

A PRACTICAL INTRODUCTION TO WORKING WITH SMALL FIGURES IN COUNSELLING AND PSYCHOTHERAPY

Small figures work is a powerful method of working with clients across various age groups. Working 3-dimensionally with playmobil figures facilitates the engagement and integration of cognitive and emotional processes which encourage deeper exploration of relational systems, fostering new insights and creativity in problem resolution, paving ways for transformative changes.

Using small figures enable clients to:

- Express and understand their family and social systems.
- View their experiences from both internal and external perspectives.
- Access emotions and non-verbal memories.
- Concretise and envision their hopes for the future.

OBJECTIVES

- Demonstrate the use of small figures work with adult clients in one-to one setting*.
- Illustrate how this work can be applied to work with couples and families, in supervision, workplace/management settings.
- Showcase how to work with depression, addiction, grief/loss, and attachment issues.
- Explore how to integrate this work into preparation and resourcing for trauma work such as EMDR

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

WORKSHOP OVERVIEW

Day 1

- Introduction to small figures work and integration with talk therapy.
- Using figures to address difficult relationships.
- Bringing to awareness actions, emotions and memories of functional roles. Useful for depressed clients.

Day 2

- Exploring relationship history for grief work and celebrating relationships
- Mapping past and present attachments systems and patterns
- Creating an Action Genogram for deeper insights and meanings
- Addressing unwanted repeated behaviors, such as addictions.

Participants will experience Small Figures Work both as therapist and client. It is expected that all participants will take responsibility for self care if they uncover difficult personal materials, through access to their own therapist and supervisor. Post-workshop individual and group supervision is available.

WORKSHOP DETAILS

- Date : 2-3 June 2025
- Time: 9:00 AM to 5:00 PM
- Venue: Wavecare Counselling Inc,
 - 2 Euvena Ave, Glen Waverley, VIC 3150
- Cost: \$550 (inclusive of GST)
- Limited to 12 participants
- Morning and afternoon tea will be provided.
- Lunch is 1 hour and will be self-catered, with eateries nearby
- Parking: Free onsite parking
- Public Transport: Glen Waverley Train Station is within walking distance
- Playmobil Figures are available for purchase at the end of workshop.
- FOR REGISTRATION AND ENQUIRES:
 - Email: smallfigureswork@gmail.com
 - Phone :0468 418 068



MAGDALEN SER

B.A, B.Soc.Sc (Hons), MSc.Family Therapy (UK)

Trainer

An experienced psychotherapist, family therapist, and accredited mental health social worker, accredited emdr therapist and neurofeedback practitioner with over 30 years of clinical experience. She runs a private practice, Illumine Psychotherapy and Counselling, in Melbourne, Australia.

Trained in Small Figures Work by Dr. John Barton (psychotherapist, psychodramatist, Balint Group leader, GP) in 2008, Magdalen has seamlessly integrated this method into her practice for the past 15 years. Following Dr. Barton's retirement at the end of 2024, she is honored to continue teaching this approach to help therapists enhance their clinical work. Dr. Barton credited much of this method to Dr. Carlos Raimundo, creator of Play of Life (www.playoflife.com).