JUNGIAN PSYCHOLOGY
AND SANDPLAY THERAPY

“Often the hands know how to solve a riddle
with which the intellect has wrestled in vain.” C.G. Jung

Sandplay is hands-on psychological work. It is a powerful therapeutic technique that facilitates the psyche’s natural capacity for healing. In a “free and protected” space provided by the analyst, a client creates a concrete manifestation of his or her imaginal world using sand, water, and miniature objects. In this way sandplay helps honor and illuminate the client’s internal symbolic world and provides a place for its expression within a safe container, the tray filled with sand. Sandplay is done adjunctively to talk therapy during the process of the therapeutic work.

This 8-month seminar, consisting in 8 sessions held at the C.G. Jung Institute of Los Angeles will focus on both theoretical and practical issues of sandplay for those new to the technique and for those who desire more in-depth training. A case presentation will be given at each meeting, followed by group discussion and consultation.

Class begins on September 25, 2010. Each session will be on Saturday, 9:00am - 12:00pm.

Class is for licensed practitioners, registered interns and social work associates.

The Institute is a CE provider. Our courses are also accepted by the APA for MCEP credits. 24 CE credits are available for the complete course, 3 per class. In addition to CE and APA accreditation, credit is available for ISST (International Society of Sandplay Therapy) and STA (Sandplay Therapists of America).
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| September 25, 2010 | **Introduction | Hands-On-Session**  
|                 | **History, Theory and Practice of Sandplay**  
|                 | Harriet S. Friedman, M.A., L. M.F.T., J.A.  
|                 | Sachiko Taki-Reece, M.F.T., Ed.D., J.A. |
| October 30, 2010  | **Deciphering Sandplay Pictures, Part I-II**  
|                 | Harriet S. Friedman, M.A., L. M.F.T., J.A.  
|                 | Sachiko Taki-Reece, M.F.T., Ed.D., J.A. |
| November 6, 2010  | **Current Trends in Sandplay**  
|                 | **Two Case Presentations**  
|                 | Sachiko Taki-Reece, M.F.T., Ed.D., J.A.  
|                 | Harriet S. Friedman, M.A., L.M.F.T., J.A. |
| December 11, 2010 | **Psyche’s Themes in Sandplay**  
|                 | Rie Rogers Mitchell, Ph.D., A.B.P.P. |
| January 8, 2011   | **Body in Analysis I**  
|                 | Wendy Wyman-McGinty, Ph.D., A.D.T.R., J.A.  
|                 | **Case Presentation**  
|                 | Marion Anderson, J.A. |
| February 19, 2011 | **Body in Analysis II**  
|                 | Rose-Emily Rothenberg, M.A., M.F.T., J.A.  
|                 | **Case Presentation**  
|                 | Joyce Burt, M.A., M.F.T., J.A. |
| March 26, 2010    | **Two Case Presentations**  
|                 | Sachiko Taki-Reece, M.F.T., Ed.D., J.A.  
|                 | **Cultural Challenges in Jungian Sandplay Therapy**  
|                 | Harriet S. Friedman, M.A., L. M.F.T., J.A. |
| April 16, 2010    | **Overview | Hands-On Session**  
|                 | Harriet S. Friedman, M.A., L. M.F.T., J.A.  
|                 | Sachiko Taki-Reece, M.F.T., Ed.D., J.A. |
CLASS SCHEDULE

Saturday, September 25, 2010; 9:00am-12:00pm

Introduction | Hands-On-Session
History, Theory & Practice of Sandplay

Presented by Harriet S. Friedman, M.A., L.M.F.T., J.A.,
and Sachiko Taki-Reece, M.F.T., Ed.D., J.A.

Introduction of the course, history of sandplay, and theory of this non-verbal method of sandplay will be presented. The goals and overview of the following sessions will also be discussed. In this initial hands-on session, we also will discover experientially how symbols manifest in Sandplay Therapy and form a subtle language, which communicates the depth of our psyche- and our body-self.

Harriet S. Friedman, M.A., L. M.F.T., J.A., is a Jungian analyst in private practice in West Los Angeles. She is a founding member of Sandplay Therapists of America, a member of the International Society of Sandplay Therapy, and former Director of the Hilde Kirsch Children’s Center. Co-author with Rie Rogers Mitchell of Sandplay: Past, Present, and Future and co author author of Supervision of Sandplay Therapy, she lectures frequently on Sandplay and Jungian psychology.

Sachiko Taki Reece, M.F.T., Ed.D., J.A., is a Jungian analyst and a faculty of the C.G. Jung Institute of Los Angeles and a teaching member of the International Society of Sandplay Therapy. Sachiko has published Sandplay research articles and book chapters in English and Japanese.

Saturday, October 30, 2010; 9:00am-12:00pm

Deciphering Sandplay Pictures

Part I

Presented by Harriet S. Friedman, M.A., L.M.F.T., J.A.

Through viewing Sandplay scenes, we find meaning, using the lens of age and gender

Part II

Presented by Sachiko Taki-Reece, M.F.T., Ed.D., J.A.

In the second part of this session, a Sandplay work of a person with AIDS shared images and a process of healing from trauma and subsequently a process of death and dying.
Current Trends in Sandplay
Two Case Presentations

Case I
Presented by Sachiko Taki-Reece, M.F.T., Ed.D., J.A.

In this presentation, a case study of Sandplay has revealed a progression of remarkable affect regulation and trauma healing although the process consisted of only 12 sessions. This process will be reviewed from a neuroscience standpoint as well.

Case II
Presented by Harriet S. Friedman M.A., L.M.F.T., J.A.

In this case we will observe the unfolding of an older woman's journey, demonstrating that meaning and healing can be achieved through analysis and sandplay when undertaken at any age, to bring both meaning and healing from old wounds suffered at an early age. Our discussion will include transference-counter-transference, early childhood loss and how the symbolic language in the tray helps to enhance the process of individuation.

Psyche’s Themes in Sandplay

Presented by Rie Rogers Mitchell, Ph.D., A.B.P.P.

In this session, we will present the sandplay process of Jimmy, an adopted 7-year-old boy with enuresis and attachment issues. To understand his process, we will use a thematic approach that can be applied easily to many sandplay cases.

Rie Rogers Mitchell, Ph.D., A.B.P.P., is a professor of Educational Psychology and counseling at California State University, Northridge. Co-author of *Sandplay: Past, Present, and Future*, she is a member of Sandplay Therapists of America and the International Society of Sandplay Therapy.
Body in Analysis I


Authentic movement as a form of active imagination is often utilized as part of the analytic process as a means of amplifying unconscious material. In this case presentation we will explore how this technique can be helpful with patients who have experienced dissociation due to trauma, and draw parallels between this approach and sand play.


Case Presentation

Presented by Marion Anderson, J.A.

A case presentation will be given showing the work of a young woman suffering from a physical ailment, who, through sandplay, was better able to understand the mind-body issues that were causing her such distress.

Marion Anderson, J.A., is a clinical psychologist licensed in Brazil and a Jungian analyst living in Los Angeles. A teaching member of the International Society for Sandplay Therapy, she first specialized in painting therapy in Germany. She is an Associate Member of the C.G. Jung Institute of Los Angeles.
Body in Analysis II

Presented by Rose-Emily Rothenberg, M.A., M.F.T., J.A.

Illness and body symptoms create suffering but they can also offer a path to renewal. By creating a scene in the sand, what is inside is experienced and expressed on the outside. The symbols and images that manifest can rejuvenate, heal and penetrate what is blocked, thus providing the potential “medicine” for healing the wounds and furthering the individuation process.

Rose-Emily Rothenberg, M.A., M.F.T., J.A., is a Jungian analyst practicing in Pacific Palisades and is on the faculty of the C.G. Jung Institute of Los Angeles. She is the author of The Jewel in the Wound. Her special interest, on which she has lectured nationally and internationally, is the relationship between disease and the psyche.

Case Presentation

Presented by Joyce Burt, M.A., M.F.T., J.A.

The second part of this session will be the presentation of an eleven year old boy’s sandplay over a six year period showing the repetition of the symbol of a derailed train.

Joyce Burt, M.A. M.F.T., J.A., is a Jungian analyst and a Jungian child analyst with a specialization in Sandplay Therapy in private practice in Westwood.
Saturday, March 26, 2011; 9:00-12:00pm

**Two Case Presentations**

**Presented by Sachiko Taki-Reece, M.F.T., Ed.D., J.A.**

Sandplay is effective in working with diverse populations. In this session, presentations include two cases of children from shanty town, South Africa; and cases of sandplay in a group setting with four HIV/AIDS patients of mixed ethnic background.

**Cultural Challenges in Jungian Sandplay Therapy**

**Presented by Harriet S. Friedman, M.A., L.M.F.T., J.A.**

This presentation will discuss the current worldwide response and interest in the non-verbal technique of Sandplay as well as the new uses and new populations that sandplay serves. Considerations will be given to the effects on the sandplay therapist working in these new and challenging times.

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Saturday, April 16, 2011; 9:00am -12:00pm

**Overview | Hands-On Session**


We will initially summarize our time together verbally, then, once again, we will bring our group to a close using the non-verbal method of sandplay.
LEARNING OBJECTIVES

- Describe the history of sandplay;
- Describe the technique of sandplay therapy;
- List Jungian concepts which are utilized in sandplay;
- Understand the use of sandplay in a therapeutic practice;
- Describe the materials used in sandplay;
- Describe how to look at sandplay scenes;
- Illustrate the power of sandplay;
- Demonstrate how sandplay therapy contributes to affect regulation;
- Review from a neuroscience standpoint affect regulation and trauma healing in sandplay therapy;
- Discuss the relationship between Jungian theory and the practice of sandplay therapy;
- Apply sandplay therapy as an adjunctive to dream analysis;
- Practice sandplay techniques through hands-on experiences;
- Describe documentation and how to present sandplay cases;
- Practice finding meaning or messages in the initial sandplay picture(s);
- Recognize healing process in a trauma case study;
- Utilize dreams, fairy tales and myths as they apply to sandplay work;
- Describe how sandplay can deepen the analytic process;
- Discuss how the non-verbal method of sandplay and the verbal interaction in analytic treatment enhance each other;
- Describe various stages of development that can be seen in a sandplay process;
- List critical factors to look for in the use of sandplay with adults;
- List critical factors to look for in the use of sandplay with children;
- Compare progressive and healing trays to those trays that appear more regressive and chaotic;
- Describe the components that a 'healing tray' displays;
- Describe the components that a 'wounding tray' displays.
CONTINUING EDUCATION

The C.G. Jung Institute of Los Angeles Institute is CE, APA approved.

Psychologists: The C.G. Jung Institute of Los Angeles is approved by the American Psychological Association to sponsor continuing education for psychologists. The C.G. Jung Institute maintains responsibility for this program and its content. Please see the individual program for the number of CE credits awarded for each course. Full attendance is required for psychologists to receive credit. In accordance with APA guidelines, partial credit will not be awarded. Psychologists report directly to the MCEP using the certificates of attendance awarded at the completion of the course.

Clinical Social Workers and MFTs: The C.G. Jung Institute of Los Angeles is an accredited provider for continuing education credits for LCSWs and MFCCs/MFTs (provider # PCE 318). Please see the individual program for the number of CE credits awarded for each course. These courses meet the qualifications for continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. Only the actual number of hours spent in the educational activity may be claimed for credit.

Nursing: The C.G. Jung Institute of Los Angeles is an accredited provider approved by the California Board of Registered Nursing (Provider #07986). Registered Nurses may claim only the actual number of hours spent in the educational activity for credit.