

Overview: Post-Foundation Training – LSP for Therapeutic Applications

Life can be stressful at the best of times, but the introduction of a global pandemic has added a level of pressure that few of us expected or have experienced. Our escalating concerns regarding our personal well-being and that of our loved ones, coupled with sudden and rapid changes in our workplaces, households and lifestyles are well founded. It should come as no surprise then, that many of us feel increasingly anxious during such a challenging time. That doesn't mean, however, that we should simply endure this state of being. Undertaking a healing journey with others, one that helps us to acknowledge and better understand our feelings and to find relief through the development of effective coping measures, can go far in helping us through this difficult time.

Kristen Klassen is offering the Post-Foundation Training in LSP for Therapeutic Applications, focused on stress and anxiety experienced as a result of the pandemic, in eight 90-minute online workshops. Using techniques from Group Play Therapy in conjunction with the Lego® Serious Play® (LSP) Method, and combining it with the virtual world, we will guide you through the hands-on process that will allow you to construct three-dimensional models in order to explore and share your feelings, thought processes and concerns with other group members (and to facilitate this experience for your clients). For more information or to register, go to:

<https://www.markettuninggroup.com/lego-serious-play-training>