



## SANDPLAY IN SWITZERLAND

Einsiedeln, Switzerland

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Einsiedeln, Switzerland has several remarkable attributes. One, it is home to a very beautiful Black Madonna, and is an active pilgrimage site. Two, it was home to the *Sandplay in Switzerland* program for two weeks in August, 2011. Coordinated by Patty Flowers of Caring for the Soul Conferences, who brought Dora Kalff to the United States, and has brought individuals to train with Marion Woodman, Dora Kalff, Martin Kalff, and other teachers for over 30 years, the *Sandplay in Switzerland* program is a unique opportunity to immerse in training with like-minded individuals over an extended period of time.

### HISTORY

Patty Flowers met Dora Kalff for the first time in 1979 while working at a workshop at Pajaro Dunes in California. Flowers, who worked for University of California Extension, Santa Cruz (UCSC), invited Dora Kalff to come to California to teach sandplay therapy. From 1979 to 1984 Kalff made regular trips to California, training many individuals who are now teaching members of Sandplay Therapists of America (STA). When travel became more difficult for Kalff, Flowers had the idea to take people to Switzerland to work with Kalff directly. The first Sandplay in Switzerland program was held in 1984. At



that time, participants stayed in Kusnacht, and traveled two times a day to the Kalff home in Zollikon for teaching and case presentations with Kalff, and other European teachers. Painting was included in the program from the beginning.

After the first year, Sabine Kalff, wife of Dora's son Martin, joined the faculty to provide Soul Painting, a process that combines meditation with painting. Faculty through the years have included other master teachers. Sandplay in Switzerland was held nine times through UCSC Extension. After Flowers left UCSC in 2001, she and Judy Zappacosta formed Caring for the Soul Conferences. Since 2006 Caring for the Soul Conferences has continued the tradition of taking people from all over the world to Switzerland to study sandplay therapy. Programs were held in 2006, 2007 and most recently, 2011.

#### 2011 PROGRAM

Faculty in 2011 were led by STA & ISST teaching member Judy Zappacosta, and included Martin Kalff, Sabine Kalff (who led Soul Painting sessions), and ISST teaching members Ruth Noel-Hermann and Maria Kendler of Switzerland (SGSST). Zappacosta also facilitated Interior Rhythms sessions in the afternoons, based on her training with Marion Woodman. Seventeen participants representing seven different countries (Australia, Malaysia, Northern Ireland, Romania, South Africa, United Kingdom and USA) were in attendance. The Swiss teaching faculty increased the number to eight countries. It was a truly international group.

A preconference workshop, *In the Footsteps of C.G. Jung* was offered, treating participants to a tour of Switzerland focusing on the life and geography of Jung: his birthplace, the



C.G. Jung Institute in Kusnacht, his headstone, as well as exploring the Zurichsee, the Chagall windows in Zurich, and touring surrounding cities. Highlighted in this portion was a visit to the Kalff home, including a tour of Dora's sandplay room, now used by son Martin Kalff, as well as other areas of the 500-year-old house. Dora Kalff's older son Peter Kalff joined the group in the main living room, sharing some anecdotes of his experiences growing up with the Jung grandchildren. Sabine Kalff, who hosted, shared a guest book, signed by Carl and Emma Jung, upon the occasion of visiting the home for Kalff's birthday. The living room has been at the heart of many gatherings through the years: sandplayers, analysts, Tibetan monks, artists, musicians, and many students.

August 6-20 the main program was held at a restored monastery in Einsiedeln. Participants spent mornings the first week in training with Zappacosta, Kendler, and Noel-Hermann. The second week Martin Kalff trained participants over four days. Afternoons the first week were devoted to integration of material through Soul Painting and Interior Rhythms bodywork. Evenings included case presentations, consultation, and some film showings. An excursion to Mt. Rigi via Lucerne was included in the program. Prior to that trip, people received an article describing a visit Jung had to Mt. Rigi. Visits to the large baroque style church and monastery in Einsiedeln, as well as viewing the Black Madonna were highlights. The training occurred during the time of the Assumption, so the Black Madonna was dressed in beautiful, royal purple and



blue robes. Participants, during an educational program about the Black Madonna taught by Flowers, sat for the Vespers service, in which the monks came to the chapel of the Black Madonna and sang to her.

Notable was the interweaving of experiential processes throughout the training. Opportunities to use movement, art, meditation, and other expressive modalities were seamlessly interwoven within case presentations, having the effect of embodying and amplifying the work and theory observed in the sand. The lush, green setting of the conference, within a short walk of a lake, provided a container of natural beauty.

Martin Kalff focused on the roots of sandplay (Margaret Lowenfeld's World Technique, the psychology of C.G. Jung, Tibetan Buddhism) as well as applying the trauma work of Peter Levine to sandplay, with a focus on finding and honoring one's own inner nature. Zappacosta highlighted both child and adult development, as well as interweaving Jungian theory into casework, focusing on the regulating functions of the ego and the Self, and the interplay between instincts and archetypes. Kendler presented a case, and highlighted the symbol of the Divine Child, which holds the past, present and potential for the future. Hermann used the metaphor of a labyrinth to amplify a case presentation, reminding participants that regression can come in the service of the next progressive step. The natural, healing function of play was shared via case presentations and experiential activities throughout the training.

The next Sandplay in Switzerland program is scheduled for the summer of 2013. Inquiries can be made by contacting [caringforthesoul@earthlink.net](mailto:caringforthesoul@earthlink.net)

