Learn how to use small figures with counselling and therapy clients. Small figure work is a powerful and effective method of working with adults, adolescents and children. Clients quickly understand themselves from fresh perspectives and find themselves thinking in new and creative ways.

This workshop will focus on working with adults in the one-to-one setting. The work can be directly applied with couples and in family therapy, in supervision and in workplace/management settings.

Participants who work with children will need to modify the work to suit their clients.

**Using small figures enables clients to:**

Express and understand their knowledge of the family and social systems they inhabit.

Experience themselves and their stories from both internal and external perspectives.

Connect with feelings and understanding that are held in nonverbal memory.

Concretise and thus more fully experience their hopes and wishes for the future.

**Day one will cover:**

- General principles of small figure work and of combining this work with talk-based methods.
- A specific way of using small figures to work with a client who has a difficult relationship.
- A specific method for bringing to life the memories, feelings and actions of functional roles. This is particularly useful with depressed clients.
- How to obtain small figures.

**Day two will cover:**

- A way of exploring the history of a relationship. This is particularly useful in grief work. It can also be used to celebrate a relationship and to allow expression of things previously unsaid. The teaching will include the use of simple psychodrama techniques: expression of thoughts, feelings and action; role reversal and soliloquy.

**Plus:** Four or five items selected from the following:
A Practical Introduction to Working with Small (Toy) Figures in Counselling and Psychotherapy

- A way of looking at the client’s social system and the nature of their relationships at earlier times in their life.

- A way of looking at the client’s current social system and their relationships.

- Action Genogram. A way of using the figures to construct a genogram.

- An exercise that links some of the client’s present roles with the earlier events that led to the development of those roles.

- Working with unwanted repeated behaviour. This has some relevance to addictions.

- The Diamond of Opposites: A way of using the figures to make a decision.

- The Empty Chair: Using the figures to enable the client to have a conversation with another person.

The workshop will be experiential and limited to sixteen participants.

Participants will have the opportunity to be both the client and the therapist. There will also be demonstration and discussion of practical and theoretical aspects of this work. The workshop is likely to be enjoyable and to heighten participants’ appreciation of themselves.

John Barton is a psychotherapist in Auckland and Christchurch. He is trained in psychodrama and other modalities. He was a GP for over twenty years. He has run this workshop in NZ, Australia, USA, Europe and Asia. He has a lighthearted teaching style which shows his enthusiasm for small figure work and his joy in the practice of psychotherapy.

Place: Seminar Room, Presbyterian Support, 44 Bealey Ave, Christchurch.

Time: 9:00 am to 5pm, Thursday 29th March and 9:00 am to 4:30 pm Friday 30th July.

Morning and afternoon tea will be supplied, there will be a one hour lunch break each day.

Cost: $150 (Concession for students and unwaged: $90). The usual cost of this workshop is $300 for the two days. The reduced cost is by way of acknowledging the work of counsellors following the Christchurch earthquakes and mosque shooting.

To register or for more information contact John Barton:
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phone (09) 634 1916.

John Barton’s website is at www.smallfigures.net

NB It is expected that all participants are able to take responsibility for self care if they uncover personal material that is difficult, for instance through access to their own therapist or supervisor.

At the end of the workshop the figures used in the workshop (Playmobil toy figures) will be for sale to the participants.