



**FORUM**  
for COUNSELLORS & PSYCHOTHERAPISTS  
Ar gyfer CWSELWYR a SEICOTHERAPYDDION

## Working Creatively with Stones in Counselling and Therapy with Tracy Burgess

10am – 4pm Friday 5<sup>th</sup> June 2026

Full rate £45 Student rate £20

Barnabus Church Centre, Longden Coleham, SY3 7DN.



Discover new ways to bring depth, symbolism, and creativity into your counselling or therapy practice through the use of stones. This experiential CPD workshop invites counsellors and therapists to explore how simple, natural materials can open powerful avenues for expression, reflection, and change. Through guided exercises, discussion, and shared practice, participants will learn how working with stones can support clients to externalise inner experiences, access metaphor, and engage the senses in non-verbal ways. The day offers a balance of theory, practical exploration, and reflection on integrating this approach within different client settings. No artistic background is required—just curiosity and openness to creative process.

### This workshop aims for you to take away:

- **Practical techniques for introducing and using stones in therapeutic sessions.**
- **Deepen understanding of symbolism, metaphor, and projection in creative therapy.**
- **Experience the therapeutic potential of working with tactile, natural materials.**
- **Reflect on personal responses and ethical considerations in creative practice.**
- **Leave inspired and confident to incorporate creative work with clients.**

### On the day

**Morning:** The morning will consist of a presentation on the therapeutic use of stones. There will be a range of stones for you to explore in small groups.

**Afternoon:** The afternoon will consist of a demonstration of using the stones with a client (someone from the group being willing to be a volunteer) There will be discussions of using stones professionally or personally. I will include 'case studies' of using stones with clients.

Tracy Burgess has been a counsellor since 2009 and is a lead counsellor at Ponthafren where she mentors trainee counsellors alongside her client and supervision work. She has a wide range of experience; Her focus is on integrative talking therapies and trauma work. She is an instructor for MHFA Wales and provides CPD training in Wales.

To book a place contact Anna Harlow, Forum Membership Secretary,  
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