

Working Creatively with Nesting Dolls in Therapy



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Nesting dolls are sets of different sized dolls that can be stacked inside each other, they are also known as Russian Matryoshka dolls, Some dolls are plain and have no features, others are decorated in traditional clothing or feature characters or animals.

They are an excellent tool to use in therapeutic settings.

They can be used to:

- represent layers of self
- express different emotions
- to work with grief
- aspects of self
- the inner child
- Inner family system
- relationships with others
- the maternal line
- issues around fertility and much more...



Working Creatively with Stories: Matryoshka and her Nesting Dolls

You may be interested in the live workshop I did with Online Events “Working Creatively with Stories: Matryoshka and her Nesting Dolls”

- We called upon the wisdom of the story of Matryoshka to guide us.
- We used tools from art therapy to accompany us as we explored the inner layers of Matryoshka.
- We saw how the Matryoshka dolls resonated with us emotionally on a personal level.
- We explored ways to work with the nesting dolls in a therapeutic setting
- We saw how to use the dolls to explore the past, family life, emotions, relationships and aspects of self.



I love using nesting dolls in my practise. If you are interested in exploring your personal process through nesting dolls or you are a practitioner interested in learning how to use nesting dolls creatively with your clients, please do get in touch. I work online and in person with individual clients and with groups. Here are some members of my nesting doll community just waiting to meet you:

