

Psyche, Soma, Spirit:

The Three Realms of Sandplay

A residential workshop on sandplay designed to nourish mind, body and spirit

June 5 - 7, 2009

Dunrovin Retreat Center, Marine-on St. Croix, Minnesota

Sponsored by the Minnesota Sandplay Therapy Group



Nourish mind, body and spirit in a wooded retreat center with the Minnesota Sandplay Therapy Group.

This residential workshop explores the connections between mind, body and spirit in normal and traumatic development. The emerging body of knowledge on the neurobiological basis of relationships, affect regulation, resiliency, and physical and mental health forms the foundation for understanding methods of healing that call upon the body, the spirit, and the nonverbal centers of the brain to heal the injured psyche.

Join us for this weekend conference that will focus on the relationship of sandplay to other somatic, body-based, or spiritual interventions. Presentations will include the use of sandplay along with other holistic, integrative, and right-brain based interventions such as somatic experiencing, sensorimotor psychotherapy, EMDR, authentic movement, and mindfulness practice. Clinical populations of focus include those with brain injuries; attachment disorders; trauma and other mental health conditions. Clinical material addresses both child and adult cases.

The rustic and peaceful Dunrovin Retreat Center on the St. Croix River provides the container for a weekend of intellectual stimulation, creative revitalization, and renewal of spirit.



"I went out for a walk, and finally concluded to stay out until sundown, for going out, I found, was really going in."

---John Muir

Program Description

Program Descriptions

Opening Presentation and Ritual: Weaving the Threads

Cil Braun, M.Div., Certified STA/ISST Sandplay Therapist

Carol Dunsmore, D.Min., STA Sandplay Practitioner

Barbara Weller, MSW, LICSW, Certified STA/ISST Sandplay Therapist - Teacher

This presentation explores the history of the use of sand in healing, the emergence of sandplay therapy, and how sand is used to heal the mind, the body and the spirit through ritual and creative expression.

Practical Neuroscience for the Sandplay Therapist

Regina Driscoll, Ph.D., LP, Certified STA/ISST Sandplay Therapist - Teacher

Dale Grossman, Ph.D., LP, STA Sandplay Practitioner

This presentation explores the latest findings in normal and disturbed brain development. We will focus on the effects of attachment bonds and early- and late-onset trauma on the developing brain. We will also look at the benefits of multisensory and nonverbal interventions in the return of the brain to optimal functioning. Applications will be illustrated through case examples.

Sandplay with Brain-Injured Adults

Lorraine Freedle, Ph.D., LP

Dr. Freedle has pioneered research methods for the study of the sandplay process, focusing on a population of adults with traumatic brain injury. This presentation describes her methodology and explores in detail the moving

sandplay journeys of the clients and the clinical patterns that emerged.

Touching the Earth: Exploring the Connections Between Buddhism and Sandplay

Susan Blom, Ph.D., LP

Joel Snyder O'Neal

Michael O'Neal

Dora Kalff, Jungian sandplay's founder, was a practicing Buddhist. This presentation looks at the Buddhist formulation of body, mind, and spirit, and explores the nature of the person as seen from a Buddhist perspective. The four foundations of mindfulness, i.e., the physical body, feelings, mind states, and dharma; Buddhist perspectives on suffering (or disease), its causes and transformations; and the Buddha's enlightenment expressed as an image and symbol will be covered. These aspects of Buddhism in relation to sandplay as seen in the



Program Description - Continued

Touching the Earth (continued)

transcendent function, descent to the Self, individuation, the importance of therapeutic relationships, and healing through use of the hands will also be discussed.

Kay, A Journey into Life: A Parallel Process in Clay and Sand

Ellen Saul, MA, LP, Certified STA/ISST Sandplay Therapist

A case study of a two-part psychotherapy journey, separated by a three-year gap, in which a girl between the ages of five and ten, largely nonverbal at the outset of treatment, worked with clay and in the sandtray in most sessions. The nonverbal expressive power of the sand and the clay, coupled with their sensory stimulation, combined to enable the child to overcome a history of abuse and to catch up with delayed cognitive skills.

Sandplay and Spiritual Direction

*Cil Braun, M.Div, Certified STA/ISST Sandplay Therapist
Carol Dunsmore, M.Div., STA Sandplay Practitioner*

This session offers an interactive exploration of the use of sandplay in spiritual direction and psychotherapy and discovers how the process may or may not differ. We will discuss attention to such things as the choice of language used, the intention of the sandplayer and the various ways a sand tray is used. Each of these areas of focus can inform and offer insight to the witness or therapist and the directee or client.

Beyond the Co-Transference

Joseph Meyer, MASW, LICSW, Certified STA/ISST Sandplay Therapist - Teacher

This presentation will elucidate the unconscious process that is activated and nurtured within the relational co-transference. We will examine the connection between the tactile experience in the sand and the physical and psychological changes in the client. The case of an adult female who had been the victim of incest as a child will be used to explore how the development of a trusting relationship with the therapist was essential to enabling the client to trust the sandplay process. After years of therapy and work with an incest

survivors group the client was still unable to access memories of the trauma or move toward a more integrated whole. The multimodal sandplay process stimulated memories and emotions that allowed the client to develop a coherent narrative for her experiences of abuse, and thus to move forward from the trauma

Sandplay and EMDR

Ellen Saul, MA, LP

Many clients use both sandplay and EMDR, often in the same session, to address issues of trauma. EMDR is grounded in the body, accesses the mind, and touches the spirit when transformation and change occurs. Sandplay is somatic, through the hands and the tactile sense, expresses affect through the creation of images and movement of the sand, and often includes a powerful narrative description. this presentation will use several case examples to explore how clients, especially children, move back and forth between EMDR and sandplay to resolve traumatic experiences.





Program Description - Conclusion

Moving the Witness: Authentic Movement and the Self

Michael Gardos Reid, MA,
ADTR, LPC

Authentic Movement has been described as a form of active imagination, an invitation to be aware of and be moved by body sensations, emotions and/or internal imagery in the safe presence of a therapist/witness to stimulate healing on a deep, nonverbal level. Authentic movement uses the spontaneous movements and sensations of the body, in the safe presence of a therapist/witness, to stimulate healing. Similarities to the experience of the Self, the phenomenon of embodiment, mirroring, and transference and counter-transference issues, which are also seen in the

sandplay process, will be explored.

Making It Through the Darkest Times to Find Inner Value and Power: A Hospice Patient with ALS

Jacquelyn Kelley, MSW, LCSW,
Certified Sandplay Therapist -
Teacher

This presentation focuses on the sandplay, spiritual work, and letter to her therapist, delivered after the patient's death, of a hospice patient with ALS. The patient's sandplay work enabled her to explore her worth, her identity at this late stage of her life, and the difference between "doing" and "being." Through her sandplay and her spiritual work she resolved inner

conflicts and faced her death in peace.

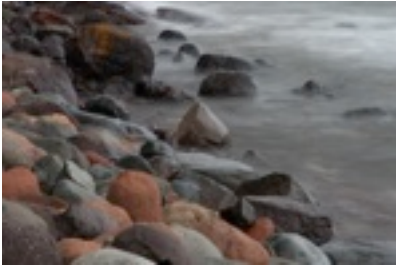
Enrollment is limited to ten for this session.

Research Methods in Sandplay

Lorraine Freedle, Ph.D., LP
Jacquelyn Wiersma, Ph.D., LP

This interactive session focuses on the research methods used by Dr. Freedle and others that are appropriate for research in sandplay in this age of evidence-driven interventions.

Faculty



Presenters

Susan D. Blom, Ph.D. is a Licensed Psychologist in private practice in Mora, Minnesota. She has been using Jungian-oriented sandplay since 1991 and is in the process of completing her certification in the International Society for Sandplay Therapy. She also completed the Introductory Program in Mindfulness, offered by Joen and Michael and continues to practice meditation on a regular basis.

Priscilla Braun, M. Div., ISST/STA., is a spiritual director who practices in Minneapolis. She was one of the founders of The Center For Spiritual Guidance Training Program where she served as a faculty member for fourteen years. She works with adults in her private practice in her town office and also leads intensive silent sandplay retreats at her retreat center on the North Shore of Minnesota. She is a Certified Clinical Member of ISST/STA.

Regina Driscoll, Ph.D. is a Licensed Psychologist in private practice. She is past director of mental health services for the Children's Hospitals and Clinics of Minnesota, and is a founding member of the Minnesota Sandplay Therapy Group. She is a Certified Teaching Member of

STA/ISST, and has been using sandplay with children and adults since 1987.

Carol Dunsmore, MA, D.Min., is a spiritual director and STA Sandplay Practitioner. In addition to working in the field of early childhood education, she has been working with adults in her Minneapolis private practice since 1994.

Lorraine Freedle, Ph.D., holds licensure in both clinical psychology and social work. She has a specialty in neuropsychology and received the Sandplay Therapists of America Research Award in recognition of outstanding contribution in sandplay research for her dissertation research on sandplay with brain-injured adults. She is the Co-Founder, Vice President, and Clinical Director, of TeamBuilders Counseling Services, Inc., in New Mexico, a multi-service, non-profit Children's Community Mental Health Center.

Michael Gardos Reid, MA, ADTR, LPC is a registered Dance/Movement Therapist, providing group psychotherapies for adults in Mental Health Services at Abbott/NW Hospital since 1990. Over that same time, his private practice, Listening to the Body, has provided psychotherapy and personal growth work utilizing Dance/Movement Therapy, Authentic Movement and other expressive and healing arts. He is present and past president of the Minnesota Chapter of the American Dance Therapy

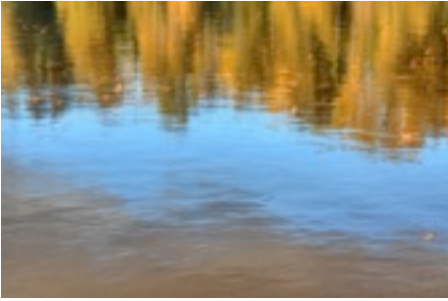
Association. A playful being, Michael gratefully relies on the body's deep wells of spontaneous creative expression.

Dale Grossman, Ph.D., LP, is a clinical psychologist in private practice in Shoreview, MN. She has been using sandplay in her practice with children and adults since 1990. She is an STA Sandplay Practitioner.

Joen Snyder O'Neal and Michael O'Neal are guiding teachers of the Compassionate Ocean Dharma Center. They practiced and taught for many years at the Minnesota Zen Meditation Center and Hokyo-ji Zen Monastery under the guidance of Dainin Katagiri Roshi. They have also practiced with Thich Nhat Hanh in France and the United States, and have completed a training for professionals with Jon Kabat-Zinn. Joen Snyder O'Neal was ordained as a Zen priest by Katagiri Roshi in 1980 and received Dharma transmission from him in 1989.



Faculty - continued



Catharine Larsen, M.A., is a licensed psychologist who has a small private practice in her home in Duluth. She uses a variety of modalities, including talk therapy, drawing or clay expressive therapies, EMDR, and sandplay therapy. She has completed 500 hours of yoga teacher training at Yoga North Studio in Duluth. Catharine has taught the Yamas and the Niyamas, the ethical guidelines of yoga for several years. She lives with her husband, Lauren, on the shores of Lake Superior, which feeds her soul.

Jacquelyn Kelley, LCSW, is a clinical social worker and sandplay therapist in private practice in Plano, Texas; she is Director of Social Services for Autumn Journey Hospice in Dallas, and a former school social worker. Jacquelyn is a founding member of MSTG and is a Certified Teaching Member of STA and ISST. She has been using sandplay since 1983. She is currently Secretary for Texas Sandplay Society.

Joseph Meyer, MASW, LICSW.

As a Licensed Independent Clinical Social Worker, Joe has

been studying and using sandplay therapy for over 25 years. His practice has been influenced by the work of C. G. Jung and other such as: Dora Kalff, Edward Edinger, Erich Neumann, and Marie-Louise von Franz. His work with trauma and attachment disorders has been influenced by the work of Agnes Bailey, John Bowlby, D. W. Winnicott, and more recently by the writings of Donald Kalsched. He is a Certified Teaching Member of STA/ISST.

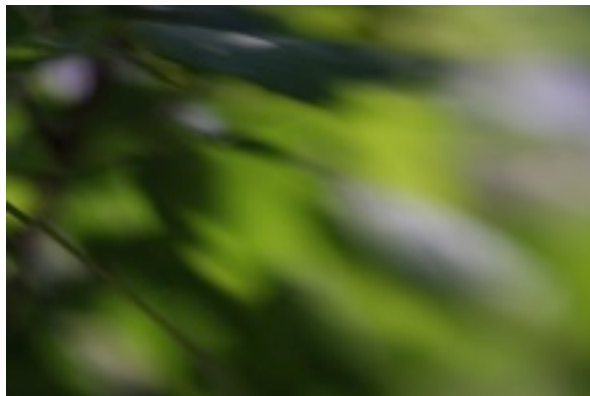
Ellen H. Saul, MS, is a Licensed Psychologist in private practice. She is a Certified Clinical member of Sandplay Therapists of America and the International Society of Sandplay Therapy, and currently serves as president of the Minnesota Sandplay Therapy Group. She has been practicing Sandplay Therapy for sixteen years, working with children and adults. She is grateful to the children she has been privileged to raise and to work with; they have been amazing teachers for her.

Barbara Weller, MSW, LICSW, is a psychotherapist in private practice in Duluth, MN, where she is also a consultant on early childhood mental health in the school system. She is a Founding Member of the Sandplay Therapists of America, and a Teaching Member of STA/ISST; she has been using sandplay in her work with children and adults since 1985.

Jacquelyn Wiersma, Ph.D., LP, is a psychologist in private practice in St. Louis Park and Minnetonka, MN. She is a Founding member of In Touch Again, a sensorimotor approach to attachment disorders, and has been using sandplay in her practice for 20 years. She teaches topics in clinical psychology at the Minnesota School of Professional Psychology / Argosy University.

ISST is the International Society for Sandplay Therapy

STA is its American affiliate, the Sandplay Therapists of America





Program Schedule

Friday, June 5

3:00 PM

Check-in

5:00 PM

Social hour

6:00 PM

Dinner

7:30 PM

Welcome

Ellen Saul, MSTG president

Opening Presentation and Ritual:

Weaving the Threads

Barbara Weller, MSW, LICSW

Cil Braun, M.Div.

Carol Dunsmore, D.Min.

Saturday, June 6

6:30 - 7:00 AM

Yoga

Catharine Larsen

7:00 - 8:15

Breakfast

8:15 - 8:30 AM

Morning Greeting

Ellen Saul

8:30 - 10:00 AM

Practical Neuroscience for the Sandplay Therapist

Regina Driscoll, Ph.D., LP

Dale Grossman, Ph.D., LP

10:00 - 10:30 AM

Break and coffee

10:30 - 12 noon

Sandplay with Brain-injured Adults:

Research and Clinical Outcomes

Lorraine Freedle, Ph.D., LP

12 noon - 1 PM

Lunch

1:00 - 3:00 PM

Touching the Earth:

Exploring the Connections Between Buddhism and Sandplay

Joen Snyder O'Neal

Michael O'Neal

Susan Blom, Ph.D., LP

3:00 - 3:30 PM

Afternoon break

3:30 - 5:00 PM

Breakout sessions

Session A

Sandplay and Clay Work:

A Parallel Process

Ellen Saul, MA, LP

Session B

Sandplay in Spiritual Direction

Cil Braun, M.Div.

Carol Dunsmore, D.Min.

Session C

Beyond the Co-transference

Joe Meyer, MASW, LICSW

6:30 - 7:30 PM

Dinner

7:30 PM

Evening Gathering:

Music, bonfire and much more!

Program Schedule - continued

Sunday, June 7

6:30 - 7:00 AM

Yoga

Catharine Larsen

7:00 - 8:15

Breakfast

8:30 - 10:00 AM

Sandplay and EMDR

Ellen Saul, MA, LP

10:00 - 10:30 AM

Coffee break

10:30 - 12 noon

Breakout Sessions

Session D

***Sandplay with a Patient
with ALS***

Jacquelyn Kelley, MSW, LCSW

Session E

***Moving the Witness:
Authentic Movement and the
Self***

*Michael Gardos-Reid, MA,
ADTR, LPC*



Session F

***Research Methods in
Sandplay***

Lorraine Freedle, Ph.D., LP

Jacquelyn Wiersma, Ph.D., LP

12:00 - 12:15 PM

Commentary and Wrap-up

Regina Driscoll, Ph.D., LP

12:15 - 12:45 PM

Closing Ritual

*Cil Braun, Carol Dunsmore,
and Barbara Weller*

12:30

Lunch

1:30

Departure





General Information

Conference Location

**Dunrovin Christian
Brothers Retreat Center**
15525 Saint Croix Trail
North
Marine on Saint Croix, MN
55047

Located north of Stillwater, Minnesota, on the St. Croix River between Minnesota and Wisconsin, Dunrovin is a rustic, peaceful retreat center that we will have all to ourselves for this weekend.

Enter Dunrovin's address in [Google Maps](#) for a map and directions, or find a link on our [web page](#).

Accommodations at Dunrovin are individual rooms with a single bed, sink, and other simple furnishings. Showers and

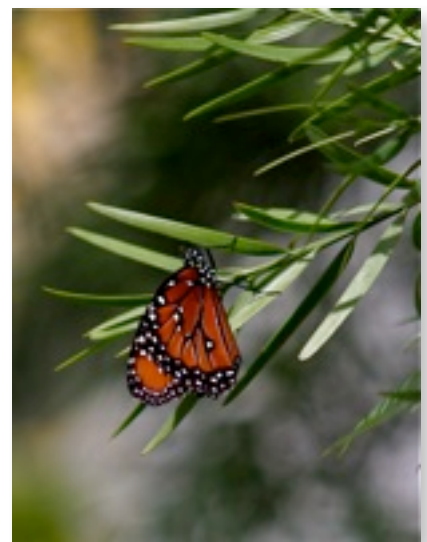
toilets are shared on each floor.


There are a very limited number of double rooms which will be assigned on a first come, first served basis. Let us know if you are interested in a double room.

Companions of the registrants can reserve a room, have meals, and participate in weekend events other than continuing education events for a lodging and meals fee on a space-available basis.

Need help getting to Dunrovin?

If you need a ride from the airport to Dunrovin, please contact us. MSTG members will help provide transportation to the conference site so you do not have to rent a car.





General Information

Morning Yoga Sessions

Yoga sessions will be provided each morning, led by Catharine Larsen. These exercises are gentle stretches designed to awaken and center the participants. Some mats and pillows-for-sitting will be available, but bring your own if you have them.

Creative Activities

There will be a creative activities room available throughout the weekend.

Silent Auction

There will be a silent auction of sandplay items during the weekend. Proceeds from the auction will benefit the Sandplay Therapists of America (STA). If you have any items you would like to contribute to the silent auction, they will be gratefully received.

Cancellation Policy

A full refund minus a 10% administrative and handling fee will be made for cancellations received 30 days in advance of the conference. No refunds will be made for cancellations received after May 5, 2009.

Continuing Education

CEUs have been applied for from the MN Boards of Psychology, Social Work, Marriage and Family Therapy, and Behavioral Health.

CE hours meet the requirements for sandplay education for certification by the Sandplay Therapists of America and The International Society for Sandplay Therapy.



Please bring:

A bit of sand from your sandtray or a favorite place for use in the ritual.

A figure to put in the communal sand tray that says something about who you are.

A yoga mat and pillow if you'd like to participate in morning yoga.

An item or two for the silent auction to benefit the Sandplay Therapists of America.

Conference Registration

[Click here](#) for our online registration form with credit card payment option.

If you prefer to pay by check:

Go to our online form for fee schedule and to submit your registration information.

Make check payable to MSTG and mail to:

Ethel Griggs, MSTG Treasurer

53 Birchwood Road

Mahtomedi, MN 55115

Questions? Write to us at minnsandplay@gmail.com.



Sponsored by the Minnesota Sandplay Therapy Group

53 Birchwood Road, Mahtomedi, MN 55115