

SANDSPIEL

Newsletter of the Minnesota Sandplay Therapy Group

Volume VII, Number 2

October 1995

A Men's Post-conference Gathering

We were ten men meeting at the Sojourner Inn on three days following the National Sandplay Conference to discuss issues of men and boys in sandplay. We were from different places, of varying ages, and represented differing life experiences. (Martin Kalff/Switzerland; Daniel Nelson/New York; Dean Knickerbocker/New Mexico; Vincent Pastore/North Carolina; Steve Olmsted and Joe Meyer/ Minnesota; David Capitolo, Alexander Shaia, Brian Lukas, and William Matty/California.) Yet we shared the common ground of sandplay and the hunger for deeper appreciation of the male experience. Some of us had opportunities for individual and group consultation on cases of men or boys. All of us shared materials relating to our experience and knowledge of male development. We explored symbols and legends of the male process and witnessed their expression in the various cases presented.

Prior to the conference, I raised questions with Alexander Shaia, the organizer of the event. I wondered how those who did not become involved in consultations would gain from this

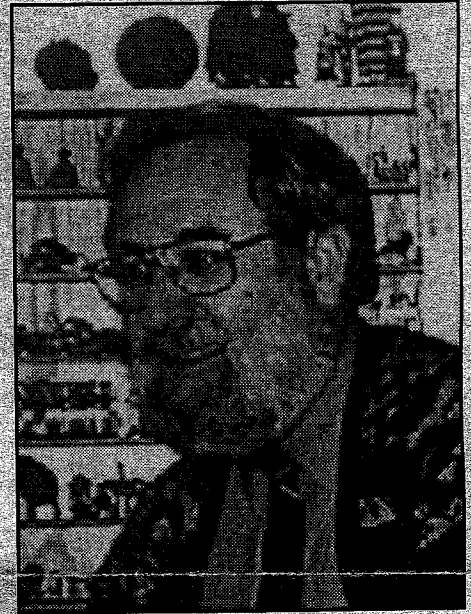
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Joe Meyer Becomes Member of ISST and STA

It's official - Congratulations go to Joe Meyer who became a teaching member of ISST and a member of STA this past summer, capping his long career as a mental health professional. The membership followed acceptance of his two papers, "The Owl" and "The Little People", and his case report that he will be presenting to a fall MSTG Friday Night Program. (To be held on a Saturday morning, of course. See Calendar of Events on page 2 in this issue.)

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The 1995 Third National Conference on Sandplay: "The inability of important things to be expressed in words."

The third national conference on sandplay, "Sandplay: The Silent Voice of the Soul," took place May 28 - 31, 1995, at Skamania Lodge, on the Columbia River in Stevenson, Washington. More than 300 participants from around the country and around the world gathered to hear such long-time stalwarts in sandplay as Kay Bradway and Martin Kalff, and to get a glimpse of significant emerging figures such as Alexander Shaia, Barbara Weller, and Sheila Dickman Zarrow.

The conference began Sunday night with dinner and a discussion by Karen Signell of several aspects of silence: silence in the sandplay process, the silence of creation, and silence as the harsh critical parent. She was joined by Allen Chinen, who entertained the audience with folktales from around the world.

The real work of the conference began the next morning however when Martin Kalff, an ISST founding member and son of sandplay developer Dora Kalff, gave one of his finest presentations, "The Three Roots of the Sandplay Tree." In this talk, Kalff gave a moving and insightful discussion of the three major influences in Mrs. Kalff's life and work: Margaret Lowenfeld's World Technique, the depth psychology of Carl Jung, and Eastern, particularly Buddhist, philosophy.

Martin began his talk with two minutes of silence, long enough for a huge room of talkative people to get a small glimpse of the power of silence. He then reflected thoughtfully on the nature of silence and that which stands in opposition to it: tolerance and compassion against racism; contemplation

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In Memory of Paul R. Bergh

January 24, 1942 to August 4, 1995

It is with great sadness that we note the passing of Paul Bergh, a founding board member of MSTG, husband to Linda Bergh, current board member, and father to Kirsten. His unexpected death on August 4, 1995 followed acute heart failure. Memorials will go to the Waldorf High School Initiative in the Twin Cities and can be sent to Linda Bergh at 4315 Xerxes Ave. South, Minneapolis, MN 55410.

His outrageously playful mind,

His generous big heart,

Open kind hands,

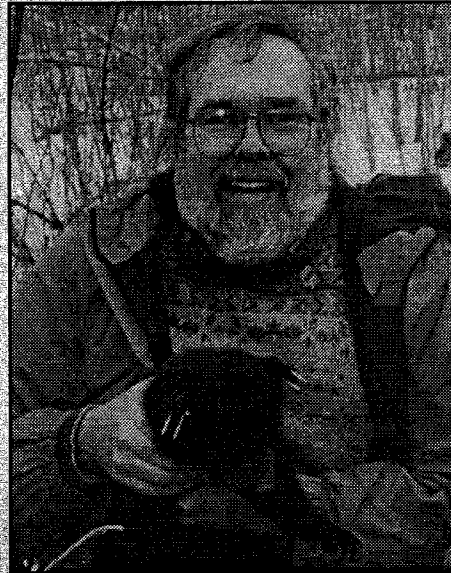
Curious French Soul,

Irreverent quick wit,

And strong persistent spirit

Will be missed by all who know him

And be remembered with Love.



Paul with a bear cub, Winter 1995

Gathering cont. from p. 1

experience. As the seminar progressed, some men did seem to feel "on the outside". Our gathering consisted at first of individuals and small clusters of men who had known each other previously. Some of our conversations were quite parochial and excluded those who did not share the common background.

During one of our group discussions, one man confronted us that something was missing. We realized we were not "in sync". Someone suggested we bring out the drums. This was a magical moment. Though we did not lay a hand or a stick on the stretched skins or the hollow wood chambers, our spirits and our hearts started beating with a common rhythm and we were transformed into community. The evening progressed with a sharing of deep intimacy among all of us.

Chris Holder was instrumental in the preparation of this event, yet he was not able to attend. He helped select the accommodations for the group. His spirit seemed with us through out. On the last day, he stopped by the Sojourner Inn but several had left. However, his visit allowed us to honor his connection to us and to grieve his

physical absence during the seminar.

The location was ideal. Our hosts, Bob and Judy Yeckel, were completely in tune with our group and very supportive of our mission. Actually, the gathering provided many magical moments and synchronicities. Both Bob and Martin had spent a period of time in Tibet and were able to share that experience. While browsing in shops in a nearby town someone found a tea pot we presented our hosts on the last day. The pot was formed in the shape of a chef. When Judy saw it, she immediately exclaimed "That's Bob" and we all agreed. For me, the Trickster was at work when I couldn't find slides for my group presentation. I had to reverse my cases as I did have slides for the boy I had planned to use for individual consultation. It turned out that the Trickster was a better chooser than I would have been, and the presentation worked out perfectly. William and I drove over the bridge to Hood River as we each successfully confronted personal fears. Several of us took hikes to a beautiful falls to solidify this initiation into this community of men who play with sand.

— Stephen W. Olmsted

Calendar of MSTG Events

OCTOBER

"Second Saturday Members' Event"
October 7, 1995
MSTG Retreat
(All members encouraged to attend)
9:00 to 4:00 p.m.
Carondolet Center, St. Paul, MN

Saturday, October 21, 1995
Introduction to Sandplay
United Hospital Conference Rooms B and C
8:30-4:00
Taught by Joe Meyer and Regina Driscoll

Wednesday, October 25, 1995
Board Meeting (All members welcome)
7:00 p.m.
Home of Carol Kindschi and Larry Greenberg

NOVEMBER

Friday, November 3, 1995
"Sandplay, A Grace Beyond Words"
with Alexander Shaia, Ph.D.
9:00 to 12:00, Carondolet Center, St. Paul, MN

7:00 p.m., Friday, November 3- to noon, Sunday,
November 5, 1995

"Ritual, Ceremony and Sandplay"
with Alexander Shaia, Ph.D.
Residential Seminar, Villa Maria, Frontenac, MN

DECEMBER

Wednesday, December 6, 1995
Board Meeting (All members welcome)
7:00 p.m., Place to be announced

"Second Saturday Members' Event"
December 10, 1995
10:00 a.m. to 12:00
Case Presentation: Joe Meyer
Place: To Be Announced

LOOKING AHEAD TO 1996

January 7 to the 14, 1996
"Movement of the Ancient Now"
Residential Seminar, Akumal, Q. Roo, Mexico

January 14-21, 1996
"Movement of the Ancient Then"
Travel to Maya Ruins, Q. Roo, Mexico

Late Winter and Spring, 1996
Advanced Sandplay Seminar
"Myths, Fairy Tales, and Sandplay"
led by Barbara Weller

Consultation with Lauren Cunningham
February 2-3, 1996

Members' Birthday Party
Saturday, February 2, 1996

"Second Saturday Members' Event", Feb. 10, 1996
"Eastern Philosophy and Sandplay"
with Grace Hong

"Second Saturday Members' Event", April 20, 1996
"The Pelican" with Holly Smart

Consultation with Lucia Chambers
May 2-3, 1996

Consultation with Lauren Cunningham
September 6-7, 1996

Beginning Sandplay Therapy Practice
Fall, 1996

Residential Seminar October 7-11, 1996
with Hayao Kawai, Ph.D.
Villa Maria, Frontenac, MN

MSTG Education and Training Policies

The Minnesota Sandplay Therapy Group was founded nearly eight years ago to provide a local forum for those interested in learning about Sandplay Therapy as conceived and taught by Dora Kalff, and for those interested in pursuing certification as a Sandplay therapist. The MSTG promotes diversity and breadth of training by bringing additional Teaching Members certified by the International Society of Sandplay Therapists to this area to support the work of the two in Minnesota, allowing separation of the functions of personal work and training as much as possible.

As more and more people become interested in Sandplay, attend conferences here and elsewhere, and work toward certification by ISST, we would like to reiterate the guidelines and policies agreed upon when MSTG was founded and which were incorporated in our mission statement and by-laws. (A side note here - we hope that all of our members will attend a one day retreat to be held October 7 at the Carondelet Center. It's time, we believe, to reexamine our mission, include everyone in a "historicizing" process, consider our story, and go on, together, with the writing of it. If you are a member and have not received an invitation, please call 724-0854 or 642-9417.)

MSTG supports and follows the training guidelines established by ISST and the national affiliate, the Sandplay Therapists of America. We try to practice both the letter and the spirit of these guidelines and the evolving rules of the groups. Like any young, growing organization, ISST/STA is defining and re-defining itself in the light of perceived needs of the professional and client communities. In this publication (Sandspiel) we will try to provide periodic updates and discussion of various aspects of the rules, guidelines, and regulation. . . all the ways we attempt to build and maintain the container, the "free and protected space" within which Sandplay therapy can unfold. Here are just a few of the primary principles considered in defining the rules regarding training.

1. One cannot take another where one has not gone oneself. . . therefore, doing one's own, personal sandplay work with a qualified Sandplay Therapist is the most important aspect of the training, and should ideally precede any other form of training in

Sandplay (e.g. attendance at seminars, workshops, or supervision.) If certification as a member of ISST/STA is the eventual goal, it is required that the personal work be done with a certified member of ISST/STA.

2. Because we recognize that Sandplay gives tangible expression to unconscious material, which can lead a client to profound, preverbal levels of the psyche with the possibility of healing deep seated psychological wounds, we also recognize that such a method must be used with great respect for its power. Sandplay is not suitable for use in groups, nor should it be demonstrated "live" in educational seminars. It should take place only within the safe and protected space created by the therapeutic relationship between client and therapist. Slides of anonymous sandplay scenes, used only with the written permission of a client who has completed her/his sandplay work and whose anonymity is protected, are often used in training to provide the visual impact of this method; study of such work is an essential part of training in Sandplay.

3. The practice of Sandplay requires the ability on the part of the therapist to create a free and protected space wherein the client can explore and come into contact with his or her own potential for healing and creativity. Therefore, the therapist must not only have experienced this potential for him/herself, but be able to recognize and accompany the clients on their journeys. This ability to "journey with"

means the therapist must also have extensive training in recognizing the unfolding patterns of the sandplay process and the significance of many of the symbols used. The therapist should also be able to recognize and deal with the "co-transference" phenomena of the client's process. For this reason, many hours of seminars, workshops and personal consultation and supervision conducted by Teaching Members of ISST/STA are required prior to certification by ISST.

4. To become a Teaching Member of ISST requires an additional four years following certification. During that time, members develop and demonstrate their teaching skills by co-teaching with a Teaching Member of the Society, and through publication and presentation of their work in professional journals and at national and international forums.

5. Occasionally, members of MSTG who are not certified will provide introductory information about Sandplay as a form of psychotherapy. It is expected that non-certified members of MSTG will notify participants that these introductory sessions do not constitute training to do Sandplay Therapy, nor do they lead to certification.

I hope that anyone reading this material will feel free to direct questions or comments to this newsletter, or to any member of the Board of Directors of the Minnesota Sandplay Therapy Group.

— Barbara Weller

Publication News!

綜 說

美國心理治療新趨勢

梁信惠*

Grace Hong, a MSTG board member, authored an article, "New Trends of Psychotherapy in the United States", printed in the August, 1995 edition of the Chinese Journal of Mental Health. In the article she reviews several modes of psychotherapy while focussing especially on sandplay. Congratulations Grace!

unconscious of the patient appears in the tray and is recognized by the therapist that healing begins; no words are needed to effect this process. Bradway then went on to show a case which was the one she had presented at the first national sandplay conference in St. Paul in 1989; in the intervening years, she had had the opportunity to review the slides with the client, and had gained additional insights. It was illuminating to see the way this brief series of trays reflected an important piece of work and had presaged issues to be dealt with in the future. Bradway pointed out that "a brief process can be complete, yet not represent complete development." Instead, the process may show a blueprint for future work. She ended by pointing out that it is important not to interpret the work too soon, and sometimes the best thing the therapist can do is to be silent with the process.

In addition to the Kalff and Bradway presentations, there were breakout sessions that gave conference participants a choice of four workshops from among 20 presentations. Among the highlights were Alexander Shaia's "Ladder to the Soul," which illustrated his thoughts on masculine development, Sheila Dickman Zarrow's "Psyche Expressed in the Sand," which was a challenging integration of music, art, and sandplay, and Vera Braunbehrens' "Transforming Energy of Fire," a beautiful case presentation.

There were other enrichment experiences for participants as well, with an art room, videos of Dora Kalff and others, opportunities to buy books and miniatures, all in a beautiful wooded setting on the Columbia River on a glorious summer weekend. As always when the tribes gather, there was the incalculably valuable opportunity to reconnect with old friends and colleagues from elsewhere, to make new friends, and to have the chance to reflect upon one's own work and deepen one's experience without the distractions of everyday life.

MSTG members can look forward to working with Alexander Shaia when he comes to Minnesota for November's "Ritual, Ceremony and Sandplay," and Barbara Weller will be presenting on "The Thirteenth Fairy: Treachery and the Forgotten Feminine" in the 1995-96 MSTG Advanced Sandplay Seminar. MSTG members at Skamania, impressed with Vera Braunbehrens, are already plotting ways to bring her to Minnesota as well.

— Regina Driscoll



Ritual, Ceremony and Sandplay with Alexander Shaia, Ph.D.

Friday, Nov. 3 to Sunday, Nov. 5, 1995

Villa Maria, Frontenac, Minnesota

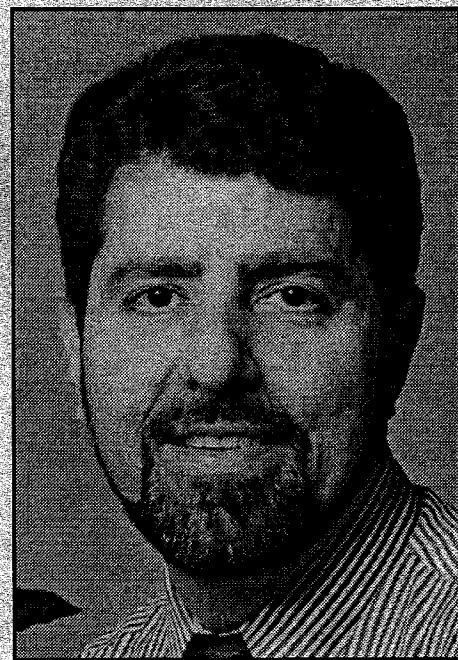
"Sandplay by its nature is a rite of passage matching the four-fold movement of ancient rites of initiation. As a rite of passage, sandplay inherently employs ritual and ceremony in the service of healing," says Alexander Shaia, who will lead a weekend residential retreat on the banks of the Mississippi River, November 3-5, 1995. In this weekend retreat, we will explore the four-fold movement of the ancient rites as seen in the sandplay process of modern day men and women. We will also look at sandplay in its ritual and ceremonial aspects, addressing ways therapists may enhance this awareness in practice.

Dr. Shaia is a teaching member of the International Society for Sandplay Therapy and on the executive council for the Northern California Sandplay Society. He is a Jungian-trained psychotherapist who holds a doctorate in clinical psychology, as well as degrees in cultural anthropology, education, and religion. He has written numerous works on initiatory practices and the bridge between psychology and spirituality.

The conference is intended for persons who have some personal experience with Sandplay. It will be held on the banks of the Mississippi River at the Villa Maria Center in Frontenac, Minnesota. Accommodations are simple in a beautiful setting. We will spend Friday evening to Sunday afternoon with lecture, case

material, and experiential opportunities, as well as time for leisure. There will be opportunities for private consultation sessions with ISST teaching members Alexander Shaia, Barbara Weller, Donna Johnson and Joseph Meyer.

Registration Costs: \$215 (MSTG member) / \$255 (non-member) include single room for two nights, three meals on Saturday, brunch on Sunday, snacks, materials and tuition. Please contact Carol Kindschi at (612) 642-9104 for additional information.

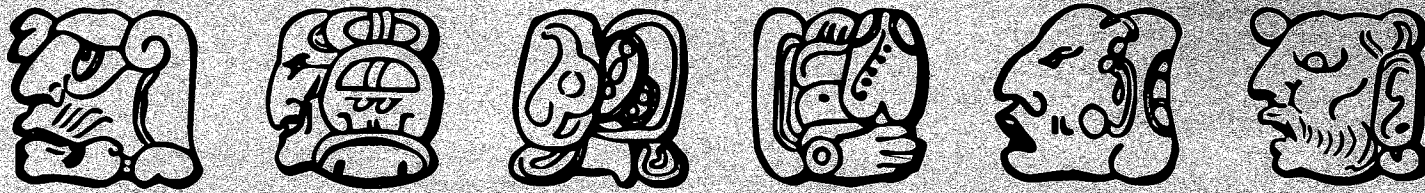
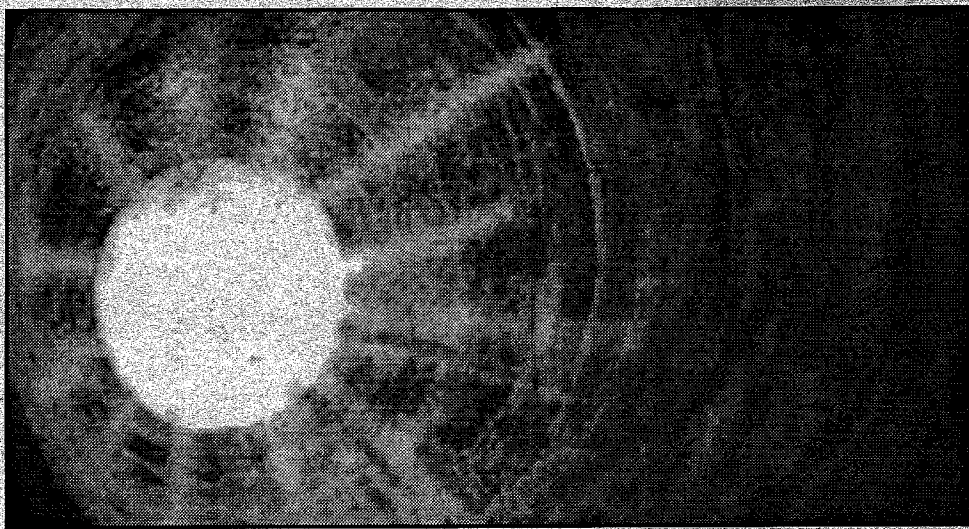


Alexander Shaia

Sandplay

A Grace Beyond Words

Alexander Shaia (see article on page 5, "Ritual, Ceremony and Sandplay") will teach an introductory session on sandplay with a special emphasis on sandplay's relationship to spiritual growth and development. This session will take place Friday, November 3, 1995, 9:00 am to 12:00 noon at Carondelet Center in St. Paul, MN 55116. Cost is \$30 (MSTG member) / \$35 (non-member). Please contact Carol Kindschi at (612) 642-9104 for additional information.



Movements of the Ancient Now

January 7-14, 1996, Week One

MSTG will sponsor its third residential seminar in Akumal, Quintana Roo, Mexico. Blending our Sandplay therapy experiences with the Maya context and cosmology, we will focus on the importance of movement as manifested in places of passage and creation (e.g., caves, cenotes or open wells, and temples/pyramids), sound (music and drumming), everyday village life, and sacrifice.

The weeklong residential seminar will include theoretical and clinical discussions, visits to caves, cenotes and pyramids, and selected experiences

(such as clay work with a traditional Maya kiln and visit to a Maya "milpa" [cornfield] which is central to the Maya seasonal movement), as well as ample opportunities for informal and individual activities.

This seminar is open to anyone interested and is not limited to Sandplay therapists. Discussants will include Andreina Navone, J.A., ISST member from Rome Italy, Kaspar Kiepenheuer, M.D., ISST member from Zurich, Switzerland, and Hilario Hiler, a local guide fluent in English, Spanish and Yucatek Mayan.

The residential seminar will take place in Akumal, Q. Roo, Mexico. Akumal (Mayan for "place of the turtles") is a quiet village on the white sands of the Mexican Caribbean in the heart of Yucatek Maya culture. Cost: \$750.00/person (double occupancy) MSTG member, \$790.00 Non-Member, includes ground transportation, breakfasts, three dinners, guides, entrance fees and materials. Airfare to Cancun is not included. Some single occupancy options may be available for a cost supplement. For additional information or a brochure, call Carol Kindschi or Larry Greenberg at (612) 642-9417.



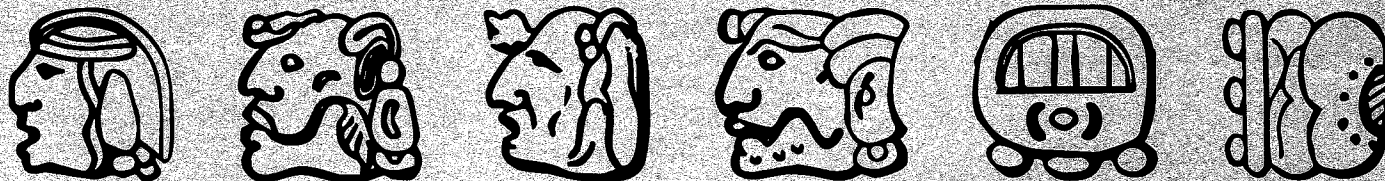
Movements of the Ancient Then

January 14-21, 1996, Week Two

Building on the experiences of week one, we will travel for a week to places in the southern part of the peninsula taking us through the ruins of Becan, Xpujil, Chicanna, and Kohunlich. We will visit the Calakmul

Biosphere Reserve and the port city of Chetumal with the acclaimed Museo Cultura Maya, a recently-opened large museum. Hilario Hiler will introduce us to seldom-visited traditional Maya villages. This seminar is open to anyone

who attended week one, and is limited to 16 participants. The costs will be divided among the number of participants to allow us the most flexibility to take advantage of experiences as they are available but should not exceed \$850.00, all-inclusive of guides, transportation, rooms, and meals. Attendance in Week One is a prerequisite.



Sand and Psyche

An Introductory Seminar on Sandplay Therapy

October 21, 1995, 8:30 - 4:00

MSTG will co-sponsor an introductory seminar on Sandplay with Children's Health Care-St. Paul at United Hospital, St. Paul, MN. Participants will learn the history of sandplay therapy, the underlying Jungian infrastructure of sandplay and the basics of sandplay practice. They will also see case examples of both children and adults. The seminar will be taught by Joseph Meyer, MASW, LICSW (see article, page one), a teaching member of the International Society of Sandplay Therapists, and Regina Driscoll, Ph.D, LP, a child clinical psychologist and clinic director for mental health services at Children's Health Care.

This seminar provides 5.5 hours of seminar

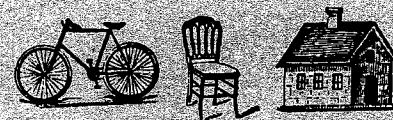
attendance towards the 100 hours required for ISST certification. The cost is \$60 (MSTG members) / \$75 (non-members). Please call Regina Driscoll at (612) 220-6900 or Ethel Griggs at (612) 220-6723 for additional information.



MSTG Miniatures Shop Closes!

On May 10th we moved the total remaining inventory of the MSTG store into storage. Doris and Joe will continue to watch for special items members may need for their collections. With the store closed you may wonder why we would continue to shop. We plan to take a portion of the items out of storage for Saturday Morning Seminars, conferences, and special meetings. Then members will be able to continue to obtain quality items at reduced prices. It is also possible to purchase miniatures by appointment; please call Joe or Doris Meyer at 612-458-3115

— Joe Meyer



MSTG Defies Inflation, Keeps Membership Fee the Same.

Please renew (or join for the first time) now.

The Minnesota Sandplay Therapy Group was formed in January, 1988, to support the work of 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 on 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

Regular Membership is offered to:

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 as approved by the MSTG Board.

Associate Membership is offered to:

1. Persons in training in a field of psychotherapy as 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) _____

Thank you for your participation and support

License or Certificate In:

(Check those that apply)

- Psychology
- Psychiatry
- Social Work
- Psychiatric Nursing
- Other _____

Please mail to:

Treasurer
Minnesota Sandplay
Therapy Group
3616 19th Avenue South
Minneapolis, MN 55407

Joe Meyer continued from page 1

Joe, born and raised on a farm in southern Minnesota, graduated St. John's University and married Doris in 1957, beginning their family that now contains six children and eight adored grandchildren. After a brief stint in the army and getting his pilot's license, Joe worked as a county welfare department case worker before obtaining his MA in social work in 1965 from the University of Iowa. From 1967 until 1994 when he retired from the St. Paul Public Schools, he was a school social worker, spending his last nine years on the assessment team at Children's Hospital in St. Paul. He continues his part-time practice of psychotherapy in his home office while he and Doris meet with architect and builders, planning to begin their retirement home on their land on the Apple River in nearby Amery, Wisconsin.

In 1983, after hearing Barbara Weller's presentation, Joe began training in sandplay. In January, 1988, he became one of the 12 Founding Members and the first treasurer of MSTG, which was created to promote training in sandplay. He completed his personal process in the early 90's and has the unique distinction of

being the only MSTG member to attend all of the meetings and all of MSTG's many, many teaching and training events here and in the Yucatan! Among the many training activities, Joe participated in the first St. Stephen's Project (a sandplay internship in the inner city) and obtained advanced training with Agnes Bayley, learning (and now teaching) her system of working with families and children with attachment disorders. In addition to being president of MSTG (1992-1993), Joe and Doris developed and ran "the MSTG store" in their home, enabling most of us to acquire valued additions to our own collections of miniatures at very favorable prices.

Looking forward to continued work with colleagues and increased opportunities to help therapists learn about sandplay (and life), his eyes twinkled and smiles creased his face as he leaned back and quietly, thoughtfully voiced some of his reflections from his many years of clinical experiences and living. Looking every inch like the wise, loving grandfather that he is, he thought about what sandplay meant to him. "It's a method of focusing or connecting

therapist and client, frequently at a profoundly deep, nonverbal level, which enhances the growth and development of the client. I see it as a very spiritual or soul connection, at least some of the time—a meeting of inner spirits in that place of silence between therapist and client."

Speaking of a soul connection, there's no question but that Joe and Doris are two halves of a very special couple who share and enjoy life together. Whether traveling, walking their land together, selling miniatures, or just being, the newest STA/ISST member and his wife deserve our salutations for a job well done and a life well lived. We look forward to many years of sharing and learning with them.

—Larry Greenberg

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 Kalf of Switzerland. 1994-95 board members: Carol Kindschi, President; Joe Meyer, Ethel Guggs, Carol Kindschi, Lawrence Greenberg, Linda Bergh, Alice Wagstaff, Priscilla Braun and Barbara Weller. *Sandspiel* Editorial Staff: Carol Kindschi, Regina Düsecoll and Stephen Lander. Typeset and Design: Clay Schützko.



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