



Sandplay Therapy Institute 2018 - 2019

Sandplay Therapy Institute

Mission

The purpose of the Institute is to promote the study of sandplay as taught by Dora Kalff. The goal is to provide a learning environment for in-depth study of sandplay and an exploration into the intricate workings of the human psyche, with affordability as a key priority.

Program Overview

The core sandplay curriculum consists of coursework in Jungian psychology, mythology, dream work, spiritual traditions and symbolic process. It is integrated with clinical and therapeutic case material of children and adults. The coursework is completed over a two-year period with four intensive weekends per year (two each spring and two each fall). Each weekend has a specific focus and is taught by two senior Teaching members of ISST/STA. Completion of this training program meets all of the coursework requirements for ISST/STA certified membership. Courses may also be taken individually. Feedback from former STI trainings is that this intense, progressive program brings an impressive deepening in the understanding of Kalffian sandplay.

Schedule

Apr 6-8, 2018: Fundamentals of Sandplay Therapy

May 4-6, 2018: Understanding the Sandplay Therapy Process

Sep 28-30, 2018: Jungian Theory in Sandplay Therapy

Oct 19-21, 2018: The Language of Symbols

Apr 5-7, 2019: Sandplay Therapy with Children

May 3-5, 2019: Sandplay Therapy with Adults

Sep 13-15, 2019: Complex Clinical Issues in Sandplay

Oct 18-20, 2019: The Living Reality of the Psyche

For more information

Contact STI at sandplayinstitute@gmail.com

Sandplay Therapy Institute Committee

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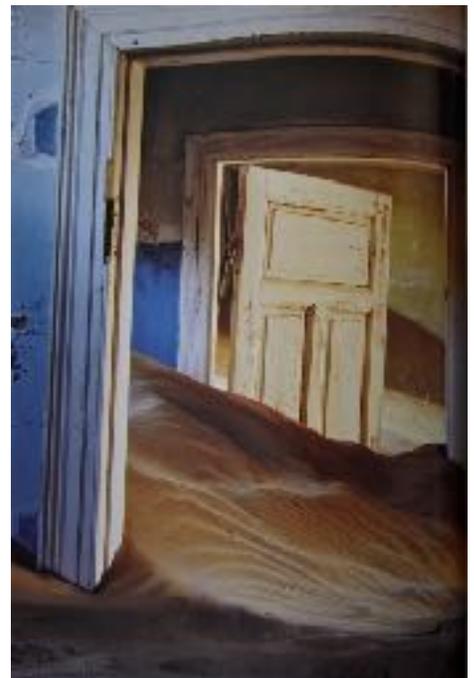
Lucia Chambers, MFT, CST-T

Regina Driscoll, PhD, LP, CST-T

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Gita Morena, PhD, MFT, CST-T

Trudy Corry Rankin, EdD, LPC, CST-T



Course Description

Year One - Foundations of Sandplay Therapy

Weekend 1: April 6-8, 2018

Fundamentals of Sandplay Therapy: 18 hours

Prerequisite course for all others

During this weekend, participants are introduced to sandplay therapy, its history and development, its theoretical underpinnings, and the key components involved in its therapeutic application (introduction to clients, creating a collection, documentation and record-keeping). The course includes a discussion of the role of symbols in psychotherapy and sandplay, an identification of therapeutic change agents and their manifestation in sandplay, recent neuroscience findings relevant to sandplay, the essential aspects of a sandplay “process,” the role of attachment and mother-child issues, and the importance of the therapeutic relationship. The similarities and differences between sandplay and other treatment approaches is presented, with an exploration of how sandplay can be integrated with different modalities.

Weekend 2: May 4-6, 2018

Understanding the Sandplay Therapy Process: 16 Hours

In this weekend, participants learn how to understand and follow the meaning and evolution of a sandplay therapy process. Participants will learn different approaches for interpreting sand trays, including Martin Kalf's “Twenty Points to be Considered in the Interpretation of a Sandplay” and C.G. Jung's “Four Functions.” Analyzing sandplay pictures through the use of themes, stages, age considerations and alchemical processes is included, with illustrations from sandplay case material. In addition, issues surrounding the training of a sandplay therapist (completing a personal process, knowing one's vulnerabilities as a therapist, learning from certified sandplay teachers), and ethical considerations for case presentations and supervision are discussed.

Weekend 3: September 28-30, 2018

Jungian Theory in Sandplay Therapy: 16 Hours

This course covers the basics of Jungian theory as it relates to the foundations of sandplay therapy. Jungian concepts are integrated with sandplay cases and theoretical material as they apply in therapeutic situations. Participants learn to apply the following Jungian concepts to clinical understanding of the images: archetypes, complexes, structure of the psyche, anima/animus, the wounded healer, and the transcendent function. The amplification of symbols is included, along with an overview of symbolic language and how the unconscious communicates non-verbally through sandplay therapy.

Course Description (continued)

Weekend 4: October 19-21, 2018

Language of Symbols: 16 Hours

This course presents an in-depth exploration of symbolic language, showing how it spontaneously expresses unconscious material and stimulates psychological healing. Participants learn how to read and understand the symbolic expressions contained in sandplay case material through lecture, discussion, experiential exercises, and multiple case presentations with analytic commentary. Topics to be presented include distinguishing the differences between literal and symbolic communication, describing how symbolic communication enhances therapeutic processes, identifying symbolic meaning of particular symbols (personal, familial, cultural, and archetypal), and tracking the meaning of specific symbols in sequential sandplay case material.

Year Two - Clinical Understanding of Sandplay: Healing and Transformation

Weekend 5: April 5-7, 2019

Sandplay with Children: 16 Hours

This course focuses on the joys, issues, and specific problems of working with children in sandplay. Topics include conducting initial evaluations, developing treatment plans, explaining sandplay to parents, integrating other modalities into sandplay therapy (EMDR, play therapy, CBT), working with parents, siblings and schools, and understanding when *not* to use sandplay with a child. Practical considerations include picture taking, setting boundaries, requests to take items home, stolen and broken figures. Special clinical situations are addressed, such as recognizing when regression is appropriate and when it is problematic, what do when you're in over your head, and how to handle issues of co-transference.

Weekend 6: May 3-5, 2019

Sandplay with Adults: 16 Hours

Working with adults in sandplay therapy brings unique issues of resistance and unconscious defensiveness. During this weekend, how sandplay therapy bypasses the bounds of rational thought and accesses the limitless creativity of the non-rational psyche is addressed. Case material is presented that shows how psychic wounds and/or trauma and attachment disorders are healed and integrated into the psyche. The characteristics of a normal, adult individuation process are included, as well as indicators of delays and/or interruptions due to trauma or difficult life circumstances. The ways in which sandplay stimulates spiritual development, addresses issues of death and dying, and integrates with other modalities (EMDR and CBT) are also addressed.



Course Description (continued)

Weekend 7: September 13-15, 2019

Complex Clinical Explorations in Sandplay Therapy: 16 Hours

In this course, Jung's aim of psychotherapy, which arises from the inner world of symbols and images, is addressed as it appears in sandplay, dreams, the body, and the therapeutic relationship. The movement and transformation of images and symbols is examined and clarified as it appears in sandplay scenes. In addition, participants learn the aims and goals of depth analytic psychotherapy, and identify the significance of symbolic images as they appear in clinical sandplay case material. The importance of a living symbol in psychological healing and well-being is addressed, and participants follow a symbol/image to identify its meaning. The importance of containment and holding within the relational field is explored as a significant aspect of creating a free and protected space.

Weekend 8: October 18-20, 2019

The Living Reality of the Psyche

This last session expands the way sandplay is viewed by exploring the development of the psyche and unconscious communication as it appears in sandplay scenes, dreams, experiences of synchronicity, fantasy and movement. Through the examination of case material, issues relating to the reconciliation of opposites, the manifestation of the ego-Self axis, the role of the transcendent function, and the importance of therapeutic containment are explored. Guided discussions stimulate the integration and absorption of previous course material.



Course Objectives

Upon completion of the two-year Sandplay Therapy Institute, participants will be able to describe:

- The history and foundational theory of sandplay therapy as developed by Dora Kalff;
- The essential Kalffian principles that differentiate sandplay from other methods using sand and figures;
- The primary and unique characteristics of a sandplay process.
- The principles for interpretation of symbolic images that are used in sandplay.
- The essential aspects of Jungian theory that underlie sandplay (ego, Self, shadow, anima and animus, reconciliation of opposites, transcendent function, integration, individuation, and archetypes)
- Symbolic and archetypal language, and their importance in sandplay and psychotherapy.
- Integration of sandplay with other therapeutic modalities such as EMDR and CBT.
- The unique issues that arise when working with children and their families in sandplay.
- The unique issues that arise when working with adults in sandplay.
- How sandplay enables the individual to reach the deepest levels of the psyche.

Course Location

Hilton Garden Inn Chicago O-Hare Airport

2930 South River Road
Des Plaines, IL. 60018
Telephone: 847-296-8900



If you are reserving a hotel room in advance, please ask about the group rate discount for Sandplay Therapy Institute attendees.



Continuing Education

Target Audience

The Sandplay Therapy Institute 2018-2019 provides quality professional training for psychologists, marriage and family therapists, licensed professional counselors, social workers, psychiatrists, pastoral counselors, spiritual directors, play therapists, and advanced trainees in these fields.

Satisfactory completion

Participants must complete an online evaluation form for each weekend session in order to receive a continuing education hours certificate. Sessions must be attended in their entirety. Partial credit for individual sessions is not available.

Target Audience

Continuing education approval is in the application process. All previous STI courses have been approved by the American Psychological Association (APA), the National Association of Social Workers (NASW),



Application and Registration Information

Application Process

Students must have started or completed a personal sandplay process with a certified sandplay therapist before the first weekend. The application for the STI program is on the STA website at www.sandplay.org.

Tuition

Tuition is \$600 per weekend or \$2200 for a full year (four weekends). Tuition includes breakfast each morning and lunch on Saturday. Credit cards are accepted. The first weekend, Fundamentals of Sandplay Therapy, is a prerequisite for attendance at the other weekends. This requirement can be met by completing the first weekend course, or by attending 18 hours of Sandplay Fundamentals taught by a certified sandplay therapist/teacher prior to enrolling in STI. STA members receive a 20% discount on single weekends (\$480).

Cancellation Policy

Cancellations that occur with 60 or more days notice will receive a full refund minus a handling fee of \$50. Cancellations with 30-60 days notice will receive a 50% refund minus a handling fee of \$50.

Americans with Disabilities Act (ADA):

If you have ADA needs, please contact STI at sandplayinstitute@gmail.com as soon as possible.



Sponsored by Sandplay Therapists of America ®

Sandplay Therapists of America is a non-profit organization established to promote education, training and research in sandplay therapy. STA is an affiliate member of the International Society of Sandplay Therapy, which promotes professional development in sandplay in the tradition of Dora Kalff based on the theories of C.G. Jung. Sandplay Therapists of America publishes *The Journal of Sandplay Therapy*, offers courses at the Sandplay Therapy Institute and supports regional groups and trainings throughout the US. As a growing organization, STA encourages members to contribute to the field of sandplay therapy, volunteer and actively mentor those who train to become Practitioners, Certified and Teaching members. To learn more about Sandplay Therapists of America, visit the website at www.sandplay.org. Write to us at PO Box 4847, Walnut Creek, CA, 94596.