

# WORKING WITH SMALL FIGURES IN COUNSELLING & PSYCHOTHERAPY

Small Figures Work is a brain-based, creative and experiential approach that deepens insight, expands relational repertoires and fosters creative problem-solving for meaningful, lasting change.

Through visual and experiential processes, it offers therapists a practical and embodied way of working with the often unspoken emotional and relational stories clients bring into therapy.

This approach helps clients:

- express and understand their family and social systems
- view their experiences from both internal and external perspectives
- 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 and workplace settings.
- Showcase how to work with depression, addiction, grief and trauma/ attachment presentations.
- Explore how to integrate this work into adaptive resourcing for trauma-focused work.
- Child therapists will need to modify this work accordingly

## 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.

### Day 2

- Exploring relationship history for grief work and celebrating relationships
- Mapping past and present attachments
- Addressing unwanted repeated behaviors, such as addictions.

## WORKSHOP DETAILS

- Date 11-12 May 2026
- Time: 9:30 AM to 5:00 PM
- Venue: Citylife Community Care
- Address: Gate 1/ 1248 High St Rd, Wantirna South, VIC 3152
- Cost: \$660 ( inclusive GST)
- Limit 20 participants
- Free onsite parking
- Morning and afternoon tea provided.
- Lunch will be self-catered.

### FOR REGISTRATION AND ENQUIRIES:

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**MAGDALEN SER, MSc.FT**

Psychotherapist | Family Therapist  
Accredited Mental Health Social Worker  
Accredited EMDR Practitioner  
Neurofeedback Practitioner  
Deep Brain Reorienting Practitioner

Magdalen is a skilled and experienced mental health therapist with over 30 years of clinical experience.

She runs a thriving private practice, Illumine Psychotherapy and Counselling, offering integrative attachment and trauma-focused therapies in the beautiful suburb of Wheelers Hill, Melbourne, Australia.

Since her first training in Small Figures Work with Dr John Barton in 2008, Magdalen has integrated and refined the approach within her clinical work for over 18 years.

She now trains therapists to incorporate Small Figures Work into their own clinical practice.