

MSTG Minute



Minnesota Sandplay Therapy Group (MSTG) is a nonprofit organization founded in 1988 to provide education and training in Sandplay, as developed by Dora Kalff, in Minnesota and its environs. We are committed to providing high quality, affordable professional education to therapists and others interested in Sandplay.

“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 Board Member*

MSTG Summer Picnic

Minnesota Sandplay Therapy Group (MSTG) held their annual summer picnic on September 30, 2016. Sandplayers and friends gathered and re-connected through stories, laughs and conversation at the home of Ellen Saul and John Besse. Lynn Overvoorde presented on a “Taste of Tanzania,” which included experiences from over five months spent in the area. She spoke from the heart and provided a wonderful presentation.



2016 MSTG Fall Conference

Fundamentals of Sandplay: An Introduction to Kalffian Sandplay Therapy

Friday, September 30, 2016

A workshop presented by Stephen Olmsted and Ellen Saul

Conference Overview

Through this introductory overview of the basics of sandplay therapy, participants will gain an understanding of the therapeutic use of symbolic expression as well as personal experience with symbolic imagery. You will learn how to use sandplay from theoretical and practical applications in sandplay practice. The workshop will explore the history of sandplay therapy, the Jungian foundation of Kalffian play therapy, and the basic aspects of a sandplay process. The presentation will view the similarities, and differences among sandplay and other play therapy modalities using sand. Presenters will offer perspectives in viewing sandplay creations.

In Touch Again: A Multisensory Therapeutic Approach for Children and Adults with Attachment and Bonding Issues

Friday, September 30, 2016 – Sunday, October 2, 2016

A workshop presented by Nancy Hawkins, Ellen Saul, Jackie Wiersma and Paula Achenbach

Conference Overview

“In Touch Again” is based on the theoretical approach of John Bowlby and D.W. Winnicott to address problems of attachment and bonding. This workshop presents a series of therapeutic interventions and exercises that were developed by Agnes Bayley and her colleagues in the United Kingdom. These techniques have been remarkably successful with traumatized children and adults.

Lodging and Meals

This conference will be held at Koronis Ministries Retreat Center in Paynesville, MN. Two nights lodging and 7 meals are included.

See attached brochure for pricing and registration details.

Ask Mini Minute...

Dear Mini:

I was so intrigued by your article about number symbolism in sandplay therapy. Could you tell us more???

Samuel Sandplay Therapist

Dear Sam:

I am glad you enjoyed the article and that it inspired your curiosity about numbers as symbols. Perhaps starting at the beginning would be helpful, so let's explore the symbolism of the number One (1).

As I said in my last article, numbers are archetypes and many myths and philosophies are based on numbers. As Eastwood (see reference below) has noted, "*They (numbers) were gods in ancient cultures and were used to grasp the irrational and to guess and order reality.*" It has

been noted by Von Franz, that Jung called numbers the most primitive expression of spirit and a "cosmic" principle and he connects spirit to the dynamic principle of the unconscious. Thus, in Eastwood's words, "*Numbers become links between the conscious and the unconscious. Number archetypes can be defined as structures that carry certain psychological probabilities.*"

The archetype of One is seen as an archetype of unity. According to Eastwood, "*the first principle represented by the number One is the monad, the point, the silent center that is the origin of the universe.*" One can be seen as representing stability. In Geometry, One is considered the origin and is the one central point from which to radiate a circle. Mathematically One preserves the identity of any other

number. For example: $3 \times 1 = 3$; $4 \times 1 = 4$, $5 \times 1 = 5$ and so on. One is considered the universe's common denominator. Thus the number One became associated with unity and divinity. One is represented by the circle. The circle contains "the still center and the circumference speaks of movement." Having no beginning and no end it represents the universe and eternity. Schneider (also below) states, "*....some psychologists say that a child begins drawing circles when the child discovers the self and distinguishes him/herself from others. The message of the circle speaks directly to the quiet intelligence of our deepest being.*"

"One alludes to both a silent wholeness and the chaotic emergence experience of creation. It is represented as masculine in the East and feminine

And Readers, don't forget to send Mini your sandplay questions!!!

in the West. One is therefore held to have both properties. The number one in many traditions implies the concepts of unity, non-duality, nirvana, bliss and paradise - the One that contains all things in itself. The monad.....is thus reminiscent of the womb experience. In imagery depicting the beginning of life and the paradisaical state of the womb, we often see the motif of the circle or point and the safe temenos represented as a circle or mound. In sandplay, representations of this paradisaical stage are often seen at the beginning of a process" (Eastwood). One is uroboric, undifferentiated, and uncritical.

The colors associated with One are red, ruby, flame and crimson. Fire, that is creative desire, is its associated element. Positive aspects of One include creativity,

and feeling safe and secure. The negative aspects of One include feeling blocked, stuck, frustrated, lethargic, insecure, depressed and chaotic. One may be depicted in sandtrays by such objects as eggs, seeds, mounds, womb shapes, houses, and round objects. Trays depicting a sense of paradise, mother or a city are representative of One.

I hope this wets your appetite for investigating the world of One, the first of all numbers and the symbol of unity. *As Scheider states, "Everything seeks unity.... the goal is to return to the lost state of Divine Oneness. But we have no need to return.....because unity is axiomatic and we already are integrated in it. Barely recognizing our situation, here and now we live in a whole and beautifully harmonious wonder world. Only a self-imposed illusion of separateness keeps us from recognizing*

our own center of awareness and identity with the One."

May your sandplay work bring more Oneness to the world!
--Mini

To explore more about the world of numbers see: Pratibha S. Eastwood, *Nine Windows to Wholeness* and Michael S Schneider, *A Beginner's Guide to Constructing the Universe, the Mathematical Archetypes of Nature, Art and Science*

And Readers, don't forget to send Mini your sandplay questions!!!

Pictures from MSTG Picnic 2016





MSTG President

Justin D. Kruse, MS, LMFT, RPT, NCC is an outpatient psychotherapist at Journeys Toward Healing Counseling Center in Mankato, Minnesota. Among his duties, he oversees the integration of information observed in the MSTG Minute.

MSTG Mentoring Opportunities

We are delighted with your interest in Sandplay and MSTG is offering mentorship opportunities. As a Sandplay group, we have come to appreciate the connections we have with other Sandplayers, and how helpful it is to have someone we get to know, whom we can call with questions, chew over challenges in our work, or just get some support from. So we would like to offer a chance to connect with a Sandplayer who has been around for a while and have that person mentor in whatever ways the two of you decide would be most helpful. All MSTG Sandplayers and friends are encouraged to participate in the MSTG mentorship opportunities. For interested sandplayers, mentorship creates a platform for networking and gaining valuable knowledge. For mentors, it gives the chance to connect back by supporting current sandplayers in a unique and rewarding way. This mentoring opportunity is sustained by MSTG folks who volunteer their time to share and provide support while mentees work toward their individual goals. If you are interested in becoming a mentor or mentee and would like to participate in the MSTG mentorship opportunities, please contact kruse.justin@gmail.com or visit our website at www.minnesotasandplay.org for more information.

2016 Board of Directors

President: **Justin D. Kruse**
 President-Elect: **Vacant**
 Secretary: **Lynn Overvoorde**
 Treasurer: **Leanne Ravey**
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 At-Large: **Heidi Rimstad**
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2016 Education Committee

Chair: **Jacque Wiersma**
 At-Large: **Paula Achenbach**
 At-Large: **Dennis Flom**
 At-Large: **Nancy Hawkins**
 At-Large: **Lynn Overvoorde**

2016 Membership Committee

Chair: **Vacant**
 At-Large: **Ellen Dona**
 At-Large: **Nancy Hawkins**

MSTG Board Highlights 7/30/16

- Fall Conference: Fundamentals of Sandplay and In Touch Again. Steve and Ellen agreed to teach fundamentals while Nancy, Jacque, Ellen, and Paula will teach In Touch Again. The conference will take place at Koronis Ministries Retreat Center from September 30 – October 2.
- Jacque was able to get D&O insurance to cover the CPA school project
- Justin is working on a new website for MSTG
- Treasurer's report: Checking = \$1636.00 Savings = \$13,280.00
- Next Education committee meeting will be at Jacque's house on August 9 at 7:00PM
- The next Board Meeting is scheduled for August 20 at 10:00 at Jojo's Rise and Wine in Burnsville.

Renew (or begin) your MSTG Membership Today!

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. It supports the guidelines for the professional practice of sandplay therapy as established by the ISST.

Benefits of Membership include:

- Priority in MSTG seminars and workshops
- Discounts in MSTG seminars and workshops
- Priority for individual sandplay hours with visiting ISST members
- Discounts on books, toys, and miniatures purchased through MSTG
- Special members events + MSTG Minute



Minnesota Sandplay Therapy Group Membership Application

Regular Membership:

1. Persons holding membership in the ISST
2. 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:

1. Persons in training in a field of psychotherapy listed above.
2. 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
- Social Work
- Psychiatric Nursing
- Other _____

Please mail to:

MSTG, c/o Justin D. Kruse
915 S. Front Street
Mankato, MN 56001

Or complete On-Line at:

www.minnesotasandplay.org