2012 Lynne established a pioneering Clay Therapy training in the United Kingdom. Later in 2021 she created the on-line Clay Conversations Award which is attracting participants from across the Globe to share their love of clay. In 2022 Lynne recognised the growing need for an advanced practitioner course, so wrote and delivered the specialist Clay Therapy and Conversations Supervision programme.

Lynne's fascination with clay began when she was 13 years old, but it was only in 2010 that she discovered her lineage included five generations of artisan potters from Leeds, UK.

Interestingly, this happened around the time her first book *Touching Clay, Touching What? The Use of Clay in Therapy*, was published and also upon completion of her Doctorate in Psychotherapy.

Making it her mission to research, explore, and work with clay to support the well-being of others, Lynne knows how deep the connection is between human beings and earth clay, therefore it is not surprising to hear the words of Chief Seattle, *'The Earth does not belong to us: we belong to the Earth,'* resonate throughout her work. Eco aspects, existential perspectives and philosophical considerations are woven into her writings and teachings.

Above all, though, she believes in developing the true potential in each of us and never underestimates the considerable contribution gentleness, tenderness, kindness, and compassion makes to this process, for we are all in need of this from time to time.

Lynne's private practice is in Cambridgeshire, UK where she offers psychotherapy, clinical and academic research supervision and consultancy work.

As an international presenter, Lynne's expertise in the field of clay therapy, the creative arts and sandplay therapy has resulted in many invitations to present training and conference workshops around the world. Lynne is author of *Touching Clay, Touching What? The Use of Clay in Therapy* (2010), *Making Meaning: Clay Therapy with Children and Adolescents* (2015) and *Seeking Shelter, Seeking Safety. Clay Therapy with Families and Groups* (2019).

<https://www.claytherapy.co.uk/> <https://www.clayconversations.org/>

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**First Presentation: 'How Clay Reaches Beyond Words In neurodivergent Ways of Being.'**

**Presented by: Honorata Chorazy-Przybysz. MA.** MBACP, Professional Member of Creative Counsellors  
anhppts://www.claytherapy.co.ukd Practitioner member of APCCA (Association for Person Centred Creative Arts)

Honorata's speech will cover how clay can be used in therapy with clients who struggle to describe their emotional states in words due to neurodivergent way of being, and how the language of art medium reaches beyond the words.

**Presenter's Profile**

Honorata Chorazy-Przybysz is a UK based creative integrative counsellor working in the field of therapeutic creativity since 2015. She was initially delivering sessions for arts and well-being for Public Health and then trained in creative

arts therapy and clay therapy. Honorata has been working for the charity, Mind, in psychiatric wards in hospitals, as well as within community groups, care homes and youth organisations.



As a trainer delivering workshops in the arts and counselling for the Creative Counsellors organisation and the Association for Person Centred Creative Arts, Honorata has also contributed to the Creative Counselling book, written by Tanja Sharpe with her entry on visual journaling in therapy as well as practicing expressive artist.

Currently Honorata runs a private practice in Northamptonshire focusing on creative therapy for neurodivergent clients who are wishing to use creative expression in their therapeutic journey.

<https://www.artlysing.com/>

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## Second Presentation: 'In the Silence the Clay Does All the Talking.'

**Presented by Dawn Warrick.** Clay Therapy & Conversations Supervisor (CTCC: AP-SV in training)

NCPS Accred. Clay & Sandplay Therapist. Natural World Therapist

Dawn intends to illustrate the poignancy and powerfulness of using clay with adults, in just one session, when simply sitting with the silence as the client manipulated and worked with clay yet spoke few words.

### Presenter's Profile



Dawn Warwick has been supporting families, children & young people since 2004 and has developed her private practice 'Alternative Approaches' specialising in using Natural World Therapies to work through and overcome life's challenges. She has extensive experience of working with trauma; loss; anxiety and depression as well as work related stress and family difficulties.

Dawn's passion is working with Clay and Nature and having the scientific evidence supporting the benefits of these mediums feels that they offer a sustainable therapeutic approach which not only brings about positive impact on mental health but also provides a positive physical health impact too.

As an Integrative, Advanced Therapeutic Counsellor, Dawn's practice incorporates Clay Therapy, to an advanced level; Nature Therapy; SandPlay Therapy; Animal Assisted Therapy.

As a Natural World Therapist it is a privilege to be able to support people from all walks of life suffering from life trauma's, challenge's and experiences using therapies that provide a calm and grounding opportunity. This is carried out in an environment which helps to process thoughts and feelings safely and empowers an individual to become the best version of themselves that they can be.

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### Third Presentation: 'From the Ground Up.'

**Presented by Oliver Neary.** PTUK/NCFE, Level 5 Diploma in Developing Emotional Well-being in Children & Adolescents.

Oliver's presentation will take a look at the efficacy of clay when working with young men and boys in particular and will involve a short poem based on his experience with clay.

#### Presenter's Profile



Oliver Neary is a Youth Development Officer for a children's charity, where he manages a youth club for underprivileged children within the local community and runs multiple one-to-one well-being sessions with a focus on art and play. He also has an interest in graffiti art.

He has worked in a variety of child-focused settings including trauma informed care homes, the Early Help Hub, and specialist schools for children with SEND. He is currently using clay as a medium more frequently with young boys exhibiting anti-social behaviour with great success.

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### Fourth Presentation: 'Remembering to forget – or forgetting to remember?'

**Presented Anne Ambler.**

In this talk Anne will be looking at the benefits – and pitfalls – of using clay to work with elderly people, some of whom are living with dementia, some living with cancer and some who are elderly and frail, but, have no additional diagnosis. She will be including her own learning from these adventures as well as considering the benefits to the residents.

#### Presenter's Profile. MA.



Anne's career of over 20 years as an Accredited Play Therapist offered the privilege to work alongside many children and families in a variety of settings. As well as facilitating play therapy Anne undertook many further courses to become a clinical supervisor, filial play coach, clay therapist and trainer.

Contributing a chapter to Lynne's book – "Seeking Shelter Seeking Safety" Anne demonstrated the use of clay in clinical supervision.

During the Covid lockdowns Anne trained as a facilitator for the Circle of Security Parenting Programme and now delivers this every term. Since retiring in March 2023, Anne has been invited to run clay groups – one being in a local care home where her father was living at the time. Anne has found this fascinating and rewarding – both for the residents and for herself.

**SATURDAY 16<sup>th</sup> MARCH 2024**

**WORKSHOP CAROUSEL DAY:**

**DELEGATES WILL HAVE THE OPPORTUNITY TO EXPERIENCE ALL THREE WORKSHOPS**

**Workshop 1. Title: 'Feeling Sound.'**

**Workshop Description:**

'Being Mindful, we are waking up to what our senses are telling us.' Sarah Silverton 2012

When we have a chance to really notice our experience, we are invited into a rich space. A space that can offer us the potential to experience things as they really are.

In this workshop we will be taken on an experiential journey. Through mindful meditation and visualization, we will have the opportunity to explore our experience of hearing and sound perception. The thoughts, feelings and bodily sensations that may arise in us can then be further explored through the medium of clay and seen visually in clay form.

**Workshop Facilitators: Angela Amos & Kate Wootton**

**Angela Amos, MA.** Clay Therapy & Conversations Supervisor (CTCC: AP-SV). MBACP Reg.



Angela is an arts-based child therapist working in private practice in Cambridge. She has extensive experience of working as a therapist in a variety of local primary schools and has previously set up a school counselling service. She also is an experienced supervisor and supports a range of arts-based qualified and trainee child therapists and is a specialist clay supervisor.

She originally trained as a Registered Nurse in learning disabilities and has set up and managed supportive housing schemes and a family advisory service for the charity sectors. It was during this time that she trained as an adult counsellor, this led onto

Angela deciding to become a child therapist which included studying at the Tavistock Clinic and the Institute for Arts in Therapy and Education in London at postgraduate and MA level. In 2012 she qualified as a clay therapist and she has training in parent-child therapy and Jungian Sandplay therapy. Angela is passionate about working with play and the arts with children. She is also interested in the practice of meditation. She has trained with the *Mindfulness in Schools Project* and has her own mindfulness meditation practice.

Angela also enjoys writing therapeutic stories for children. She is the author of several therapeutic stories including *Can I tell you about MS?* and is the co-creator of the 'Therapeutic Story StartUps' resource. In her spare time, she enjoys charcoal sketching, sculpting with clay and playing with her dog.

**Kate Wootton. B. Ed (hons) M.Ed. (Cantab)** Clay Therapy & Conversations Supervisor (CTCC: AP-SV in training).



Kate started her career as a secondary school teacher in the mid-1980s. She later moved into education administrative management before returning to manage the education and reintegration of children out of school due to medical reasons. Throughout her career she has been passionate about the wellbeing of the whole school community but particularly in enabling the voices of young people to be heard.

Kate trained as a child and adolescent psychotherapeutic counsellor at Cambridge University, gaining her MEd in 2008 and she presently works as an integrative counsellor, using the creative arts with primary but mainly secondary aged pupils in the school setting.

Since training as a clay therapist in 2012, Kate has continued to integrate clay into her practice with individuals and groups of all ages. She is involved in supporting the training

of clay therapists and clay conversation practitioners and she is the editor for the clay community journal, 'Unearthed'. She is also a trainee supervisor for clay therapy and clay conversations.

Kate says, "I am constantly inspired by the therapeutic use of clay as a powerful creative tool in my professional practice and on a personal level, as a guide to my own wellbeing".

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## **Workshop 2. Title: 'Our Own Unique Touch.'**

### **Workshop Description:**

Following Dr Lynne Souter-Anderson's book Touching clay touching what.... We are encouraging exploration, through touch, of our own uniqueness. This workshop will use 'feel' to reflect on and discover what it is to be us; what it is to be individual; what it is to be unique. By using our own cut out handprint from the clay we can use a curious inquiry to take a deeper look at who we are, what that might mean to us and how we can grow and develop from this better understanding. We hope you will enjoy this journey of self-exploration and that the touch of the clay helps you to get in touch with yourself a little more fully.

### **Workshop Facilitators: Theresa McCaskie & Dawn Warrick**

**Theresa McCaskie**, Clay Therapy & Conversations Supervisor (CTCC: AP-SV in training). NCPS Accred.



Having worked within the mental health industry with children and families since 1999, this experience instinctively led Theresa into therapeutic work training and she is now working as a qualified Counsellor.

Theresa trained as a Psychotherapist / Hypnotherapist / Children & Young Persons Coach / Children's Yoga Teacher / Creative Arts / Sandplay Therapist / Clay Therapist / Clinical Supervisor // NLP Practitioner, and currently as an Integrative, Creative Counsellor bringing together different elements of specific therapies to suit the needs of clients.

As an Integrative Therapist, with a wealth of experience using creative methods in working with adults' children and young people, Theresa has had the privilege to witness the healing power of using clay first hand, in her own training and in her practice with clients.

Theresa is a Clinical Supervisor and works creatively with other therapists/trainees and Counsellors one to one and in group settings. Wanting to expand her own clay journey and the use of clay in supervision work, Theresa has recently completed the 'Clay Therapies and Conversations Supervision Training' and is excited to integrate this priceless training into to her practice.

**Dawn Warrick**: Clay Therapy & Conversations Supervisor (CTCC: AP-SV in training). NCPS Accred. Clay & Sandplay Therapist. Natural World Therapist



Dawn has a love and connection with nature & feels blessed to own two lovely horses, a miniature pony, a beautiful dog and three crazy yard cats.

Her love of nature rolls into Dawn's passion for her therapeutic work where she is privileged to support children and YP within schools.

Dawn has over 15 years' experience of working with children, young people, and families which brought her to her life's dream of supporting others within the therapeutic role which she now finds herself in.

Dawn works as a creative counsellor and creative Supervisor and the passion for Clay and Nature comes into both of her roles.



Loving using clay, Dawn finds she has a real affinity with it. She has experienced first-hand the value and difference this medium can make, as well as how nature can play a valuable part in supporting those she works with as well as herself to become the best version of ourselves that we can be.

Dawn feels truly blessed to be a part of such a loving and connected group of wonderful people that she has met on her therapeutic journey and privileged to have a wonderful trainer and therapist in Dr Lynne Souter-Anderson, to whom she says she owe so much.

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### **Workshop 3. Title: ' Seeing and Being Seen.'**

#### **Workshop Description:**

**William Shakespeare once said, "The eyes are the windows to your soul."**

Paediatrician and psychoanalyst DW Winnicott has said,

**"It is a joy to be hidden, but a disaster not to be found."**

We love to hide, to have our own private psychic and emotional lives, but most of us don't wish to be forgotten by the world. Most of us wish, and desperately need, to be found.

How we relate to the world is fundamental to our existence as human beings. However, each of us is unique with our own individual early experiences, and our relationships are all different.

This workshop offers an opportunity to explore our personal footprint on the world in which we tread, with a light-touch exploration into what makes us who we are.

Let clay guide you into how you see the world and how you perhaps may be seen by the world.

We are looking forward to joining you on this short journey,

#### **Workshop Facilitators: Gwenda Hodges & Carol Bouch**

**Gwenda Hodges:** [Clay Therapy & Conversations Supervisor \(CTCC: AP-SV\)](#). MBACP



Gwenda is so excited to be part of this Clay Conference and have enjoyed being part of the planning and now really looking forward to meeting everyone.

Gwenda has been a therapist for over 20 years. She is qualified to work with adults, adolescents and children and values the insight this brings to the whole of life. Working in education for 30 years, Gwenda took on several different roles from being the HR person to becoming Pastoral Leader and working with families and children, which was extremely rewarding. Now in private practise Gwenda finds she incorporates teaching, training, clinical supervision and working as a psychotherapist with people of all ages. She is a clay therapist and supervisor and enjoys belonging to the clay community and working alongside such inspirational people.

Working with clay is at the heart of Gwenda's work and life, providing meaning and understanding when words can't. It illuminates situations and emotions which are hidden and when they do surface, these can be transformative. It provides texture and richness to a therapeutic process. It's heartwarming and brings deep satisfaction.

**Carol Bouch:** Clay Therapy & Conversations Supervisor (CTCC-SV in training), PTUK Accred. Play Therapist



Carol feels both excited and privileged to be part of the very first Clay Therapy Conference. She has a real passion for Creative Therapies; these being at the centre of her work as a Play & Creative Arts Therapist. She never ceases to be amazed by the power of these mediums and finds using Clay is such an amazing way to work. Anyone can do it – no clay or art skills are necessary. Children and adults alike find just touching and holding the clay a powerful experience and it is fascinating seeing what unfolds.

Carol has been working with Children and families for about 20 years. Training as a Play Therapist seemed a natural progression in the course of her work and she has added additional Clay Therapy, Sand Play Therapy and Creative Arts Therapies to her core training along the way. Carol recently trained as a Supervisor, and is now working towards the specialist Clay Therapy Supervisor qualification. She also has a special interest in how trauma affects the body and using clay is a valuable tool as it provides such a varied, tactile experience using hands, feet or other body parts.

Carol is in Private Practice, working mainly in Primary schools, a Foster Agency, and a Therapeutic Farm. She sees adult clients working creatively with clay and often incorporates sand, art and other creative techniques, as well as a cup of tea!

Clients, of all ages, seem to find working with the clay very soothing, especially when they cannot find the words to express how they feel – the clay does the work for them.

Carol is looking forward to meeting everyone and sharing experiences, thoughts and ideas all centred around the use of clay.

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**CONFERENCE VENUE DETAILS BELOW**



## CONFERENCE VENUE - ORTON HALL HOTEL INFORMATION

The Village, Orton Longueville, Peterborough PE2 7DN Phone: [01733 391111](tel:01733391111)

<https://www.guestreservations.com/best-western-plus-peterborough-orton-hall-hotel-spa>

**The Hotel has reserved conference price rooms of £105 Bed & Breakfast per person, per night, or £165 Bed, breakfast & evening meal (3 courses) per person, per night.**

**Please book direct with the hotel reception desk mentioning you are a Clay Conference, March 2024 delegate.**

**DON'T FORGET TO BOOK YOUR CONFERENCE TICKET FIRST!**

The Orton Hall Hotel and Spa is a 17th century manor house set in 20 acres of mature parkland in the secluded conservation village of Orton Longueville. The hotel, formerly the estate of the Marquesses of Huntly, has been tastefully restored to much of its former glory as one of Cambridgeshire's foremost country houses.

Orton Hall Hotel boasts 70 elegant rooms, with a variety of room types available, all of which are en-suite and offer spacious, comfortable facilities.

There is plenty of free car parking facilities.

The hotel offers a choice of dining, in either the Huntly Restaurant or the Ramblewood Inn.

### LOCATION

Situated on the A605 and only 2.5 miles from the A1, Peterborough City Centre and the Railway Station, Orton Hall Hotel and Spa is easily accessible from all parts of the country by road or rail. Stansted airport is just 1 hour and 15 minutes away.

### THE GREAT ROOM



Conference facilities at the hotel include the purpose-built Orton Suite, which offers excellent levels of comfort and flexibility, located on the ground floor with disabled access.

The rooms are fully air conditioned with natural daylight and blackout facilities. The Great Room is part of the original country house with splendid baronial features, it is an exquisite setting for both conferences and private dinners. It is located on the ground floor with disabled access.