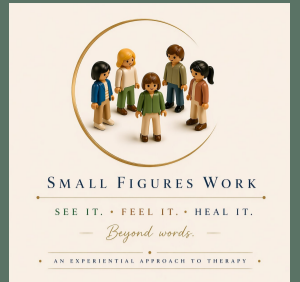


Working with Small Figures in Counselling & Psychotherapy

A Two-Day Experiential Training for Mental Health Clinicians — Foundation Level



Small Figures Work is a powerful and effective experiential approach for the moments in therapy when words are not enough — using Playmobil figurines to concretise the client's inner world, making visible the spaces between people and the relational dimensions through which life is lived. Clients quickly understand themselves from new perspectives, finding new and creative ways of engaging with what has felt stuck or unreachable. Grounded in the psychodrama tradition, it offers a practical pathway into exploring relational systems, accessing non-verbal emotional experience and envisioning new possibilities for change.

CLINICAL RELEVANCE

- Trauma & attachment difficulties
- Addiction & compulsive patterns
- Relationship conflict & family dynamics
- Repetitive relational patterns
- Grief & loss
- Depression

WORKSHOP FORMAT

- Case demonstrations
- Role play
- Guided experiential practice
- Group discussion & reflection

WORKSHOP OBJECTIVES

- Demonstrate Small Figures Work with adult clients in one-to-one settings
- Illustrate applications for couples, families, supervision and workplace settings
- Showcase approaches to depression, addiction, grief and trauma-attachment presentations
- Explore how Small Figures Work integrates alongside narrative, solution-focused, interpersonal and other relational therapeutic approaches
- Explore integration with adaptive resourcing for trauma-focused work

WORKSHOP OVERVIEW

1 Day One

- 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

2 Day Two

- Exploring relationship history for grief work and celebrating relationships
- Mapping past and present attachments
- Addressing unwanted repeated behaviours, including addictions

* This training focuses primarily on work with adult and adolescent clients. Child therapists are welcome to attend and will need to adapt the approach to suit their client group.



WORKSHOP DETAILS

- ◆ **7–8 October 2026**
9:30 AM – 5:00 PM
- ◆ **CityLife Community Care**
Gate 1 / 1248 High Street Road, Wantirna South VIC 3152
- ◆ **Early bird: \$680 | Standard: \$720**
Inclusive of GST
Early bird closes Wed 9 September 2026
- ◆ Limited to 12 participants
- ◆ Free onsite parking
- ◆ Light refreshments provided · Café on site
Lunch self-catered

ENQUIRIES & REGISTRATION

smallfigureswork@gmail.com
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www.smallfigureswork.com

REGISTER NOW

YOUR TRAINER



Magdalen Ser MSc Family Therapy (UK)

- Family Therapist
- Accredited Mental Health Social Worker
- Accredited EMDR Practitioner (EMDRAA)
- Neurofeedback & Deep Brain Reorienting Practitioner

Magdalen is a trauma and relational therapist with over 30 years of international clinical practice, holding an MSc in Family Therapy from King's College London.

She is the founder of Illumine Psychotherapy and Counselling, a thriving practice based in Wheelers Hill, Melbourne.

Her introduction to Small Figures Work came through training with Dr John Barton — psychotherapist, Balint Group Leader and medical doctor — in 2008. She has since integrated it across a wide range of clinical presentations. Following Dr Barton's retirement, she is honoured to carry that legacy forward by training fellow clinicians.

Dr Barton acknowledges the work of Dr Carlos Raimundo, creator of Play of Life, as a foundational influence on the development of Small Figures Work.

PARTICIPANTS' FEEDBACK

"The experiential nature of the workshop provided a good opportunity to experience Small Figures Work as a client to work through my personal issue. It gave me an insight into what my clients would gain with the use of the figurines."

— WORKSHOP PARTICIPANT

"Workshop was hands-on, interactive and uplifting."

— WORKSHOP PARTICIPANT

"I had lightbulb moments which would inform my future practice and personal growth."

— WORKSHOP PARTICIPANT

See it sooner. Shift it deeper.