

Conference Program

THURSDAY EVENING, MAY 31

- 7:30pm **CONFERENCE OPENING CEREMONY AND KEYNOTE PRESENTATION, WITH DESSERT RECEPTION**

Home To The Wilderness: Sensing, Becoming, Experiencing Soul in Sandplay Therapy

Judy Zappacosta, MFT, CST-T

Level: ALL

Sandplay, dreams, and the body are exquisite containers for our inner psychic world. Wilderness is a powerful mirror for unknown, unearthed and unexplored territories of the soul. Inner and outer landscapes of wilderness will offer the frame from which a deeper sense of presence and embodied consciousness can be understood.

FRIDAY, JUNE 1

- 7:00-8:00am Meditation and Movement with Jill Kaplan
- 8:30-9:00am Registration: Lobby
- 8:30-9:00am Refreshments

- 9:00-10:30am **KEYNOTE**

Want to Play? A Dialogue Exploring the Self and Sandplay with Children and Adults

Level: ALL

Lauren Cunningham, LCSW, JA, CST-T & Daniel Nelson, OFM, PhD, CST-T

Daniel and Lauren will exchange ideas on therapeutic work and images of the Self expressed by children and the “child within” of the adults who come to the sand. Presenters will engage with one another and the group in a dynamic dialogue about experiences of engagement of the Self in sandplay.

- 10:30-11:00am BREAK/Refreshments

Conference Program (Continued)

FRIDAY, JUNE 1 (continued)

• 11:00am-12:30pm **MORNING WORKSHOPS**

1. *“Assisted Sandplay”: Bridging the Pathway for Sandplay and Play Therapy with the Physically Handicapped*

David Dermott, PsyD, CST-T

Level: All

This presentation will focus on the use of a special-needs adaptation of the sandplay and play therapy models that helps to bring the full benefits to physically handicapped clients. Through live demonstration, case-study and sandtray photos, the presenter will illustrate the systematic use of this intuitive and practical method with three physically disabled individuals (arthritis, stroke, cerebral palsy) as they returned to wholeness.

2. *King of the Bloodfire: An Alchemical View of the Self in the Sandplay Healing of a Bully*

Laurel Howe, MA, CST, Diplomate Analyst

Level: All

This presentation tracks the transformation of a six-year-old bully into a well-adapted first-grader. His violent attitude comes forward in sandplay as alchemical fire and war. Out of the destruction, the Self emerges as a resurrected “king,” symbolizing a consciousness no longer driven by violence.

3. *The Difference Between Sandplay and Sandtray*

Level: All

Debbie Mego, PhD, LCSW, CST-T & Sachiko Taki-Reece, EdD, MFT, JA, CST-T

This presentation includes a didactic section comparing and contrasting theory and practice of sandplay vs. sandtray, case vignettes, and experiential exercises designed to provide first-hand experience of both approaches. Participants will have the opportunity to discuss thoughts and feelings elicited during the presentation, as well as directions for further research.

4. *An Essential of Sandplay: Therapist as Witness*

Liza Ravitz, PhD, JA, CST-T

Level: All

The essential role of the Witnessing sandplay therapist is the holding of and attuning to the multidimensional space in which patient and therapist interact. As the sandplay process evolves, the sandplay therapist psychically follows her patient moving back and forth throughout these different dimensions. Three of these dimensions: the Sacred-Archetypal space; the Infant-Mother space; and the Transference-Countertransference space will be discussed through images and case material. We will see how these dimensions manifest both in adults in therapy and children in play therapy.

Conference Program (Continued)

FRIDAY, JUNE 1 (continued)

5. *In Sandplay and Play Therapy, Joy Finds her Self and her Connection to the World* Level: All

Carol Wells, LCSW, SP

Abandoned, neglected and abused, 8-year-old Joy began therapy in a dissociated state. Donald Kalsched describes how daimonic, archetypal, self-care systems can emerge from severe early trauma. Through Kalsched's lens, we will explore Joy's courageous work of releasing her imprisoned personal spirit and becoming connected with the world.

6. Case Consultation Level: All

(Requires completion of personal sandplay process)

Limited to 10 participants (STA/ISST credits, no CEs)

- 12:30-2:30pm LUNCH on your own or

INTERNATIONAL SANDPLAY FORUM 12:30- 2:00 pm.

We invite everyone who is curious to learn about innovative use of sandplay in various cultures and settings. Panelists include Sachiko Taki-Reece, EdD, MFT, JA, CST-T, describing sandplay with survivors of the tsunami in Japan, and Kathy Buys, MFT, who worked in Uganda offering sandplay to adults in classroom and clinical settings. An open discussion with panelists and audience will be moderated by Ellen Searle LeBel, MFT, BC-DMT, SP. *Pre-registration required; lunch cost \$20. To reserve, please check the lunch fee in your registration.*

- 2:30-5:45pm **AFTERNOON 3-HOUR WORKSHOPS with 15 minute break**

1. *Dark Night of the Soul and Dark Radiance* Level: All

Maria Chiaia, PhD, JA, CST-T & Diane Deutsch, PhD, JA

Chaos and suffering that arise in the darkness have a light, a meaning and a dark radiance that may shine if held in a deep analytic relationship. Clinical stories and sandplay images will illustrate the dark night of the soul and the illumination that emerges like stars in the night sky.

Conference Program (Continued)

FRIDAY, JUNE 1 (continued)

2. *The Understanding and Use of Metaphorical Language in Sandplay Therapy and Play Therapy* Level: All

Patricia Dunn-Fierstein, LCSW, CST-T

In this session participants will be taught the importance of attuning to metaphorical language in play sessions, how to understand what it means, and how to respond to that language without breaking the temenos. The session will include a brief lecture followed by an interactive section where participants will dive into powerful client therapy images and words, and practice identifying the underlying meaning, and possible clinician responses.

3. *Sandplay with Attachment-Disordered Children: Releasing the Healing Power of the Self from Entrapment in the Self-Care Archetype* Level: All

Judith Morris, BSc, Dip. Teaching, Dip. Social Admin., Dip. Psych. Social Work

This presentation uses case material to illustrate the interweaving of a wide range of play and art media with the sandplay process to heal children who have experienced severe neglect and/or abuse in their first six months of life. The healing process is underpinned by understandings from attachment theory and neuroscience and demonstrates the dismantling of the Self-Care archetype to facilitate children forming secure attachments to their substitute permanent caregivers.

• 2:30-4:00pm **AFTERNOON 1.5 HOUR WORKSHOPS**

1. *Manifestation of the Self in a Sandplay of a 6-year old Girl*

Joan Concannon, MFT, JA

Level: All

This case of a 6-year old child exemplifies the manifestation of the Self emerging early in therapy. Mandala images appeared in 18 of the first 22 sandtrays over a six-month period. The symbolic meaning of the mandala, the stone, and the unicorn as representations of the Self will be explored. As a play therapy, Sandplay allows a transformative process to develop in a non-directive manner.

2. *Sandplay, Aging, Self and Dementia*

Level: All

Sandi Peters, MA

Life can be challenging, yet old age offers the quintessential opportunity to resolve unfinished business. Through slides of sandplay images created by elders with and without dementia, this session shows the power and potential of using sandplay with elders to help them cope with the past and the present.

Conference Program (Continued)

FRIDAY, JUNE 1 (continued)

3. Case Consultation

Level: All

(Requires completion of personal sandplay process)

Limited to 10 participants. (STA/ISST credits, no CEs)

- 4:00-4:30pm BREAK/Refreshments

• 4:30-6:00pm **LATE AFTERNOON 1.5 HOUR WORKSHOPS**

1. *From Severed Parts to Wholeness: Healing the Wounded Self through Sandplay, Co-Transference and Garuda*

Level: All

David Capitolo, MFT, CST

In this case presentation, participants will witness a safe holding for a man who connects deeply in the co-transference with the therapist, where the Garuda guardian figure helps reveal his woundedness. In his process of Sandplay and play therapy and in the presence of a loving archetypal father, he returns to his wholeness, prepares for his son's birth, and discovers the spirit and responsibility of new fatherhood and guardianship.

2. *The Many Faces of the Self*

Level: All

Harriet Friedman, MFT, JA, CST-T and Rie Rogers Mitchell, PhD, ABPP, CST-T, RPT-S

To Jung, the Self is a combination of opposites, containing both light and darkness simultaneously. Eleanor's traumatic childhood left her with such primitive rage that unconsciously she was caught in the dark side of the Self. Through the therapeutic modalities of play therapy and sandplay, she explored the Self's both numinous and destructive sides.

3. **Open Art Studio** *sponsored by the Northern California Regional Sandplay Society (NCRSS)*

- 6:00pm-8:00pm DINNER on your own
- 6:30pm **MEMBERS WINE & CHEESE RECEPTION**
- 7:30pm **MEMBERS MEETING**

Conference Program (Continued)

SATURDAY, JUNE 2

- 7:00-8:00am Tai Chi/Moving Meditation with Parker Linekin
- 7:30-9:00am **MENTORING BREAKFAST**
Prospective members and associates at all levels (certified, practitioner, teaching) are invited to meet for a complimentary continental breakfast to discuss membership benefits and requirements with certified teaching members in an informal setting. The Admissions Committee will make a short presentation and answer questions. *Pre-registration required. To reserve a space, please check breakfast on your registration.*
- 8:30-9:00am BREAK/Refreshments
- 9:00-10:30am **KEYNOTE**
Listening for an Ecological Self Level: All
Barbara Holifield, MFT, JA
We are beings of this wild and wonderful world, no less related to rocks and streams than to mother and spouse. This truth long known by indigenous peoples is not widely held in western culture. "All of our relations" need us to attend to them, need our stories and recognition lest they become a vacuous backdrop which we refer to as "The Environment." Have we become autistic in relation to the natural world? To our own nature? How do we listen as therapists? Can we afford not to? This presentation will explore how psychotherapists, sandplay and play therapists might tune their listening perspective to hear the voices that need to be heard if we are to survive with dignity with the land.
- 10:30-11:00am BREAK/Refreshments

- 11:00am-12:30pm **MORNING 1.5 HOUR WORKSHOPS**

1. *Circles in the Sandplay* Level: I/A
Susan Carol Albert, MA

A case study of a 40-year-old woman who had spent over 10 years in a Buddhist retreat in a foreign country and lost all sense of being able to relate to the other. Throughout her process the circle image predominated. The case study draws on the changing image of the circle in the sand, and the transformative effect of the transference relationship between patient and analyst.

Conference Program (Continued)

SATURDAY, JUNE 2 (continued)

2. *Relational Energies of the Self: Divine Patterns in Sandplay*

Linda Cunningham, PhD, MFT

Level: All

The Self is a container for deeply human patterns of relatedness. We will explore a relational model of the Self in its structure, images, and flow of energies. Through discussion and resonance with sandplay images, participants will become familiar with the unique meanings and experiences of essential relational fields, so important in the understanding of play therapy processes.

3. *Experiencing the “Unthought Known” in a Sandplay Process*

Antoinette Eimers, PsyD, MFT, SP

Level: All

Christopher Bollas first used the term “the unthought known” in 1987; this refers to the boundary between the unconscious and the conscious mind. We will explore a 6-year-old boy’s heroic journey and witness the unthinkable death of his fraternal twin brother. He establishes an interpersonal process using the therapeutic powers of play to symbolically express and resolve that which is not consciously known by him. We will see him heal and integrate his disconnected Self through individuation in a sandplay process.

4. *The Use of Sandplay with Extremely Traumatized Flood Victims in Taiwan*

Grace Hong, LCP, MFT, CST-T; Pi-Ling Chen, EdM, LCP, & Tsan-Ju Li, MS, LCP

Level: All

In this presentation we will share the findings of two sandplay therapists who provided sandplay and play therapy for flood victims in Taiwan who were diagnosed with PTSD. The necessary adaptation of the sandplay method to this unique cultural and traumatic situation will be shared. We will demonstrate the effectiveness of sandplay and play therapy for these traumatized children and youth.

5. *The Experience of the Self: Differing Relationships with the Mother*

Paola Manzoni, PhD

Level: All

We will contrast the cases of two adult women who went through deep analytic processes including sandplay. Each of their family histories was different, in particular in regard to their experience of the Mother. The effect this had on accessing the intuition of the Self will be analyzed in the course of the presentation.

6. *Case Consultation*

Level: All

(Requires completion of a personal sandplay process)

Limited to 10 participants. (STA/ISST credits, no CEs)

Conference Program (Continued)

SATURDAY, JUNE 2 (continued)

- 12:30-2:30pm LUNCH on your own or **REGIONAL GROUP LUNCH** 12:30- 2:00 pm.
STA has been working to support and strengthen regional groups by providing affordable and accessible sandplay training and responding to other requests from regions. This lunch is a continuation of regional meetings at the 2010 Conference and 2011 Assembly. Gather with the Regional Council and other sandplayers from across the country to discuss local needs, training opportunities and resource sharing. *Pre-registration required; lunch cost \$20. To reserve, please check the lunch fee in your registration.*
- 2:30-5:45pm **AFTERNOON 3-HOUR WORKSHOPS with 15 minute break**
 1. ***Silence in Sandplay: Creating Therapeutic Space for Sandplay Process***
Jill Kaplan, MA, MFT, CST-T Level: All
The therapist's comfort with silence and unconscious process is critical in supporting an exploration of Self. The role of silence and meditation in sandplay will be demonstrated and experienced in this session. Through practical exercises, including guided meditation and movement, participants will develop their understanding of the role of silence in sandplay therapy.
 2. ***Sandplay with Autistic Children*** Level: I/A
Stephen Olmsted, PhD, LP, CST-T, and Dori Pelz-Sherman, PhD
The use of sandplay with autism will be presented through a review of the literature and case examples. Sandtrays will illustrate how this modality facilitates the movement between integration and de-integration. Sandplay offers a means for finding the Self for these children, and offers snapshots of their progress in attempting wholeness.

Conference Program (Continued)

SATURDAY, JUNE 2 (continued)

3. *Deconstruction and Reorganization of the Fractured Self: A Case of Multiple Personality Disorder (DID) Resolved in Sandplay* Level: All

Sheila Dickman Zarrow, PhD, JA, CST-T

The story of a suffering would-be mother, her teenage alternate, and a phantom two and a half-year-old little girl unfolds in the sand. We move through the near kidnapping of a real preschooler, confession, the loss and funeral of the invisible girl, and finally, to the smashing of sandplay items that leads to restoration of the patient's ego and its healthy relationship with the Self. It is important to study play therapy in order to understand its Jungian analytic counterpart, Sandplay, which grew out of play therapy's early foundational psychological research. Studies demonstrate the therapeutic validity of play methods for adults and children, and authenticate that they enhance multicultural competency by their universal nature.

• 2:30-4:00pm **AFTERNOON 1.5-HOUR WORKSHOPS**

1. *The Evidence Base of Sandplay Therapy* Level: All
Gita Morena, PhD, MFT, CST-T

In this panel presentation, the sandplay researchers will present models appropriate for evidence based sandplay outcome study. Participants are encouraged to bring questions and current research projects for presentation and discussion. The panel will provide a platform to discuss the materials and documentation needed to engage in sandplay/play therapy research, explore effective research designs, and describe strategies and procedures for collecting and analyzing sandplay data.

2. *Finding the Self in Sandplay Therapy: The Journey of a 9-year-old Twin Boy* Level: All
Olivia Heathcote, EdD, MFT, CST-T

This interactive seminar will provide the participant with the opportunity to identify how a 9-year old Japanese-American twin connected with his core Self through a combination of sandplay and play therapy with physical activity, and will enhance participants' multicultural competency. We will examine how he found and expressed his creative depths in the sand and how tree climbing complemented his sand process, allowing him to come into his body as a pre-adolescent.

3. *Case Consultation* Level: All

(Requires completion of a personal sandplay process)

Limited to 10 participants. STA/ISST credits, no CEs

Conference Program (Continued)

SATURDAY, JUNE 2 (continued)

- 4:00-4:30PM BREAK/Refreshments

- 4:30-6:00pm **LATE AFTERNOON 1.5-HOUR WORKSHOPS**

1. *From Dry Birth and Mutism to Integration and Wholeness through Sandplay*
Tessamarie Capitolo, MFT, CST-T Level: All

This workshop will take participants through the process of building a deepening connection within the co-transference, thus facilitating the reworking of the birth trauma of a boy who began therapy as a selectively mute five-year-old. The presenter will demonstrate methods and processes that participants can use in their practices, including affect attunement. The reworking of trauma and transition from the pre-symbolic to symbolic life will be shown in the sandplay process.

2. *From Opposition and Disconnect to Self Integration through Parent Participation and Social Emotional Skills Intervention* Level: All

Janet Tatum, MSW, LICSW, JA, CST-T, and Leslie Fields, MA, LMHC

This workshop will include the presentation of a long-term case, the forming of an alliance with the parent, academic interventions, and the collaboration between the therapist and the school counselor/social-emotional skills group facilitator over the duration of the case. Interactive exercises will be included several times throughout the presentation.

3. **Open Art Studio** sponsored by the Northern California Regional Sandplay Society (NCRSS)

- 7:00-9:30 **SATURDAY EVENING BANQUET AND KEYNOTE**

The Multi-Sensory Nature of Sandplay and Active Imagination

Joan Chodorow, PhD, BC-DMT, JA Level: All

Sandplay and Active Imagination are multisensory integrative experiences, guided by the inner-directed symbolic attitude that is at the core of psychological development. Jung's experiment in self-healing led him to recapitulate his "building game" from childhood, and was a precursor to Sandplay and Play Therapy. This presentation invites multisensory awareness through story, visualization, and the living, moving body. It includes work with collective trauma and healing images and experiences in different part of the world.

Conference Program (Continued)

SUNDAY, JUNE 3

- 7:00-8:00am Tai Chi/Moving Meditation with Parker Linekin
- 8:30-9:00am Refreshments
- 9:00am-10:30am **MORNING 1.5-HOUR WORKSHOPS**

1. *A House For Me: Separation, Individuation and Emergence of the Self in the Sandplay Therapy of a 7-Year Old Boy* Level: All

Susan Calfee, PhD, MFT, JA

Against the backdrop of the image of the house, this presentation will illustrate the importance of establishing an interpersonal process using the power of play, and will reveal the constellation of the Self in a delayed separation and individuation process. The speaker will share archetypal manifestations of the house image, and will lay out a remarkable story revealed over an 18-month period of sandplay therapy with a 7-year-old boy.

2. *Mentoring Session: Writing Preliminary Papers and the Final Case Study*

Level: All

Maria Chiaia, PhD, JA, CST-T & Audrey Punnett, PhD, RPT-S, JA, CST-T

This session will cover: (1) steps in selecting a subject for the preliminary papers, deciding on a final case, and identifying an advisor and readers; (2) criteria for papers and case study; and (3) approval process.

3. *Complex Resolution Through Sandplay*

Level: I/A

Donna Johnson, LCSW, ATR-BC, CST-T

Jungian psychology is often called “complex psychology” due to a movement toward wholeness through the resolution of complexes. This case presents a man with a presenting problem of social anxiety. Through sandplay therapy this puer man was able to resolve his core complex with its archetypal roots in Hephaestus.

4. *Black Swan Dreaming and Sandplay*

Level: All

Heather Lesley-Swan, Grad Dip Couns, M appPsychth

This presentation on the iconic Australian symbol of the Black Swan will enhance cross-cultural appreciation of symbolic meaning in the discovery and recovery of Self. The Black Swan as a powerful and active symbol in modern society will be directly linked to clinical sandplay practice as well as contemporary neuroscientific research.

Conference Program (Continued)

SUNDAY, JUNE 3 (continued)

5. *Being in the Participation Mystique: Sandplay Therapy for an Autistic Youth*
Sachiko Taki-Reece, EdD, MFT, JA, CST-T Level: I/A

Working with an 18-year-old Japanese American autistic youth with sandplay, the therapist realized she was drawn into the state of participation mystique, a literal “return to the Self,” to make contact with his psyche. The presentation includes highlights of his individuation process revealed in play therapy, from being in a cocoon to moving across a threshold into a new world.

• 11:00am-12:00noon **CONFERENCE CLOSING SESSION**

Integration, Reflection & Return

Level: All

Regina Driscoll, PhD, CST-T; Ellen Searle LeBel, MFT, BC-DMT, CST Candidate; JA, CST-T; Ellen Saul, MS, LP, CST-T; Laura Soble, MFT, REAT, CST

After a deep encounter with the Self, how do clinicians and clients hold that feeling, image, and experience internally? Our closing community session will include a lively interactive experience to review, remember, and explore this question theoretically, personally and collectively.

• 1:00pm- 3:30pm **OPTIONAL EXCURSION**

Fabulous Post-Conference Celebration Cruise and Lunch on the San Francisco Bay

Join friends and relax after the conference as our private cruise leaves the marina at the Berkeley Doubletree Hotel, taking in views of the Francisco Bay, the Golden Gate Bridge and Alcatraz. The Hornblower Yacht will depart at 1:00pm for two hours.

A buffet lunch, beverages and service fee is included for the cost of \$85.

Pre-registration is required. If the minimum registration is not met for this optional excursion, you will be notified in advance and your pre-registration fee returned.

