

# SANDSPIEL

Newsletter of the Minnesota Sandplay Therapy Group

Volume IV, Number 3

October 1992

## Inner Child Lecture, Workshop Nov. 6 and 7

The MSTG and the Minnesota Art Therapy Association (MNATA) are co-sponsoring a lecture and experiential workshop called "Recovery of Your Inner Child" Nov. 6 and 7 with Lucia Capacchione, Ph.D., A.T.R. Known for her discovery of the healing power of writing and drawing with the non-dominant hand, Lucia Capacchione is an art therapist with a doctorate in psychology who serves as a consultant to Walt Disney Imagineering and is nationally recognized as an author and workshop facilitator. Her books include *The Power of Your Other Hand*, *The Creative Journal*, and *Recovery of Your Inner Child*.



Lucia Capacchione, Ph.D.

Both the lecture and the workshop will be held at Plymouth Congregational Church at 1900 Nicollet Avenue, Minneapolis. The lecture is Friday, Nov. 6, 7:30-9:30 p.m., and the workshop is Saturday, Nov. 7, 8:30 a.m.- 5 p.m. Cost is \$75 for members, \$90 for non-members. Cost for the lecture only

**Art show on  
"Reflections of  
the Inner  
Child,"  
November 1992.  
See page 4.**

is \$10 members, \$15 non-members.

Participants at the Saturday workshop must attend the Friday night lecture and are strongly encouraged to read *Recovery of Your Inner Child* before the workshop.

While use of the terminology "Inner Child work" is currently widespread, Dr. Capacchione's workshops are distinguished by an emphasis on experiential techniques including drawing, writing, voice dialogue and movement designed to provide safe first-hand experiences of the Inner Child.

In *Recovery of Your Inner Child*, Dr. Capacchione says, "It is one thing to talk about the Inner Child, it is another thing to consciously experience it as a real living presence.... Unless we enter into the Child state in a safe setting the Child Within will remain isolated and alone. Unless we reclaim our childlike feelings, sensitivity, wonderment and aliveness, our Inner Child will remain wounded."

In the same book, Dr. Capacchione discloses that her own personal journey toward recovering and healing the Inner Child was precipitated by a life-threatening physical illness. While literally struggling for survival, she found that writing and drawing in a personal journal were key elements of her healing process.

"The art that poured forth at this time was clearly coming from the unconscious. It had a strangely mysterious quality, as though I was writing in a foreign tongue. It was

filled with symbols that I did not understand intellectually, but which spoke directly to my soul. After these drawings I always felt better physically and emotionally.

"In this early drawing, (see illustration) a child appears underground crouching in a fetal position. Her tears of sorrow are watering the roots of a tree in which a heart has been split in half by storms. But high up in the sky is a butterfly, a harbinger of new beginnings. When I did this drawing, I had no idea what I was doing or why. The images appeared mysteriously on the page, as if my hand had done the drawing on its own, much like automatic writing.

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Tears of sorrow water the roots.  
(Reprinted with author's permission from  
*Recovery of Your Inner Child*,  
Publisher Simon & Schuster.)

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# Return to the Maya: Jan 1993

Plans are taking shape for our return to the Yucatan Peninsula of Mexico for our second winter residential seminar. Participants may attend either or both of two weeks. Registration preference will be given to MSTG members.

**Week One-** Travelers from the Twin Cities will fly on January 18 to Cancun by MLT charter flight. After meeting the other

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## Four Friday Evening Seminars Offered for '92-'93

Four Friday evening seminars will be sponsored by the MSTG as part of its 1992-1993 academic year. The seminars will be preceded by pot luck suppers with opportunities for socializing and previewing new sandplay toys. The informal, free presentations and discussions will begin at 7 p.m.

The topics are as follows:

- Oct. 2** - "The Symbol of the Polar Bear" by Carol Kindschi at her home, 2129 Larpenteur West, Falcon Heights. (Please notify Carol Kindschi or Larry Greenberg at 642-9417 if you plan to attend.)
- Dec. 4** - "The Structure of the Psyche" by Mary Ann Miller, a Jungian analyst new to our community, at Doris and Joe Meyers' home, 1648 13th Avenue, St. Paul Park. (Please notify Doris or Joe at 458-3115 if you plan to attend.)
- Feb. 12** - "The Symbol of the World Tree" by Regina Driscoll.
- April 23** - "The Symbol of the Owl" by Joe Meyer.



participants, we will travel by van to Chichen Itza where we will visit the "newest" of the ruins. During the sound and light show that evening, we will see the descending serpent on "El Castillo" (the major pyramid), a dramatic introduction to our exploration of the vision serpent. During the next six days, we will travel back in time visiting the increasingly older ruins of Uxmal, Labna, Sayil, Kabah, and Palenque. The cost for the week: \$750, includes lodging, some meals, ground transportation, round trip air fare to Palenque, guides, and registration.

**Week Two-** (January 25-February 1) In the residential seminar in Akumal, we will continue to explore Maya symbols and rituals. We will focus our discussions on selected symbols and rituals, including the vision serpent, pyramids, caves, caverns, and cenotes (wells), and the Tree of Life. We will have ample opportunities to experience and see the symbols of the ancient and present day Maya. We will visit the nearby ruins of Tulum at sunrise, if approved by the Mexican government. In Coba, a

major ceremonial site of the ancients, we will climb the tallest pyramid in the Yucatan to experience sunset over the jungle. In Xel-ha we will stand beneath the sacred Ceiba tree and experience its grandeur. We will swim and dive in a cenote and visit a cave in which the ancient altar still holds carved stones for burning copal. Cost for the week: \$550 to \$650 (depending on type of accommodation chosen), includes lodging, some meals, ground transportation, guides, and registration. Airfare to Cancun will be up to the individual.

Akumal (Maya for "place of the turtles") is a quiet village on the white sands of the Mexican Caribbean in the heart of Maya culture. Accommodations will be the participant's choice of sharing a house on the quiet waters of Yalcul Lagoon or an ocean-front condo on nearby Half-Moon Bay. There will be ample time to snorkel the beautiful waters of the lagoon or bay, walk on the long white beaches of Sian Kan, or read under a palm.

Please call Carol Kindschi at (612) 642-9417 with any questions.

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## Six Internships Sponsored at Two Locations

The MSTG is sponsoring six internships for therapists at two locations for the academic year 1992-93.

Four interns will provide 20 therapy sessions to each of 10 inner city children at St. Stephen's Catholic School in Minneapolis. This is the second year of MSTG internships at St. Stephen's. Barbara Weller will supervise.

Also, two interns will team with two client advocates at Incarnation House, a Minneapolis residence for women and their children. Many of the women have been physically or sexually abused, have abused drugs or alcohol, and have been in trouble with the law. As a result, many of them have difficulty managing their children.

The therapy with the women will focus on bonding and attachment issues through the use of the multi-sensory ("floor games") work developed by Agnes (Nessie) Bayley and her colleagues of England. Supervision will be provided by Barbara Weller who has studied with Nessie and who has been teaching the material here.

The internships provide a rich opportunity for therapists to offer free community service, as well as deepen their own training through supervision.

The interns at St. Stephen's for this year include Priscilla Braun, Grace Hong, Kate Davis Rogers, and Carol Tellett. The interns at Incarnation House are Carol Kindschi and Joe Meyer.

# Course Offerings in Sandplay Therapy, 1993

The Minnesota Sandplay Therapy Group is sponsoring two courses in Sandplay Therapy during the 1992-93 academic year. Both courses are intended for therapists who have completed their individual sandplay work and are using, or intend to use sandplay in their work with clients. The instructor for both classes is Barbara Weller, who is certified by the International Society for Sandplay Therapists (ISST) to provide Sandplay training. Sandplay supervision groups also will be offered.

## BEGINNING SANDPLAY PRACTICE

- is open to those who have completed their individual sandplay work and are licensed or otherwise certified to provide psychotherapy in Minnesota.
- will meet for eight two hour sessions on the third Wednesday of each month beginning on October 21.
- content will include: Sandplay in the context of other forms of therapy; the elements of Sandplay; ethical issues; assessment of a client's readiness to use Sandplay; the Sandplay process, from initial session, encountering the shadow, constellation of the Self in Sandplay, relativization of the ego, and termination of the process; transference and co-transference; recordkeeping; and researching sandplay symbols.
- size will be limited to eight participants. The course will be cancelled if there are fewer than five registrants.
- cost is \$240. Registrants are asked to make a deposit of \$100 at the time of registration. Balance is due January 1, 1993. Registrants are expected to pay for all classes, whether or not they attend them.
- participation will count as 16 seminar hours toward the 100 required for those pursuing ISST certification.

## ADVANCED SANDPLAY SEMINAR

- is open to those who have completed their individual sandplay work, have taken Beginning Sandplay Practice, and wish to explore Sandplay therapy in more depth, using material from their own clinical work.
- content will focus on the archetype of the Shadow.
- classes will begin with a full day workshop on "Monsters, Shadow and Transformation" on Saturday, October 10, and will continue with as many two hour evening seminars as there are participants in the class, to allow each to present and discuss his or her own work relevant to this topic. Seminars will be scheduled at the mutual convenience of the participants and instructor.
- cost will be \$80 for the Saturday workshop, and \$30—\$32 for each of the evening seminars. Participants will be expected to pay for all seminars, whether they attend them or not. Deposit of \$100 due at registration, balance 1/1/93.
- all hours will count toward the 100 required for ISST certification.

## SANDPLAY SUPERVISION GROUPS

- are open to licensed or otherwise certified therapists who have completed their individual Sandplay work and are currently using Sandplay in their clinical practice.
- will begin in October, and will consist of 4 or fewer therapists and the supervisor, Barbara Weller.
- cost will be divided among the participants; total cost for each two hour session will be \$160; four participants would each pay \$40.
- hours of actual supervision on cases will count toward the 30 required for ISST supervision; hours discussing the cases of other participants count toward the 100 required seminar hours.

## MSTG Miniatures Adds Art Supplies to Store

MSTG Miniatures store is at the home of Joe and Doris Meyer, 1648 13th Avenue, St. Paul Park, MN, 55071. In addition to miniatures, we have recently added art supplies: paints, brushes, markers, paper, colored glue, glitter pens, mask-making kits, etc. MSTG Miniatures buys at wholesale and sells to members with just a 10 percent markup so the savings are appreciable.

We are presently working on getting connected with Hopi Indians in the Southwest so we can purchase authentic kachinas, dolls which represent spirits, from the wholesalers or directly from the artists. We are now in the first round of telephone calls to work out the details. Hopefully, we will have kachinas by the first of the year.

If you wish to shop just call Joe or Doris at 498-3115 to set up a time.

*Sandspiel* is the newsletter of the Minnesota Sandplay Therapy Group, 3616 19th Avenue South, Minneapolis, MN 55407, Tel: 612-724-0854. *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. 1992-93 board members: Joe Meyer, President; Regina Driscoll, Mary Ellen Einspahr, Ethel Griggs, Carol Kindschi, Lynn Thompson, Alice Wagstaff, and Barbara Weller. *Sandspiel* Editor: Mary-Lynn Harrison. Editing, Regina Driscoll. Typeset and Design: Clay Schotzko.

## Art Therapists Sponsoring Inner Child Art Exhibit

The Minnesota Art Therapy Association (MNATA) is sponsoring its third art show the month of November 1992. Called "Reflections of the Inner Child," the show is being held in conjunction with Lucia Capacchione's workshop co-sponsored by MNATA and the MSTG on Nov. 6 and 7.

The opening of the show will be Sunday, Nov. 1, 1-4 p.m. at the Howard Cohn Fine Arts Center at Plymouth Congregational Church, 1900 Nicollet Avenue, Minneapolis. Everyone is welcome to attend. There is no charge.

Members of the MSTG may submit art work done by either a client or themselves for the art show. Art pieces might include items such as dolls, clay pieces, sculpture, paintings, photography and drawings. Due to limited space, one piece per artist is recom-

mended. The cost for entering the show is \$5 per artist.

All entries need to be submitted to Kate Davis Rogers by Friday Oct. 6th. She may be contacted at 724-6241.

### Board Meetings

Tuesday, Oct. 13  
Wednesday, Nov. 11  
Wednesday, Dec. 9

All of the above at 7 p.m.  
Barb Weller's house.

Saturday, Jan. 9  
Combination members'  
meeting and 5th birthday party.

## Inner Child

(Continued from page 1)

The symbols came from a very deep corner of the unconscious."

Dr. Capacchione's lecture will focus on theoretical background for Inner Child work including exploration of mythology and fairy tales centered on the Child Archetype. On Saturday, Dr. Capacchione will guide participants through a series of experiences with the goals of discovering the Inner Child, exploring the Inner Parent, and celebrating the creative and spiritual child.

Workshop participants are asked to bring drawing materials such as crayons, pastels and/or felt-tip pens, and prepare to let the child come out to play.

—Holly Smart



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