Saturday, May 13, 2017
RELATIONAL ENERGIES IN SANDPLAY: HEALING COMPLEX TRAUMA
Linda Cunningham, Ph.D., M.F.T.
Complex trauma shatters the psyche and impedes individuation. In this workshop, participants will learn to identify various relational energies experienced in the co-transference and how they may arise from complex trauma. This practice enables Sandplay therapists to work more compassionately and effectively within the free and protected space, and to facilitate clients’ integration of trauma. After a brief overview of how Sandplay heals complex trauma, we will explore the four archetypal relational fields, as described in Sandplay and the Clinical Relationship (Cunningham, 2013). Participation will be encouraged throughout the presentation, as we discover meaning through the relational offerings of the group, in resonance with images of each field.

June 10, 2017
NEUMANN’S MAP: GUIDE TO SANDPLAY AS NATURAL EVOLUTIONARY PROCESS
LaVerne Bobo, M.F.T.
As a psychologist in a public school setting, many of the children I treated had experienced significant trauma, and consequently remained as if frozen at Neumann’s pre-ego stages of development. The dissolution of the nascent self ego necessitated the psyche’s return to the beginning of the evolutionary journey, regardless of chronological age. Following the case of a seven year-old child, the stages of his journey through Sandplay will be presented and discussed.
INDIVIDUATION PROCESSES

September 10, 2016
LIVING IN THE SHADOWS: THE TRANSFORMATION OF A WOMAN WHO HAD LIVED IN HIDING
Harriet Friedman, M.F.T.

In the process of psychotherapeutic treatment, Sandplay provides a symbolic opportunity to explore one’s own unique way of finding oneself. This presentation will explore the Sandplay journey of a woman in midlife who remained hidden from her family, her community, and her self. Through Sandplay and dream exploration, a woman with few words was first only able to stay hidden and then later, be seen. By molding her own figures from clay in the privacy of her home and then bringing them to treatment, Sandplay became an opening for her to discover artistic talents that she never knew she possessed. This presentation follows her journey of individuation.

WANDERING THROUGH SHADOW LAND, FINDING A DIVINE CHILD
Sachiko Taki-Reyes, Ed.D., M.F.T.

Sandplay became pivotal in the analysis of a 15-year-old hispanic, his cultural woman whose initial presenting problem was a writer’s block, but whose underlying more serious suffering was about her relationship to her mother. Over the course of a four-year analytic process, she gradually was able to face her early developmental trauma, and became increasingly able to relate to herself, to her spousal, and to her creativity. Through Sandplay and her working with her dreams, she developed a relationship to the transcendent function, which allowed her to begin to bridge the great divide within herself, and nurture her own individuation process.

October 8, 2016
TRAUMA IN THE SAND: A SIX-YEAR-OLD EXPERIENCES THE LOSS OF HIS TWIN AND GRIEVES HIS DEATH
Antonette Emaus, Psy.D., M.F.T.

In this case study of a six-year-old boy, Sandplay was utilized to help him say a final “good bye” to his twin brother, dying of leukemia. During his heroic process, a powerful internal dimension was activated, as he explored ancient archetypes that activated healing energies at the deepest level of the psyche, which allowed him to begin to resolve his psycho-social difficulties about his brother’s impending death. By the completion of his process, he was able to bridge the gap between his inner and outer worlds, give honor, and psychologically hold the space where at one time the brothers were one. We will also review the dying brother’s three trays, which marked the synchronicity of his experience, and his need to let his mother know that he was dying.

THE SANDPLAY PROCESS OF A MAN ON THE AUTISM SPECTRUM
Debbie Magee, Ph.D., L.C.S.W.

This presentation will address the long-term process of an adult male on the autism spectrum. The ways in which the co-transference and movement towards individuation manifested in the sand will be explored. There will be discussion about autism, how it might influence an individual’s approach to the psychotherapeutic relationship and more specifically to Sandplay, including the choice, placement and relationship to miniatures.

November 12, 2016
RELATIONAL INTERPLAY AND INDIVIDUATION IN SANDPLAY THERAPY
Laura Soble, M.F.T.

This presentation will focus on the Sandplay process of a child who was struggling with differentiation and developmental regression. Children often have a closer access to the unconscious and archetypal world, which can be seen in their Sandplay. Emotions, body sensations and images which emerge in the Sandplay process can also influence and impact the therapist. The main non-verbal interplay between therapist and client in this case created a challenging field, one which pushed both through difficult passages. An intuitive, non-verbal, arts-based approach was utilized by the therapist to better understand the case from a more archetypal realm, in the spirit of Jung’s active imagination, which participants will be invited to engage in during the day.

December 3, 2016
SPLITTING AND UNITEING: TAMMY’S JOURNEY TO WHOLESNESS
Harriet Friedman, M.F.T.

This presentation will introduce the conceptualization of Sandplay scenes both symbolically and thematically. These two approaches will be used together to enhance our understanding of the complexities of the psyche’s expression in the sand. This presentation will explore trauma and its consequences, as both were expressed and processed in the context of the Sandplay therapy. The case will follow the individuation process of a woman who experienced a childhood with two very different mothers, the biological mother, and the child’s nanny. The Mirror and Its Reflection in Sandplay
Jean C. Concannon, M.F.T.

In this presentation, we will examine the symbol of the mirror in the Sandplay and individuation process of a woman at mid-life. Von Franz suggested that the mirror signifies the psychological process of reflection—the capacity to turn inward and gain self-knowledge. Dreams and sandtrays can mirror back disowned inner-aspects, allowing us to develop a relationship to the shadow, as well as to the Self. In Sandplay, the mirror may also symbolize the empathic mirroring experienced in the therapeutic relationship. Although not mirrored by her own mother, this woman ultimately felt seen and mirrored by the archetypal Great Mother.

January 14, 2017
THE INDIVIDUATION PROCESS AND THE SANDPLAY COLLECTION
Marion Anderson, Ph.D.

The miniature collection is a central component in the Sandplay process. Each Sandplay collection is unique and exhibits the individual characteristics of the therapist who has selected the pieces, which are a reflection of the therapist’s personality, tastes and theoretical framework. We will examine how therapists can explore, understand and learn about themselves through the items chosen for their collection. We will also address the psychological insights and subtleties of the transference and countertransference relationship unique to Sandplay, and examine how this new understanding may influence the individuation process of both the client and therapist.

February 11, 2017
SPLITS, OPPOSITIONS AND THE JOURNEY TO WHOLESNESS: SANDPLAY THERAPY AND THE INDIVIDUATION PROCESS
Gita Morena, Ph.D., M.F.T.

This presentation will explore how the psyche naturally evolves to connect and contain the internal conflicts, oppositions and dualities that appear as part of the individuation process. The unique and interactive complexities of mind, body and spirit will be identified and unraveled as a means of understanding some of the ways in which the psyche expands and integrates into a sense of wholeness and connection. Drawing from clinical examples of Sandplay, we will examine some of the ways in which the personal and collective unconscious manifest through imagery which reflects these archetypal energies. The safe and contained space of Sandplay provides a nurturing environment which allows for individuation and integration to occur.

March 11, 2017
INTEGRATING PSYCHE AND SOMA: SANDPLAY THERAPY & EMBODIED CONSCIOUSNESS
Judy Zapponetti, M.F.T.

In this workshop, we will experience how a new embodied consciousness can be experienced through the integration of Sandplay as well as working directly through sensory exploration. Although there are similarities between Sandplay as developed by Dora Kalff, which mirror the body/soul work of Marion Woodman, each offers a unique approach towards furthering the individuation process, and each invites a natural possibility for the integration of body and psyche. A Sandplay scene created with sand alone can reflect a deep organic and visceral experience. Fingers and hands moving the sand without symbols offers the possibility of deep regressive and pre-verbal experiences that are remembered and held within the body. Experiential exercises will be integrated so that participants will have the opportunity to integrate these two different but complimentary modalities.

April 8, 2017
CROSSING THRESHOLDS
Janet Tator, M.S.W., L.C.S.W.

In this workshop, several theoretical orientations will be explored to better understand Jung’s concept of individuation. We will review the work of Joseph Henderson who calls this the “individuating factor” in his book, Thresholds of Initiation. This individuating factor can sometimes be glimpsed in the therapeutic Sandplay work of children. The sandtrays of several children will be shown to illustrate how symbolic imagery can instigate new stages in their development. Archetypal images will then be presented to show how bringing ego consciousness and the collective unconscious into relationship can activate experiences of the numinous. This deepening connection between the ego and the deeper Self can then become an important part of the on-going process of individuation.