



FRIDAY 17TH APRIL 2026

'The Story of Helen Greeves and the Power of Clay'

The focus of this presentation is on an autobiography written by Helen Greeves, who was labelled as mentally deficient (M.D.) at birth. Born in 1919, Helen lived for a century, and her memoir charts a remarkable journey through therapy with several prominent psychoanalysts of the twentieth century. Entitled 'Still Sane', her story powerfully illustrates how Helen consistently turned to clay as a means of coping with emotional distress.

During the presentation, photographs of Helen's clay sculptures will be displayed, with attendees also having the opportunity to view some of her works in person. Helen's reflections on her creative process are particularly poignant. She describes making "a small figure of a mother holding her baby; her arms joined at the front, making a circle, like a little nest for the baby." This act of creation led Helen to a moment of self-realisation, as she expressed, "...perhaps I'm not so hopeless; perhaps I really can do this!"



Presenter:

Dr Lynne Souter-Anderson, Founder of the Clay Therapy & Clay Conversations Community

Psychotherapist, Educator, Consultant & Author,

Lynne's initial career was as a teacher, working with both adolescents and adults in various artistic disciplines, including art, pottery, textiles, and drama. This experience provided her with a direct understanding of the profound impact that engaging with the arts and working with clay can have on self-worth and self-confidence. Over the past 35 years, Lynne's commitment to supporting the well-being of others has been the driving force behind her professional journey. Her humanitarian outlook has guided her in developing the necessary skills to counsel and train others, empowering them to share this valuable knowledge.

When Lynne was entrusted with the clay sculptures created by Helen Greeves, she immediately recognised their potential as educational aids for practitioners in the mental health field. This responsibility was a humbling experience, one that Lynne wholeheartedly embraced, motivated by her desire to help others.

'Measuring Calm: How the Body Responds When We Work with Clay'

Hannah's presentation offers an opportunity to hear about her master's research project on the physiological benefits of playing, sculpting & working with clay.



Presenter: Hannah Alderson - Clay Conversation Practitioner & teacher is the founder of Hannah Rae Arts, and holds a master's degree with Distinction in Creative Practice. Her research explored the physiological and psychological effects of working with clay, including heart rate responses and links with the gut-brain axis, highlighting its potential to reduce anxiety and support wellbeing. Building on this work and her Clay Conversations training, Hannah now leads one-to-one clay sessions with children in schools in Harrogate, combining her background in education and creative practice to help regulate the body, calm the mind, and foster connection.

'Crumbling Experiences & Fragments of Life. The Use of Clay in Domestic Abuse Cases.'

In this presentation Gail will share aspects of her clinical work showing how the use of clay to work through harrowing domestic violence cases has proved very beneficial.



Presenter: Gail Shreeves - Clay Therapist is a Counsellor with adults and children, Creative Arts Therapist and Play Therapist registered with the BACP and PTUK. Gail holds a post-graduate Certificate in Systemic Practice. She is also a qualified Nurse, Midwife, Health Visitor, Teacher and SENDCo and these other professions have helped to facilitate and influence her work with Clay.

Working with children, adolescents, and adults individually Gail enjoys using clay. In her groupwork she adopts a themed and more structured approach. Her website is www.7winds.co.uk

Gail has a particular interest in clay as it allows the client to tap into their unconscious more easily than other mediums and this allows issues that have been 'hidden' for a while to come into consciousness where they can be processed and talked about if the client wishes.

'Connected with Clay – Layered Understanding'

Maria will be looking at the use of clay in supervision. She gained her masters in 2024 in Counselling and Psychotherapy Practice, her dissertation focusing on practitioners' use of clay in supervision. She will be presenting her interviewees' experiences and feelings surrounding clay as a medium and its impact within supervision alongside her own clay layered learning and ways forward.



Presenter: Maria Adams (CPP MA) - Clay Therapist Maria has over 30 years of experience in the fields of therapy and education. She has taught psychology and philosophy and led on several educational programmes. More recently, alongside her therapeutic practice, she has supported the continuing education of therapists, leading on a post-qualifying diploma in working therapeutically with children and young people. Creative techniques, supporting those experiencing trauma and loss, are embraced in her practice, with a clear emphasis on clay work and the healing it engenders. Additionally, she works as a supervisor, keenly using clay to enlighten.

Afternoon Clay Workshops: Elements of Existence – Earth & Air, Fire & Water

Presented & facilitated by the Specialist Clay Therapy & Clay Conversations Supervisors from the Clay Therapy & Clay Conversations Community Committee. The focus of the workshops will be on origin, here-ness & direction as we connect & create with clay giving opportunity to consider opposing & complementary elements within each of us.



Kate Wootton



Theresa McCaskie



Dawn Warrick



Carol Bouch



Gwenda Hodges

PRE-BOOKED, SOCIAL GATHERING, 6.30PM – HUNTER'S LODGE, THE THREE TUNS, FEN DRAYTON, CAMBRIDGESHIRE, CB24 4SL (15 MINUTES DRIVE FROM MADINGLEY HALL)



SATURDAY 18TH APRIL 2026

‘Presentation: Courage to try’

How I foster an environment of openness and trust while working with clay within diverse and extraordinary groups.



Presenter: Kasia Kowalska – Clay Therapist, Clay Conversation

Practitioner. Integrative life coach, yoga instructor, mindfulness teacher. Therapeutic Nature-Based Interventions practitioner, neurodiversity informed practice. Currently undergoing certification in counselling with ICHAS, Ireland and Art Therapy with Sensearte Academy in Poland.

Kasia creates innovative programs and workshops for family resource centres, associations supporting people with disabilities, nursing homes, local organizations, and private clients.

Her therapeutic approach primarily emphasizes the integration of body awareness, breath work, creative expression and promotion of self-development, inviting calm and joy to everyday life!

‘Letting the clay do what the clay does: fostering connection between a group of home educated teenagers’

What happens when you give teenagers clay and then do nothing? Surprisingly a lot. This talk shares how clay, when given space, encouraged connection.



Presenter: Claire West – Clay Therapist, is an integrative counsellor and creative arts therapist whose practice centres on the therapeutic use of clay as a medium for emotional expression and psychological growth.

With over twenty years’ experience in primary education, Claire developed a strong interest in fostering creativity as a pathway to learning and wellbeing. She later spent six years as a college lecturer, teaching CPCAB Level 2 and 3 Counselling qualifications, where she wove her passion for creative approaches and clay work into her teaching, encouraging students to explore the role of creativity within therapeutic relationships.

Claire holds additional specialist training in creative arts counselling and clay therapy, which she integrates within her private practice in St Ives, Cambridgeshire. Since 2024, she has facilitated clay-based therapeutic groups for home-educated adolescents and developed workshops for adults exploring personal growth through the creative use of clay.

Her work is grounded in the belief that clay offers a unique means of communication, giving tangible form to emotions and experiences that may be difficult to express in words.

‘From Zero to Hero: how to market your Clay Conversations’

Starting and growing a Clay Conversations practice can feel overwhelming – from finding the right venue and creating workshops to marketing, selling tickets, and managing it all. In this session, Plamena will share her personal journey of building a successful Clay Conversations practice in Bulgaria. She will walk you through her full roadmap and offer practical marketing insights and creative tips to help you grow your own Clay Conversation workshops with confidence and purpose.



Presenter: Plamena Todorova – Clay Conversationist is a psychologist and art therapist, who creates nurturing spaces for personal transformation and authentic connection. Through playful and mindful exploration with clay and other creative forms of expression, she guides individuals and groups to reconnect with themselves and to heal in the presence of others. Her sessions invite participants to slow down, listen inwardly, and let emotions, insights, and imagination take form in their hands. Plamena believes creativity is a natural path to healing, joy, and a deeper sense of wholeness.

Afternoon Clay Workshops: Elements of Existence – Earth & Air, Fire & Water

Presented & facilitated by the Specialist Clay Therapy & Clay Conversations Supervisors from the Clay Therapy & Clay Conversations Community Committee. The focus of the workshops will be on origin, here-ness & direction as we connect & create with clay giving opportunity to consider opposing & complementary elements within each of us.



Kate Wootton



Theresa McCaskie



Dawn Warrick



Carol Bouch



Gwenda Hodges

CONFERENCE CLOSING