

SANDSPIEL



Minnesota Sandplay Therapy Group • 53 Birchwood Road • Mahtomedi, MN 55115

January 2013 Newsletter

25 Years of Sandplay in Minnesota



Kazumiko Higuchi, Barbara Weller, and Grace Hong in Taipei, Taiwan in 2010

It was actually 35 years ago that I first encountered Sandplay therapy in the office of a Jungian analyst. As a child therapist, I was enchanted when I walked into his room filled with

shelves of miniatures and two sand trays, thinking of how much the kids I saw would love this. I was even more enchanted to learn that adults could play too, and I dove right in. "Diving in" was the right metaphor...I soon found out how deep the psychological waters were, how fluidly the sand and toys let me swim around in unconscious material, how refreshing was the change from the behavior modification emphasis all around me at the clinic where I worked.

My search for training in Sandplay Therapy took me to Switzerland, a long interview with Dora Kalff, and her prescription that I study with Kay Bradway, in San Francisco, Estelle Weinrib, in New York, or herself, in Kusnacht. At about that same time, I was

In this Issue:

25 years of MSTG	1-2
January 19 EVENT	2
President Transitions	3
National STA Conf.	4-6
2012 Summer Picnic.....	7
Assembly in Albuquerque	8
MSTG Store	8
Sandplay Tables.....	9
Board Members.....	9
Sandspiel Editor.....	10
Classic Corner	11
Membership Info	11

Images above:

Jacque Weirisma and Leanne Ravey enjoying the MSTG store at the summer picnic; our logo, outgoing president Juanita McCabe; Ellen Saul's home and office and picnic location for 2012

meeting with several Twin Cities therapists in a consultation group centered on play therapy. They peppered me with questions about my new enthusiasm, and I promised to induct them as soon as I had learned enough myself. That was the beginning.

That group evolved, and when Joe Meyer, Regina Driscoll, Jackie Kelley, Ethel Griggs and I first dreamed of bringing this different form of therapy to Minnesota, we had no idea how far our dream would



Barbara Weller with students in Taipei, Taiwan in 2010

take us. By January, 1988, we had had visits from Kay Bradway and Estelle Weinrib, both of whom offered to help us establish training in our region. Our little group had grown when we met that cold evening, and we suddenly decided it was time to do the legal work, incorporate, and form an association. And the Minnesota Sandplay Therapy Group was born.

And what a life we've had since then! Our early efforts led to more conferences and workshops in the Twin Cities. The first national Sandplay Conference was held in St. Paul, run by our fledgling

organization and co-sponsored with the new Sandplay Therapists of America. The profits from the conference provided the very first start-up funds for both organizations. And our speakers since then have included other founding members of the International Society of Sandplay Therapists, including Dr. Hayao Kawai of Japan, Kaspar Kiepenheuer of Switzerland, Andreina Navone of Italy, as well as our beloved American ISST founders, Kay Bradway and Estelle Weinrib.

We traveled to Akumal, Mexico, where we studied the symbols of the Mayan culture. We established two internship programs that provided free sandplay therapy for impoverished children at inner city schools, while also providing free sandplay supervision to the interns. One of them, Grace Hong, wrote her doctoral dissertation on the experience, and then returned to her native Taiwan where she has established a national sandplay association.

Thanks to the efforts of Joe and Doris Meyer, a toy shop was established with miniatures made available at 10% above wholesale cost to its members. Joe and Doris, and later, Mary Dolejsi, Juanita McCabe, and others, have continued the work and brought boxes of toys to our training events, making them available to participants.

If my memory and my filing system were better, I could cite many, many more people who have helped us to grow and develop sandplay as a respected therapy modality in our area. Since the memory and filing system are what they are, I will end with my deepest thanks to all of the people who have made this organization so much more than an organization. To many of us, it has grown beyond a professional, collegial group, to mean a family of loving, dedicated individuals who work together, rejoice together, grieve together, and support one another in our professional and personal lives. And I extend my hope that we will continue to grow, to welcome others to this family, to welcome change and new developments while we appreciate our history.

*Barbara Weller
Founding Member
Minnesota Sandplay Therapy Group
Sandplay Therapists of America*

**MINNESOTA SANDPLAY
THERAPY GROUP
CELEBRATES 25 YEARS!!**

Reminding those who registered for the 25th anniversary celebration to plan your trip to The Clearwater Grill, 5135 North Shore Drive, Duluth, MN on Saturday, January 19, 2013. We look forward to seeing you there!

TRANSITIONS

Dear MSTG Members,

It has been an honor to serve as MSTG President for the past 2 years. It has been a very busy 2 years. We have had the opportunity to collaborate with Sandplay Therapists of America to host the First Annual Sandplay Assembly in Chanhassen, MN. It was an unqualified success. We saw Sandplayers from all around the Country and they saw how MSTG works as a Regional



Group. Speaking of Regional Groups, we have become part of the Regional Development Committee out of STA with a mission to promote the growth of Sandplay Therapy throughout the country. Many on the board were concerned that involvement with this

committee would affect our group's individual autonomy. I want to assure you that MSTG is as always an individually incorporated organization and stands financially and organizationally independent from any other organizations(s). We do have a large presence in STA and have had our own Regina Driscoll on the STA board and as past-Chair. Currently Joe Meyer is STA Treasurer and Ellen Saul is Ritual Chair and she played an instrumental role on the 2012 Conference Committee. In summary, we remain autonomous, but involved with STA.

Joe Meyer has been very active with Regional Development and has sponsored the growth of a group in Illinois. Ellen Saul and Steve Olmsted have co-taught several Fundamentals of Sandplay classes. Steve Olmsted and Dori Pelz-Sherman co-presented at the 2012 conference in Berkeley. We as a group also had a large attendance at the 2012 STA conference, 16 of us. As a result of these outreach activities our membership has grown in the past 2 years.

When I started as President I was not thinking of the countdown to 25 years, I am sure it was brewing in

the unconscious somewhere. What a way to go out as President. We celebrate 25 years of MSTG, bring the group to Duluth, and pass the banner on to Paula Achenbach who is the next MSTG President.

Yours,

Juanita McCabe- MSTG President 2011/2012

Incoming President



Paula Achenbach
Welcome fellow sand play members, I appreciate Dori taking the lead on the newsletter but with that came a request that I write something as a incoming president. In a way I still feel like a newbie but it has been at least ten years ago when I began doing my practice and

perhaps it is time.

My first degree is early childhood education and when I saw a demonstration by Barbara Weller some 12 years ago I knew this would be a natural fit for the kind of work that I was doing with children. Prior to getting my master's in family therapy with child therapy as a specialty, I was a parent educator/early childhood teacher in the St. Paul Schools. For a few years I tried to do both counseling and teaching and eventually moved to private practice. Two years ago I moved my office to my home which I share with my co-therapist Codee- my Jack Russell Terrier - she is a great ice breaker and helpful with ADHD children. Working at home where we have a pond, a lake across the street, chickens and places to play has been absolutely wonderful for the clients and myself. In the summer I do Equine assisted therapy with some of my clients about a mile from here.

I consider myself a life long learner and have sought additional training in play therapy, attachment and trauma. My most satisfying learning has been

(President elect : cont. from p. 3)

with the Minnesota Sandplay Therapy Group. The quality of workshops and trainers is superior. I often say, "With sandplay you can never stop learning."

Historically the leadership with this organization has been outstanding. Other sandplay organizations are amazed with the active participation of here in MSTG. Perhaps this is why I was a little uncertain when I was asked to be president for the association. Could I be as passionate as Juanita? Or as skillful as Ellen Saul? Over the years I have had experience with leadership positions and I know how to run a meeting, but if I were to ask what is our vision for Minnesota Sandplay for the next 25 years or even the next year... it's a little vague. Perhaps it is because I still feel a bit like a newbie. This has been one of the puzzling things about being in this organization. There is such a wealth of leadership and knowledge in the group but at times people don't always know how they fit. It is my hope that we figure out ways for all sandplay therapists to become more engaged. How do we move from being a novice to a "player" in the organization? I look forward to seeing you at the anniversary party and welcome your thoughts. - Paula Achenbach

MSTG at STA 2012: Returning to the Self in Sandplay



MSTG and Minnesota Sandplayers showed up en masse for the 2012 STA National Conference in Berkeley, CA: Returning to the Self in Sandplay. And it wasn't just that 16 of us from MSTG planned, presented and participated in the conference.

Long before there was a conference, there was a Program Committee, and 40% of the Program Committee were Minnesotans:

Regina Driscoll and I had the privilege of serving along with Liza Ravitz, Ellen Searle-Lebel, and Laura Soble. Beginning early in 2011, we met, often through weekly conference calls, and began dreaming the dreams that became Returning to the Self in Sandplay. We wanted to bring to the conference some of the flavor we have been blessed to enjoy through MSTG: awareness of each other grounded in connection to our selves (Selves);

sharing what is deep in our souls; cooperation where ego gets set aside (best scenario) or repairs get made when ego mucks things up (learning/ growing/not-so-easy scenario); connection to movement and the senses; ritual and beauty; expecting the best; carrying through on responsibilities; supporting each other; speaking truth as fully as we are able. So the theme came into being, then the logo, and Minnesotans responded to the call for proposals. As part of the preconference program, Ellen Saul & Nancy Hawkins presented *In Touch Again: The Attachment Therapy of Agnes Bayley and Its Relationship to Sandplay*. Grace Hong and two of her students, Pi-Ling Chen & Tsan-Ju Li, presented *The Use of Sandplay with Extremely Traumatized Flood Victims in Taiwan*. Steve Olmsted and Dori Pelz-Sherman spoke about *Sandplay with Autistic Children*. And at the end of the conference Regina Driscoll and Ellen Saul and the Program Committee brought the conference to a close with *Integration, Reflection & Return*.

And there were more Minnesotans involved. Joe Meyer, as treasurer of Sandplay Therapists of America, was busy throughout the conference, keeping the financial side of things on track. (See “archetypal” picture of Joe the money man!) Most if not all of the MSTG members at the conference responded to a call for volunteers at the STA booth, answering questions, selling tote bags, and making friends for MSTG and STA.

As the conference opened, I was privileged to stand at the front of the hall and welcome everyone. It was a culmination of all the dreaming and planning and nuts and bolts that went into the months ahead of the conference. As we created the circle of sacred space to hold the experience we were embarking on, I spoke these words:

And at the sacred center of each of us, we hold our hearts with compassion and hold each other’s hearts with love. We open our Selves to our time within this community and to the challenges, gifts and surprises which may appear during these days together. We are Returning to the Self in Sandplay.

It was a delight (in addition to all the hours and the work!) for me to be part of a coming together of Sandplayers which included an experience for mind, for body, and for spirit. I loved the surprises, and the challenges, and the gifts we continue to experience and bring as Minnesotans and as members of MSTG into the larger world of Sandplay. - Ellen H. Saul, MS, LP,CST-T



Joe Meyer at the miniatures auction working hard.



Photo montage from the national conference in Berkeley and collected quotes by Juanita McCabe

16 MSTG Members attend the 2012 STA National Conference “Returning to The Self in Sandtray” Berkeley, CA

Members’ Comments

“Way to go MSTG” *Joe M.*

“The presentations by Lauren Cunningham and Dan Nelson were wonderful- gave us much food for thought and established a benchmark for the conference. I especially appreciate the broader, more inclusive notion of manifestations of the self.”

Susan B.

“It’s the reconnections, and the heart-to-heart talks with old friends, and ditto with new ones”

Barb W.

“I return to the ‘collective’ to reconnect with colleagues and to gain more wisdom.”

Stephen O.

“the wonderful enfolding into the community with old friends and new.
Word of the week: numinous”

Jacque W.

“Exceeds all expectations.....This group is becoming my fellow professionals, travelers, friends, and family.”

LuAnn H.

“I had forgotten the sense of community was vital and strong, the bond of connection in the sand extraordinary”

Cil B.

“I am delighted with all the ways the plans for the conference have been bearing fruit! We (the program committee) have had a chance to incorporate MSTG care and attention to detail to this time here in Berkeley.”

Ellen S.

MSTG Summer Picnic July 21 2012 in Faribault, MN

John and I were delighted to welcome MSTG folks to our fairly new-to-us 5 acres between Faribault and Northfield for our summer picnic/connecting time. Some folks came who have been to many other picnics, since we first began having them. Others were new, to MSTG, to the board, and to summer picnics. The prize (if we had had one) for the person who came the furthest would have gone to Dori Pelz-Sherman, who came from her home in North Carolina – how fun that your visit to Minnesota made it possible for you to be there! Families and kids are also welcome and it was great to catch up with friends and make new ones.

In the morning, the MSTG board met and worked on plans for the coming year, including a lot of discussion about the upcoming 25th Birthday in 2013. How exciting – what then was ideas and dreams will be happening January 19-20, 2013, in just a short time!

Juanita McCabe brought a wonderful selection of miniatures to set up, and shopping (traditionally an important part of this gathering!) went on through the day.

Picnic lunch is always potluck, and it was delicious to taste goodies from people's gardens, ovens, and favorite sources! The weather was cooperative and the picnic tables got lots of use. Birds came and went from the birdfeeders a few feet from where we sat, including an adult pileated woodpecker and fledgling. There was a hike on the trails through the woods for those determined enough to brave the mosquitos. And our early apple harvest encouraged some pickers who got motivated by visions of pie and sauce to come.

Throughout the day, over shopping and lunch and in between, we did what MSTG always does – checked in, shared stories and opinions, got more acquainted, consulted on cases, kicked back and relaxed, and worked on and played at building some more of the connection and community which is the bedrock that MSTG is grounded on. If you're in Minnesota for the picnic next summer, welcome and come join us!

- Ellen H. Saul, MS, LP, CST-T



Nancy Hawkins and guest in Ellen's backyard.

2013 STA Assembly Meets in Albuquerque

In 2011 Sandplay Therapists of America (STA) sponsored the first "Assembly" in Minnesota, hosted by the Minnesota Sandplay Therapy Group. This was the expanded STA Members Meeting, designed to offer a wide array of training opportunities. It was wildly successful.

The second Assembly will be held May 31 to June 3, 2013, in Albuquerque, New Mexico, as a collaboration of STA and the New Mexico Sandplay Society. There will be 16 case presentations by STA teaching members and applicants for teaching certification. Group consultation sessions will also be offered, as well as consultation on writing symbol and case papers. Admissions interviews can be scheduled and candidates may be able to schedule individual consultation sessions privately.

The annual STA Members Meeting will also take place, which will include election of new board members and committee members. The Members meeting is scheduled annually; in national conference years it takes place in conjunction with the conference; in non-conference years it now is part of the Assembly.

The STA Assembly offers sandplay CE hours and opportunities for consultation at very affordable prices and it is a great way to network with sandplay therapists from around the country.

The Assembly will be held at Nativo Lodge in Albuquerque; registration opens February, 2013.

- Regina Driscoll, PhD, CST-T



MSTG Store

Featured

Brigid

Celtic Triple Goddess

Healer-Achemist-Queen

(cold cast bronze from Sacred Source / 4 inches tall)

MSTG Miniatures

Miniatures for Sandplay Therapy available to members and event attendees at reasonable prices. For more information call Juanita McCabe 715-781-5494

SANDPLAY TABLES MADE LOCALLY



Joe Meyer, LCSW, CST-T

In 2003 my son Tony had a flu virus attack his heart. As a result he needed to close his building construction company because he was near death for 2 years.

Recovering from under 10% of his heart function to nearly 50% heart function he is now able to do some building again when he feels up to it. Tony has built many sand trays, shelves, cabinets and picture frames and he enjoys doing so. In addition to stand alone trays, Tony has built table top models and miniature trays to be used as part of our miniature collections.

Cost of trays will depend upon the current lumber prices and the type of tray ordered. Table top models with a cover cost about \$275. and stand alone models with two shelves, a cover, highest quality wood and large, heavy duty casters will cost up to \$475. Shipping

will be charged at cost. Tony can be reached at 715-501-4135 or e-mail at:

tonymeyer@hotmail.com.

EDITOR'S NOTE: I have one of Tony's trays and I love it. It is pictured here in my office. The table is sturdy and gorgeous, easily rolls, and offers plenty of added space with the shelves.

Visit our website for calendar of events, updates, and general information. <http://www.minnesotasandplay.org>

Sandspiel is the newsletter of the Minnesota Sandplay Therapy Group, Sandspiel means "Sandplay" in German. The MSTG was formed in 1988 to provide education and training in the area of Sandplay, developed by Dora Kalff of Switzerland.

2012 MSTG Board Members:

Juanita McCabe - President
Paula Achenbach, President Elect
Ethel Griggs - Treasurer
LuAnn Heim - Secretary
Diane Caspers
Lynn Overvoorde
Ellen Dona
Justin Kruse
Ellen Saul - Past President

SANDSPIEL'S NEW EDITOR



I am fortunate to have married a man raised in St. Paul. I was proud to have a Minneapolis zip code twice and I eagerly return to visit and keep connections strong every

July. In the late 80s I taught High School English here, managed Frame Ups, taught art at St. Paul Temple of Aaron, and I was Director of Interactive Design at IVI Publishing in Minneapolis in the 90s where I designed health education technologies for the Mayo Clinic and other health care entities. I have so many positive roots in Minnesota.

I began studying sandplay in 2005 under mentorship at Family Service Agency in Sonoma, CA. As I write this my case paper is being read for clinical STA membership. I have co-organized and hosted six trainings led by STA teaching members: Joe Meyer, Alexander Shaia, David Dermott, and Lorraine Freedle (CST), have memorably taught at my home in North Carolina, and together with a devoted core, we've hosted teaching weekends with Barbara Turner and Yvonne Pennington at nearby locations.

I also use my background in art to



make sandplay miniatures. Several of you have my Torahs, ponds, caves, and archways in your collections. The website for these miniatures is EmbodimentsInSand.com. A few are shown here. I welcome requests - in fact that is how many of my miniatures came to be - by requests from sandplay therapists. There will be some of my pieces at the store at the January 19th Anniversary gathering.

My studies with Joe Meyer began with his teaching visit to North Carolina in 2011.

Attending the Minnesota Assembly that fall offered such a wonderful connection to the

community and I was fortunate to also attend the picnic, persuading me to affiliate based more on my heart's calling than on geography alone. I was honored to co-present with

Stephen Olmsted at the STA national conference - watch for more to come from this dynamic duo. I am delighted to reaffirm my connection to

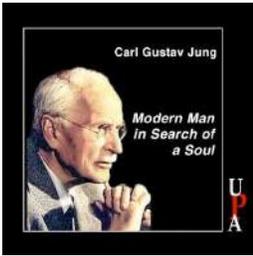
Minnesota by being an active member of MSTG and serving as editor of *Sandspiel*. I invite each of you to look at your sandplay cases, your sandplay book shelf, and

consider writing and submitting an article or book review for the next *Sandspiel*.



Dori Pelz-Sherman, PhD is a psychologist in private practice in Raleigh, North Carolina. She also creates handmade miniatures for sandplay therapists: shown here - Torah, Sword in Stone, and Pond.

CLASSIC CORNER



Modern Man in Search of a Soul by Carl Gustav Jung
Publisher: University Press Audiobooks 2011 | ISBN: 0710016298
Narrated By: Christopher Prince (9 hours)

Frequently I have heard colleagues new to sandplay talk about difficulties in reading Jung. This 1933 classic is an excellent primer when listening to the audio version. Perhaps because these essays were selected for delivery in public speeches, listening to the audio book is sheer luxury. Audible.com is only \$7.50 a month to try it out (with no obligation)- I recommend you try it. For those experts among us, I invite you to revisit this classic and treat yourself to the audio version. I placed it on my phone, plugged it into the car, and found it irresistible, compelling and inspiring. From the publisher: *"A provocative and enlightening look at spiritual unease and its contribution to the void in modern civilization. Considered by many to be one of the most important books in the field of psychology, Modern Man in Search of a Soul is a comprehensive introduction to the thought of Carl Gustav Jung. In this book, Jung examines some of the most contested and crucial areas in the field of analytical psychology, including dream analysis, the primitive unconscious, and the relationship between psychology and religion. Additionally, Jung looks at the differences between his theories and those of Sigmund Freud, providing a valuable basis for anyone interested in the fundamentals of psychoanalysis."* - Dori Pelz-Sherman, PhD

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 the MSTG
- Special members events+ newsletter

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.
3. Psychotherapists living more than 100 miles from the Twin Cities.

Minnesota Sandplay Therapy Group Membership Application

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

Name _____

Address _____

City, State, Zip _____

Phone (H) _____ (W) _____

License of Certificate In:

(Check those that apply)

rPsychology

rPsychiatry

rSocial Work

rPsychiatric Nursing

rOther _____

Please mail to:

Treasurer

Minnesota Sandplay

Therapy Group

53 Birchwood Rd.

Mahtomedi, MN 55115

Thank you for your participation and support.