

the MSTG MINUTE

"We want to give lots of folks a chance to experience this path in the sand of integration, active imagination and expression of our spirit."
Ellen Saul, MSTG Member



Ellen Saul & Nancy Hawkins

Gita Morena

November Workshop

MSTG/CPA Project

VOLUME 2, ISSUE 4

Upcoming Trainings

- 11/3/2017
7pm-9pm
St. Paul, MN
The Wizard of Oz: An Archetypal Journey To Wholeness
Presenter: Dr. Gita Morena
- 11/4/2017
10am-6pm
St. Paul, MN
The Wizard of Oz: Archetypal Themes of Individuation
Presenter: Dr. Gita Morena
- FALL 2017
1-2 Years
Twin Cities
Advanced Sandplay Seminar
Presenter: Barbara Weller

MSTG/CPA Project

By: Lynn Overvoorde

After a few years of planning, MSTG has finally embarked on an exciting collaboration with Community of Peace Charter school located on St Paul's East Side. This project is modeled after a program pioneered by Barb Weller when MSTG partnered with St. Steven's school and Cedar Riverside in the 1990's. The project is three-fold: it offers no cost Sandplay therapy to students in a low-income urban school, it provides no cost consultation for practitioners working toward certification, and it is the foundation of a Sandplay research study. Community of Peace (CPA) school provided a small nook in their library which they dedicated as the "sandroom". Barb Weller graciously donated miniatures for the collection. The school social worker identified students who may benefit from receiving a limited number of Sandplay sessions. Currently, two practitioners are working with 1-2 students weekly who will receive a total of ten Sandplay sessions. Approximately once a month the practitioners meet with Ellen Saul who generously donates her time to provide consultation. Jacque Wiersma is spearheading the research component of this project. At the onset of working with each student, parents and the student's teacher fill out pre-test questionnaires such as the SDQ and OQ-30. At the end of the 10 sessions, the parents and teacher will be asked to complete these same questionnaires for comparative purposes. This project is still in its infancy, however, preliminary feedback from the school social worker is that as teachers hear about the program, they are pressuring the social worker to refer more students. Additionally, the school librarian reports that she often finds some of her more dysregulated students sitting in the "sand room" calmly running their fingers through the sand during their library time.

Next MSTG Board Meeting:
May 21, 2017
5:30pm (Lynn's Home)

If anyone is interested in learning more or participating in this project you can contact Lynn Overvoorde at lynnover@gmail.com or Jacque Wiersma at jkwiersma@msn.com.



Dear Mini:

I have noticed turtles popping up in client sandtrays lately and am wondering if you can tell me about the symbolism of the turtle.

Thanks from a pondering therapist.

Dear Pondering:

In many cultures the turtle (or tortoise) is a symbol of the world. In Native American culture it is the oldest symbol for earth or earth mother. Some cultures believe that the turtle is holding up the whole earth. Other cultures suggest the turtle held up the divinities as they were creating the earth. The Maya envisioned the earth as a huge turtle and so did the Hindus and the Chinese. The later regarded the marks on a turtle's back as a map of the constellations and used them in divinization. The turtle is the only *real* animal of China's 4 sacred creatures (others being dragon, phoenix and unicorn). In the Hindu myth the turtle *Chukwa* is one of the 10 incarnations of Vishnu, (a principle deity and one of the supreme beings.) The turtle can be a symbol of spiritual wisdom.

In some African tribes, turtles are sacred to water deities and in Polynesia, the turtle embodies the power of the ocean deities. Some Native American tribes, such as the Hopi, used turtles to represent water while others considered the turtle a symbol of safety. The turtle can also symbolize creativity, endurance, strength, fertility and stability. Turtles are a symbol of longevity as well because they live very long lives.

I hope this gets you started on your quest to understand the symbol of turtle in sandplay. For a wonderful in depth symbol study on this creature see **Chapter 21, *Turtles and Transitional Objects***, in Bradway and McCoard's book *Sandplay – Silent Workshop of the Psyche*.

Happy studying!! As always,

-Mini-

MEMBERSHIP UPDATE – QUICK FACTS



MEMBERSHIP CONTACT

ELLEN DONA

ekdona@comcast.net

PEOPLE HAVE
14 RENEWED
THEIR 2017
MEMBERSHIP

JOIN OR RENEW
MSTG MEMBERSHIP
TODAY

www.minnesotasandplay.org

A Deeper Look at the Wizard of Oz through Sand and Play

A Weekend Workshop: November 3, 2017 – November 4, 2017

THE WIZARD OF OZ: AN ARCHETYPAL JOURNEY TO WHOLENESS

PRESENTER: DR. GITA DOROTHY MORENA

November 3, 2017

7PM - 9PM

DESCRIPTION

Drawing insight from L. Frank Baum's quintessential American fairy tale, The Wonderful Wizard of Oz, Dr. Morena explores Dorothy's journey into this magical land as a metaphor for Joseph Campbell's hero's Journey, Carl Jung's individuation process and the honoring of feminine values. Using sandplay and play therapy theory, techniques and applications, Dorothy, her companions and their experiences in Oz will be explored as symbolic aspects of the psyche that need to be identified, healed, and integrated into wholeness.

LEARNING OBJECTIVES

1. To identify archetypal themes and symbolism in The Wizard of Oz through use of sandplay and play therapy theory, techniques and applications
2. To develop the ability to use The Wizard of Oz metaphorically, as part of play therapy and sandplay interventions.

THE WIZARD OF OZ: ARCHETYPAL THEMES OF INDIVIDUATION

PRESENTER: DR. GITA DOROTHY MORENA

November 4, 2017

10AM - 6PM

DESCRIPTION

Dr. Morena explores the power of fairy tale and imagery from Oz as a way to stimulate the imagination and activate emotional healing. She includes the author's history and original inspiration, and retells the story as it was written with images from a variety of different illustrators. She demonstrates how Dorothy's experiences in this magical land resemble the struggles inherent in Carl Jung's individuation process, and shows how her journey can be seen as a metaphor for Joseph Campbell's hero's journey and the honoring of feminine values. Examples from sandplay and play therapy case material, techniques, application and an experiential process to engage personally with the story are included to show how Oz imagery expresses issues that emerge during the journey home to wholeness.

LEARNING OBJECTIVES

1. Participants will increase their understanding of symbolic language and how it is used therapeutically both through sandplay and play therapy.
2. Participants will develop skills to use the metaphor of The Wonderful Wizard of Oz as it applies to the hero's journey and the individuation process in play therapy and sandplay.
3. Participants will be able to identify feminine values in The Wonderful Wizard of Oz, and show how this influences psychological development and healing through a sandplay and play therapy lens.

OVERVIEW (11/4/17)

Morning Session

1. The origins of the Wizard of Oz story
2. The Hero's Return: Life after Oz
3. Retelling the tale as it was written
4. Experiential process to explore personal insights from story

Afternoon Session

1. The Symbolic imagery of Oz
2. Oz imagery found in sandplay/play therapy material
3. Discussion, Questions, Closure

REGISTRATION
TO OPEN SOON

KEEP WATCH
FOR MORE
INFORMATION

Next MSTG Board Meeting: May 21, 2017

- MSTG Board of Directors (2017)**
President: Lynn Overvoorde
Past President: Justin D. Kruse
President-Elect: Vacant
Secretary: Regina Driscoll
Treasurer: Leanne Ravey
At-Large: Emily Brown-Murphrey
At-Large: Nancy Hawkins
At-Large: LuAnn Heim
At-Large: Carol Tellet
At-Large: Jacque Wiersma



Membership

Renew (or begin) your membership

The Minnesota Sandplay Therapy Group was founded in January 1988 to support the International Society for Sandplay Therapy at a local level. Its interests include public education, professional training, and research in sandplay. If you have any questions about joining MSTG or about your membership, please contact MSTG's membership contact Ellen Dona at ekdona@comcast.net. MSTG membership supports the guidelines for the professional practice of sandplay therapy as established by the ISST. Benefits of Membership include:

1. Priority in MSTG seminars and workshops
2. Discounts in MSTG seminars and workshops
3. Priority for individual sandplay hours with visiting ISST members
4. Discounts on books, toys, and miniatures purchased through MSTG
5. Special members events + MSTG Minute

MSTG Membership Application

Regular Membership:

- Persons holding membership in the ISST
- Persons holding licenses or certification in the discipline, which has included training in psychotherapy such as psychiatry, psychology, social work, psychiatric nursing, pastoral counseling and others approved by the MSTG Board.

Associate Membership:

- Persons in training in a field of psychotherapy listed above.
- Persons interested in and supportive of sandplay therapy.

Please complete the sections below:

Name _____

Address _____

City, State, Zip _____

Phone (H) _____ (W) _____

Email _____

_____ Regular Member (1 year, \$35)
 _____ Associate Member (1 year, \$25)

License of Certificate In:

- (Check those that apply)
- Psychology
- Psychiatry
- Marriage and Family
- Counseling
- Social Work
- Other _____

Please mail to:

Minnesota Sandplay Therapy Group c/o
 Leanne Ravey, 9255 Amsden Way, Eden
 Prairie, MN 55347.

Or complete On-Line at:

www.minnesotasandplay.org