

# Book Club

## Journey into the Soul: A 3-Session Deep Dive into C.G. Jung's Memories, Dreams, Reflections

Sandplay therapy is rooted in the depths of Jungian psychology. To practice it, we must read Jung. But more than that, we must cultivate our symbolic capacity. This May and June, the Hong Kong Sandplay Therapy Association (HKSTA) offers you an opportunity to move beyond reading.

This is not a typical book club. This is an immersive 3-session in-person workshop designed to explore the landscape of the psyche through the lens of Jung's "Memories, Dreams, Reflections". This book is a roadmap of his inner life: his confrontation with the unconscious, his split with Freud, and his development of concepts like Individuation and the Self.

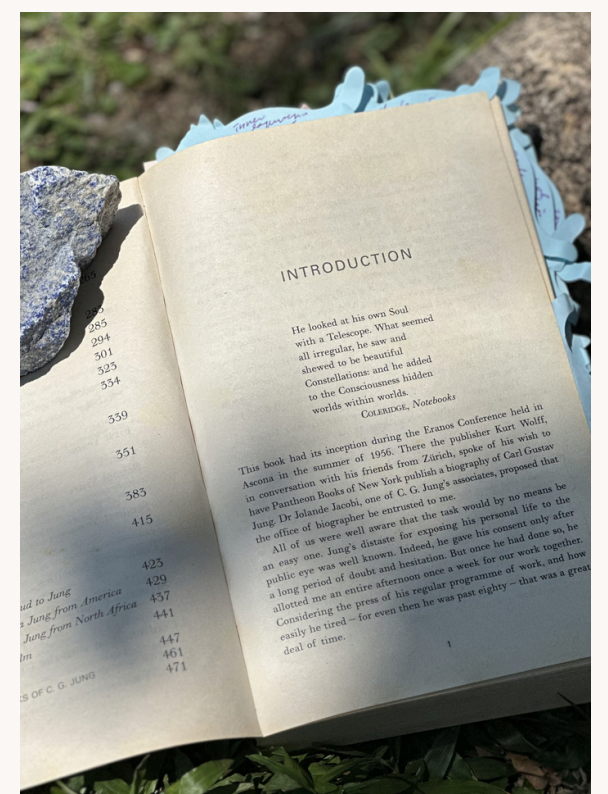
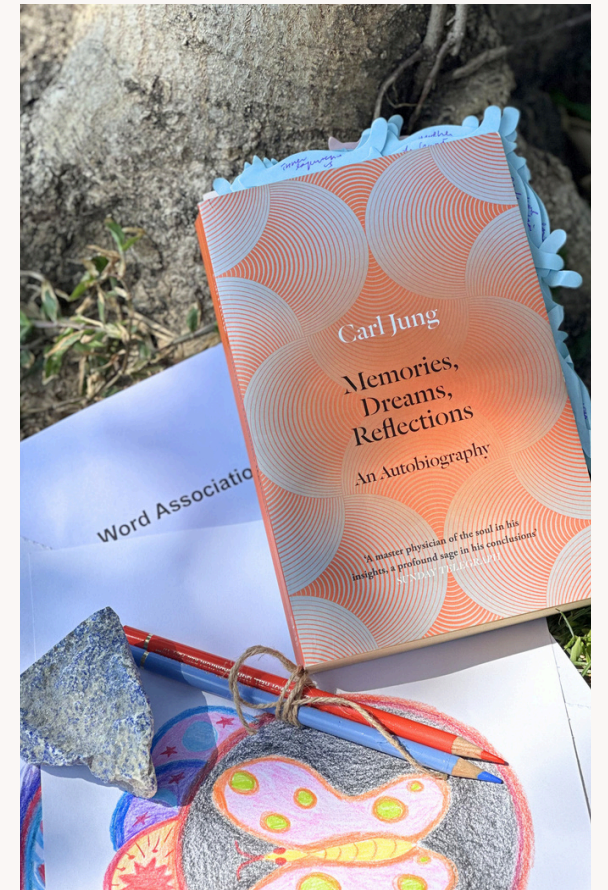
Over three, 2.5-hour sessions, we will not only discuss these pivotal moments but also engage in experiential activities designed to connect you with your own unconscious, just as Jung did.

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### What You Will Explore:

- Session 1: The Roots of the Psyche – The Child, the Stone, and Two Personalities
  - Session 2: The Descent – The Complex, Freud, Visions
  - Session 3: The Integration – Travel, Death, and the Self
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### Who Is This For?

This journey is for therapists, students of psychology, or anyone who has ever felt a pull towards the mysterious depths of their own being. You will get the most out of the workshop if you read the book beforehand.

### Your Guide:

Cheung Yee Ping Chris, Jungian Analyst, Sandplay Therapist, Educational Psychologist

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**Dates:** 17/5, 31/5, 7/6/2026 (Sundays)

**Time:** 3-5:30pm

**Address:** YL Workspace, Rooms 903 & 905, Harvest Building, 29-35, Wing Kut Street, Central, Hong Kong (Sheung Wan MTR Exit E1)

**Mode:** in-person

**Language:** Cantonese

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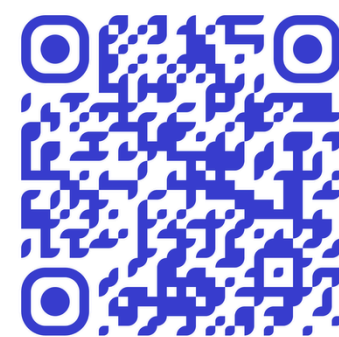
**All are welcome.** Space is limited, first come first served.

**Fee:** \$300 for HKSTA members, \$600 for non-members

**Registration link:** <https://forms.gle/t8Mjqf9MX8o2sHZD9>

**Deadline:** 10/5/26

CE pending



Chris is a certified Sandplay Therapist (2022) and Jungian Analyst (2025), and currently serves as the Chairperson of the Hong Kong Sandplay Therapy Association (HKSTA). With over 20 years of experience as an Educational Psychologist in local schools, her practice has evolved to focus on depth psychology. She integrates extensive training in Ericksonian hypnotherapy, art-based therapeutic approach, play therapy, sandplay therapy, and Jungian psychology to offer a unique therapeutic space where clients can access deep, unconscious material.