

ISST NEWSLETTER

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International Society for Sandplay Therapy
Associazione Internazionale della Sandplay Therapy
Internationale Gesellschaft für Sandspiel Therapie
國際箱庭療法学会

November 2023



INTERNATIONAL SOCIETY FOR SANDPLAY THERAPY

The ISST Newsletter provides information about the ISST organization and ISST Sandplay Therapy as developed by our founder Dora Kalff. It aims to facilitate communication between all ISST members and to provide access to current research, events, and educational opportunities around the world in the field of Sandplay Therapy.

ISST encourages the highest quality of ISST Sandplay therapy practice from ISST Certified sandplay therapists and represents more than 400 certified members from 18 Member Societies and other Individual Members around the world.

Please visit our website for information about education and training in ISST Sandplay:

www.isst-society.com

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Disclaimer

Message from the ISST President

Takuji Natori

Memory of Ruth Ammann-sensei

“I felt, using this tool, I could survive in the world of psychology/psychotherapy”

Ruth Ammann

In 2022 I was able to visit Zürich to offer a seminar in the Summer Intensive Study Program (ISP) at the C. G. Jung Institute. During my stay, I visited Ruth Ammann-sensei's office and we talked together at a nearby restaurant. I visited Zürich again this year to offer a seminar in ISP. Ruth-sensei and I had made a promise to meet during the stay, but she did not reply to my email. I left a message and a souvenir from Japan at the office of the Institute and returned to Japan. On 7th August, just after the online Board Meeting (6th August), I received an email from the family of Ruth Ammann-sensei. It was really very sad news for me and for us all. I decided to visit Zürich again to attend the funeral ceremony.

Here I would like to share a copy of my memorial address at the funeral ceremony in the Reformierte Kirche in Bergdietikon on 15th August.

A message of condolence

Dear friends and family of Ruth Ammann-sensei,

It is a great honor for me to be able to share my condolences in person and I thank my colleague, Maria Kendler-sensei, a Vice President of ISST and the President of SGSST, for translating my words.

To the family of Ruth Ammann-sensei, please accept my deep sympathy for your loss.

My name is Takuji Natori, from Kyoto, Japan. I speak first as a student, colleague, friend, and then as President of ISST on behalf of our international Sandplay community.

I first heard Ruth-sensei speak in 2001 at a Summer Program of C. G. Jung Institute Zürich. Her lecture touched me emotionally, supported my heart as a psychotherapist.

Later when my family and I lived in Zürich while I studied at the Jung Institute, she always extended kindness and attention to me and my family. Our relationship grew and deepened. She never forgot to ask about my wife and daughter. When my daughter was young, she often said she wanted to become an architect. Perhaps it was somewhat influenced by Ruth-sensei's presence.

In 2007, when I was invited to give my first lecture at the Jung Institute, she attended and listened passionately. I remember she had tears in her eyes at the end.

Still later, during times when we met in Kyoto, we would share photos and news of our families. Finally last year, she asked me to stop addressing her with the formal "Ruth-

sensei" and to call her "Ruth", as we were friends. How thankful I felt to hear this request.

Now I would like to speak also as President of the International Society for Sandplay Therapy (ISST). As you know, Ruth-sensei trained with Dora Kalff and generously shared what she had learned from her, along with her rich experience of Sandplay therapy and Jungian analysis. From 2003 to 2011 she was President of ISST. Her leadership was very stable, realistic, intelligent, and warm. The reach of her travels and teaching through the world was extensive.

In 2006, she gave a lecture on Architecture and Hakoniwa, Sandplay in JAST congress in Kyoto. She related Architecture was "Outer tangible space," Psychology was "Inner intangible space," and Sandplay was "In between." She stated: "(...) as Sandplay makes the inner world of Psyche visible and tangible, and the body is moving and emotions can flow, I felt, using this tool, I could survive in the world of psychology/psychotherapy." (Ruth Ammann, 2006, manuscript)

In the congress of ISST 2009, she gave a keynote lecture on "The Inner Beauty of Hakoniwa," where she talked about a paper "On Beauty" she had written when she was 19 years old. In this early paper, she had pointed out the beauty of transition: "This beauty has to do with transition, with special moments of growth and development. " As painful as it is, perhaps the beauty of this special moment we are sharing here together. In her lecture she stated, "(...) I would like to emphasize how important it is for all of us to

be attentive to the "small" moments of beauty because they nourish our soul. Let us take this to our heart for our life (...)" (Ruth Ammann, 2009, Manuscript)

For me, Ruth-sensei was a "teacher" with dignity, intelligence and vigor, but at the same time a "lady" always wearing colorful and beautiful clothes, and a "mother" always caring for the family and students. Needless to say, as a "therapist" she embodied the deep feeling and wisdom of Jungian psychology.

A few days ago, as my flight from Japan approached Zürich airport, something in me wanted to stay in the air longer, not to land so soon. It seems too early a farewell and I feel very sad.

However, just as she noted, there is "Outer tangible space" and "Inner intangible space". On an outer level, we must say goodbye to her. But on an inner level, and somewhere in between, I feel she will always be with us. Every time we see a transient image in the natural light, every time we feel the moist and comfortable smell of greens in a garden, and every time we encounter a sign of inner beauty and creative power in Sandplay, we will be reminded that she will always be with us as an "Inner intangible teacher and friend."

(In Sandplay Ruth-sensei taught us to always be mindful to the base, the foundation, the ground. Hence, she recommended the practice of always taking a picture after removing all of the Sandplay figures. We will be forever grateful for the rich and solid foundation she helped and created for us. [At the funeral, this part was not read for saving the time.])

*Good bye and thank you so much, Ruth-san.
I appreciate your everlasting being together
with us.*



Ruth Ammann picture taken by Takuji Natori

I would like to offer my special thanks to Betty Jackson-san who kindly gave advice regarding English expression of my manuscript and Maria Kendler-san for making and reading the German translation of this message at the funeral.

With a kind help by Maria-san, flowers were offered from ISST, SGSST, and some members of JISST at the entrance of the church.

Since October 2023, people in Israel and Gaza have been suffering from the collective violent situation. Please allow me to express sincere sympathy to those who are suffering.

As I wrote in Spring 2022 Newsletter, I pray for all of those who are suffering and I long for the restoration or creation of peaceful situation in the world.

At the Board Meeting on November 12th, passing away of **La von Bobo-san** (STA) and **Linda Dean-san** (STA) was shared and we offered a prayer for them.

We have some **new Board Representatives** since August 2023.

Happily, representatives of the new member societies have joined: **Braam Beetge** (SASTS) and **Heather Lesley Swan** (STANZA), from the BM of August 2023.

Ms. Jaquelyn (Jackie) **Kelley** has replaced Ms. Jill Kaplan (as the Second representative of STA, from BM Nov. 2023), Mr. **Ulrich Gundermann** has replaced Dr. Thomas Mantel (DGST, from BM Nov. 2023), and **Prof. Dr. Yasuhiro Suzuki** (Prof. Masayoshi Hironaka as substitute) has replaced Prof. Tomoko Ajima (JISST, BM Nov. 2023). I deeply appreciate the sincere contributions of Jill-san, Thomas-san, and Tomoko-san for their contributions to ISST.

[Note: “-san” and “-sensei” are suffixes for showing respect to a person and a teacher in Japanese. Please allow me to use this expression. Takuji Natori]

NEWS FROM MEMBER SOCIETIES

Links to the Member Societies websites as shown on the homepage of the ISST-website



New Society Members: Australia/New Zealand (STANZA) and South Africa (SASTS)



There are **Individual Members (IM)** in the following countries:
Belgium, Denmark, France, Indonesia, Poland, Romania, Russia, Singapore and Uruguay.
(info: isst.office@gmail.com)

AISPT Italian Society for Sandplay Therapy

President: Vito La Spina

ISST Board Representative: Maria Elisabetta Quaglino

BISS British & Irish Society for Sandplay Therapy

President; co-chairs: Natasha Salter-Ling and Judy Filmore

Board Representative: Natasha Salter-Ling

CAST Canadian Association for Sandplay Therapy

CAST administrator: Rachel Harris

ISST Communications: Maria Iosue

CSST Chinese Society for Sandplay Therapy

President: Heyong Shen

ISST Board Representative: Heyong Shen

DGST German Society for Sandplay Therapy

President: Ulrich Gwinner

Board representative: Ulrich Gundermann

HKSTA Hong Kong Sandplay Therapy Association

President and ISST Board Representative: Sally Chan Shook Yim Chan

IBTS The Brazilian Institute for Sandplay Therapy

President: Lucia Azevedo

Board Representative: Lucia Azevedo

ISTA The Israeli Sandplay Therapists Association

President: Robin B. Zeiger

ISST Board Representative: Bert Meltzer

JISST Japan Society for ISST Members

President: Yasunobu Okada

ISST Board Representative: Yasuhiro Suzuki; substitute: Masayoshi Hironaka

KAST Korean Association of Sandplay Therapy

President: Sr. Hyerim Kim (Cecilia)

ISST Board Representatives: Sr. Hyerim Kim (Cecilia) & Boyoung Kwon (Christina)

KSST Korean Society for Sandplay Therapy

President: Sanghee Lee

ISST Board Representative: Aekyu Park

LSST Latvian Society for Sandplay Therapy

President: Līga Rāviņa

ISST Board Representative: Vera Ščerbakova

NVST Dutch Society for Sandplay Therapy

President: Jellemieke Hees-Stauthamer

Board Representative: Theresa Foks-Appelman

SASTS South African Sandplay Therapy Society

President: Braam Beetge, Vice-President: Retha Roux

ISST Board Representative: Braam Beetge

SGSST Swiss Society for Sandplay Therapy

President: Maria Kendler, vice-president: Alexandra Moser Nura

ISST Board Representative: Viola Scheller

STA Sandplay Therapists of America

President: Antoinette Eimers, Vice-President: David Dermott

ISST Board Representatives: Lorraine Freedle and Jacquelyn Kelley

STANZA Sandplay Therapists of Australia/New Zealand

President: Heather Lesley-Swan

ISST Board Representatives: Heather Lesley-Swan

TSST Taiwanese Society for Sandplay Therapy

President: Min Li Chiou

ISST Board Representative: Pi Ling Chen

CONTRIBUTIONS from INDIVIDUAL MEMBERS

Board Representative Individual Members: Marina Ionescu

Substitute: Marianne Mobeck

AISPT Italian Society for Sandplay Therapy

President: Vito La Spina

ISST Board Representative: Maria Elisabetta Quaglino

Report by: Maria Elisabetta Quaglino

At the present time, AISPT counts 47 members; 35 of them are ISST Members and 4 are also ISST Teaching Members.

Currently, the **Board Members** are:

President – Vito La Spina

Vice-President – Mariella Saletti

Treasurer – Patrizia Vittorioso

Counsellors – Paola Rocco and Anna Sampaolo

First of all, a brief update about all AISPT activities that have been organized during the year, thanks to the effort of our Training Committee and our associates.

Besides Open Days to introduce AISPT Training Programmes (we look forward to starting both a new cycle of our four-year School of Specialization and our two-year Master), the series of conferences entitled “Lo studiolo dell’alchimista” (“The Alchemist Study”) is continuing online with very interesting topics that allow participants to deepen their knowledge of Sandplay Therapy and have a look at images of sandtrays, connecting theory and practice through clinical examples.

Our annual meeting in Florence is going to be held at the beginning of December this year and it will be an opportunity for both old and new members, as well as for the students of the Training Programmes who have completed their training hours, to share case studies and be together for two entire days.

I would now like to share with you all some memories and thoughts about **Ruth Ammann**, who recently passed away.

Ruth Ammann has been a colleague and friend to many of my teachers, and even if I haven’t had the chance to know her a little bit better, I remember her very well: I initially met her during my first ISST Congress in 2013 in Venice, then on many other occasions I have had the chance to listen to her precious words, not to mention that the books she has written have been very important during my training years. To me, she was a pillar of Sandplay Therapy, but I guess everyone who knew her and her outstanding work would say the same. When we were informed of her passing away, there was a deep and felt “movement” through our Association; many of us have written and shared their thoughts and memories of Ruth, and I was very moved reading the words of my colleagues, feeling like I was having a really thorough, “round” image of this woman. Some of us have written that she had the talent to see what was good in each and every person and let him/her know so that he/she could be aware of it and make it possible to work with that potential; some have said she was intelligent, dedicated, generous, human, brave, resourceful and an intrepid researcher; some others remember her as a wonderful polyglot and a tireless traveller. She loved literature and classical music, she was an excellent organizer and a fair and just woman. Some have had the chance to be with her at Dora Kalff’s, and some remember that she knew how to take care of others but at the same time also of herself; she always listened to everyone’s ideas while still detecting the potentially

problematic aspects of a situation, warning about them without ever being judgemental; she had rules to follow but also knew how to be flexible if the situation required it. She also used to say that too many words can be unsettling and that it is the image that can truly guide us if we give it space and “listen” to it. It was 2018 when I listened to her at the 16th Sandplay Therapy Congress organized by the SGSST and DGST in Pura.

Part of the collective image created



During the Congress a giant Sandplay space was set up, and everyone could be part of it in whichever way they wished, exploring creativity and letting images rise, individually, but to eventually create something collective. I was very impressed with that idea and after Ruth Ammann spoke I went to the sand and let my hands freely create something: it all resulted in a sort of “snake-path”, and only afterwards I realized it ended where a circle had been made by someone else before me and in its centre there was a dancing figure surrounded by feathers.

One year later, at the 25th ISST Congress in Berlin in 2019, Ruth Ammann’s speech was about the final review after a Sandplay therapy process, in her words that “unique possibility

to experience and understand how a series of images can change and develop two lives: the life of the one who creates and the life of the one who recognizes the creation”; during that speech she said that “when hands, sand and soul are in balance, positive and negative aspects of the complex are in balance”, and it was something I found very interesting and true.



My “snake-path” and the dancing figure

All this came to my mind when I thought about her before writing these words, and while remembering that collective giant sandplay in Pura, for a moment I also thought about the “snake-path” I made, as if the glass stones were all the sand pictures of a process, resulting in something new and lively, the dancing figure, which had been put there by someone else, but was somehow connected to my path.

I thank Ruth Ammann for all the food for thought she has given us in life, and I hope we can continue to be as passionate as she was about the work we carry on with our “sandplayers”.

BISS British & Irish Society for Sandplay Therapy
President; co-chairs: Natasha Salter-Ling and Judy Filmore
Board Representative: Natasha Salter-Ling

Report by: Natasha Salter-Ling - Co-Chair of BISS and ISST BM

BISS has kept busy this year, and remains focused on promoting our training, encouraging interest in Jungian Sandplay Therapy and supporting our trainees through certification. Vitaly important too is encouraging those who are certified to become teaching members; this will become especially relevant as some of our elder members move into retirement and we wish to ensure an adequate number of BISS teaching members to supervise, teach and read papers. As a small society this remains a challenge for BISS.

As we shared with our members the sad news of Ruth Ammann's death, I recalled the first sandplay presentation I attended which was by Ruth in Amsterdam, 2004. I was inspired by her work, and it was at this moment that I turned to colleagues and said I wanted to train as a sandplay therapist. I loved her use of language around both gardens and architecture and the parallels drawn in our clients' sandplay processes. Recently, I looked over my edition of *Healing and Transformation in Sandplay* and found my handwritten notes from that day. I smiled as I read that I had underlined the words: "*It's important to be a playful person!!!*". Many of the BISS teachers knew and worked with Ruth, and our trainees will continue to benefit from her writings.

In June we held our AGM. Our exec committee has grown as we have welcomed back some old and new members who work in various roles. Several trainees have also passed symbol papers or become ISST certified. The 2022 training cohort also completed their theoretical training in July.

We are putting plans in place for the next BISS conference, which will take place June 21-23, 2024 in Ulverston, Cumbria, on the edge of the Lake District. We hope that colleagues from other ISST member societies will consider joining us, and we have Theresa Foks from NVST as our keynote speaker. The theme of the Conference is 'Facing the Dragon – Transformation in Turbulent Times'. Rumour has it that it is a Cumbrian dragon which slumbers under the hills!



At a recent Storytelling group, we also enjoyed a 'dragon tale' with the Japanese legend of Tamatori Hime. The tale of an Ocean Dragon and a female pearl diver. It was an evocative and touching tale.

BISS bi-monthly webinars continue. Carlo Ruffino presented on fairy tales and sandplay, and in November Sue Chapman will present on working with Sandplay during the Covid pandemic and Emma Allen and Birgitte Kiorboe will present on Father Christmas, and the symbolism of Fire in Sandplay Therapy.

These webinars are open to all BISS members as well as IM's and IRCs.

So, as the nights draw in, leaves settle and the garden beds down for the winter, I end with a quote from Ruth Ammann.

"How many adults know in which direction the window of the living room faces? Which plants, birds and insects live in their garden? And how many know the garden of their soul?"
(Ammann, 1991.pg12)

Maggie Baron – Head of Training:

BISS Executive is busy with the prospects of the coming year 2024. We are planning our next training cycle which happily, has been able to function for some years now.

New applicants are enquiring, some having begun personal processes. The cycle will begin in April 2024. We are delighted that three of our students became BISS/ISST members this year and our co-teachers who worked hard this year are close to applying for ISST recognition.

The other project of importance is the BISS Conference which has usually happened alternate years. Having been disrupted by the pandemic we had not felt that the idea of only offering zoom was an option. In 2024 we will be inviting people to a lovely part of the UK where both landscape and weather will hopefully be inviting. Thanks to the finalising of a venue by our Co-Chair Judy, we have a setting for the conference. The Coronation Hall is in the centre of Ulverston, in the area where Dora Kalff is known to have visited and attendees will be offered the chance to visit the Manjushri Centre where Dora Kalff taught.

Tribute to Ruth Ammann by Diana Jansen

Ruth is one of the few people who trained as a sandplay therapist with Dora Kalff. She believed absolutely in the healing power of Sandplay, and in her teaching, she felt the need to pass on to us all Dora's understanding that

healing activated by Sandplay comes from a deep unconscious level... deeper than can be experienced, by talking alone. She has been a leading influence within the worldwide Sandplay community from the beginning. She was a gifted teacher and fine lecturer, and her energy for spreading the understanding and teaching of Sandplay throughout the world was legendary. She was an exacting teacher and could not stand poor standards, sloppy thinking, or the uninformed use of Sandplay without recognition of the healing that is activated in the deep unconscious. All of us in the worldwide Sandplay community have been influenced by Ruth in some way or another, and her legacy, both from her writing and from her teaching, will continue, along with that of Dora Kalff.

The poster for the British & Irish Sandplay Society 2024 Conference is titled "Facing the Dragon: Transformation in turbulent times". It features a central image of a dragon in a sandplay tray. The text on the poster includes the dates "21 - 23 JUNE", the title "FACING THE DRAGON", and the subtitle "Transformation in turbulent times". It lists the included activities: Friday Eve (Opening the conference: Summoning the dragon; a Drumming Workshop), Saturday (Speakers including Keynote Speaker Theresa Foks from the Dutch Society for Sandplay Therapy & Lunch), and Sunday AM (Speakers & Lunch). Optional extras include Saturday Eve (Meal & Entertainment) and Sunday PM (Visit to Manjushri Buddhist Centre). The cost is listed as £200 for BISS & ISST Members (early bird rate available until 30 January) and £250 for Non Members. The venue is The Coro in Ulverston, Cumbria, England, LA12 7LZ. A QR code is provided for booking, and the website www.sandplay.org.uk is mentioned.

CAST Canadian Association for Sandplay Therapy

CAST Administrator: Rachel Harris

ISST Communications: Maria Iosue

Report by: CAST Executive Committee (Maria Iosue, Sylvia Simonyi-Elmer, Carmen Oprea, Jennifer Leaf) & Administrator (Rachel Harris)

CAST Updates and Highlights

- CAST has **95 members** this year, who have all been invited to our Annual General Meeting on November 19, 2023.

- Preceding the AGM, CAST presents a special presentation by **Isabelle Favreau**, CAST's first Sandplay Practitioner

Isabelle will present her symbol paper, *Le symbole du poisson* (The Symbol of the Fish). The presentation will be followed by a Q & A session. Isabelle will present in French, with a simultaneous English translation.

- The **CAST Disability Round Table** is an open discussion group that meets regularly for a continuing dialogue about the level of inclusivity of neurodivergent persons and persons with physical disabilities in Sandplay training and in Sandplay practices, pathways for expanding inclusivity and possibilities for advocacy and change.

- CAST is working to establish **the Nehama Baum Bursary Fund** in honour of Dr. Nehama Baum, the single most influential founder of the Canadian Association for Sandplay Therapy

Acknowledging dark and difficult times

The CAST Executive Committee wishes to acknowledge the collective weight of deep and profound suffering both far and near. From ongoing wars and recent atrocities in too many parts of the world, to devastation from wildfires within our borders and the painful

ongoing work of reconciliation with our Indigenous communities, these outer destructive forces reverberate within. On a human level, whether or not we are directly impacted, the tentacles of fear and hopelessness reach us, and our inner worlds are unsettled.

As professionals entrusted with caring for our clients' psyches, our members also encounter the pain and confusion carried by others in an intimate way.

We want to acknowledge the courage and dedication of our CAST and ISST communities for the work you do each and every day, to create the Free and Protected Space internally and in your practice. And we recognize that your commitment to Sandplay Therapy reflects your faith in the symbolizing and creative capacities of the soul to transform and heal.

The executive committee has considered the possibility of creating **communities of practice** to bring CAST members together in a virtual setting to share and discuss both challenges and opportunities in their Sandplay practice. Given recent events, if this engagement would be of interest to you, please contact the administrator. Sustaining our community during these dark and difficult times is an action of peace and hope that reaches both innerly and outwardly. In the poet's words, may we wrestle in community with the "doubts and loves" that can "dig up the world".

The Place Where We Are Right
by Yehuda Amichai

*From the place where we are right
Flowers will never grow
In the spring.*

*The place where we are right
Is hard and trampled
Like a yard.*

*But doubts and loves
Dig up the world
Like a mole, a plow.
And a whisper will be heard in the place
Where the ruined
House once stood.*



CSST Chinese Society for Sandplay Therapy

President: Heyong Shen

ISST Board Representative: Heyong Shen

**Report by: Wu Yan, He Jingyu,
Cai Chenghou**

A. Upcoming Conference

We are delighted to extend an invitation to our esteemed colleagues for the 10th International Conference on Analytical Psychology and Chinese Culture. This significant event is a collaborative effort by the China Society for Analytical Psychology (CSAP) and will be held in the scenic city of Qingdao on Dec. 8th. The theme for this year's conference is "*Heartfelt Influence and Transformation: The Wisdom of I Ching and Analytical Psychology*," which also commemorates the 150th anniversary of Richard Wilhelm's birth. We sincerely welcome you to attend the conference in Qingdao or join us online!

B. Public Welfare Events

In 2023, CSST joined with the Oriental Academy for Analytical Psychology, China Society for Analytical Psychology, and the volunteer teams of Garden of Heart and Soul and Morning-glory Psychology Service Program, jointly initiated the program "Healing Hearts, Transforming Compassion", which aims to provide psychological support and services to cancer patients and their families.

As of now, 13 counselors have commenced their work and completed psychological services specialized in cancer for 22 individuals. At the same time, more than 60 psychological supervisors and counselors are on standby, ready to start work at any time.

C. Membership & Scholarship

Now there are **28 members** in CSST, among which there are **11 ISST Certified Members**, including new members: Chen Yunlian, Qian Xiaoyan. It is especially worth celebrating that there are 3 new ISST Teaching Members this year, they are Qian Yongxia, Ye Lin and Lin Shu-Chiung.

This year, several CSST members published Chinese and English papers in many local and overseas journals such as the Journal of Sandplay Therapy, Journal of Analytical Psychology, etc. They are: Cai Chenghou (1p), Yang Dengle (2p), Qian Xiaoyan (3p), Liang Jingyu (3p), and Hu Manji (5p).

D. Sandplay Therapy Training in JULY

Every year, July is a thematic month for Sandplay Therapy, outside of the regular training events. This July we organized a series of 5 lectures led by Theresa Foks-Appelman. In addition to this, we had a week-long ground seminar with our honored colleagues, Luigi Zoja, Eva Pattis, Lorraine Freedle, Heather Lesley-Swan and others, for both Sandplay therapists in training and candidates from all over the country.

E. In Memory of Ruth Ammann, our beloved and highly esteemed friend

Since the ISST Seattle Conference in 2003, Ruth has formed a profound connection with Mr. Shen and Ms. Gao, frequently traveling between China and Switzerland over the span of two decades. During this time, she has played a pivotal role in nurturing numerous

Chinese Sandplay therapists for the development group, now known as CSST, significantly contributing to the growth of Sandplay therapy in China. Her sincere friendships with Dr. Shen & Ms. Gao, as well as many Chinese Sandplay therapists, analysts, and psychology students, are a testament to her dedication and affection towards the community.

Upon receiving the devastating news from Ruth's family, Gao Lan and Shen Heyong were with our members and trainee therapists at Mount Jiuhua in Anhui for our yearly learning expedition.

This site is revered as the dojo of Ksitigarbha Bodhisattva, the embodiment of love, compassion, and mercy, who guides sentient beings, alleviates their suffering, and awakens them with profound compassion. In this sacred space, we profoundly mourn and pay tribute to our respected friend, Ruth Ammann.



DGST German Society for Sandplay Therapy
President: Ulrich Gwinner
Board representative: Ulrich Gundermann

Report by: Ulrich Gundermann

Board membership changes: Dr. Günter Still left the board of directors and Petra Neu is the new member.

The DGST Executive Board has recently focused on attracting more members to the DGST, especially to participate in training courses. In order to make Sandplay more known, we have set up a series of lectures together with SGSST. The lectures take place online twice a year and are designed with a low threshold, so that as many interested people as possible can attend. In the last lecture, Thomas Mantel spoke about "The Search for Male Identity and Self-Development" on the basis of a case, and before that Alexander von Gontard spoke about "The Effect of Sandplay on Children and Adolescents". There were 56 in person participants and 97 online participants, which clearly exceeded our expectations.

Activities of individual teaching members of the DGST:

Ursula Wachter: (Trainee ISST, EMDR-Practitioner) and Karl-Klaus Madert (PHD, Trainee in psychosomatic medicine and EMDR)

Post-Disaster Intervention with Sandplay-Therapy & EMDR after an Earthquake

After the heavy earthquake in Turkey a German speaking couple from Antalya requested that the DGST help Turkish psychotherapists by giving them a short, effective method to help traumatized children and adults.

During the last 10 years we have developed **TriS** (Trauma and Resources in Sandplay), a method combining Sandplay in a structured way with the established trauma-therapeutic method EMDR.

So we gave a weekend workshop to instruct 18 Turkish colleagues in Antalya. Karl-Klaus Madert explained the impact of trauma in terms of neurobiology and the principles of therapy. In principle it is necessary to integrate the BASIC: Behavior, Affects, body Sensations, Images and Cognitions (self attributions).

Ursula Wachter helped the participants create a "Safe place." With bilateral stimulation activating a parasympathetic state the patient re-frames step by step the traumatic situation, changing the sand-tray trauma picture until the stress level is reduced to an acceptable level.

The participants worked in the sand in six groups of three, alternating their roles as therapist, patient and observer. First every "patient" created a free associated sand picture, then a resource situation and at last a conflict situation. We put great emphasis on the importance of resonance and counter-transference. We instructed grounding exercises with the body to strengthen self reference. The Turkish colleagues were initially reserved, but then they grew quite confident in working by themselves with the survivors of the earthquake.

Ulrich Gwinner: Implementation of a 1-day introductory seminar for systemic therapists and a 1/2-day seminar on "Genogram work in the sand" in a continuing education group.

Thomas Mantel: Sandplay Therapy Seminars at the C.G. Jung Institute in Stuttgart, supervision, personal process.

Ulrike Hinsch was delighted last year about the colleagues who came to her for further training, self-experience and individual supervision, whether for Sandplay therapy or as part of the in-depth psychological-analytical training at the institutes where she works. She continues to read graduation cases and accompanies processes of certification as a mentor.

Languages: German. English. Portuguese.

She writes about **Ruth Ammann**: *“I have been friends with Ruth Ammann for decades since the first international ISST conference in Ittingen in 2001 and above all from our time together on the ISST Executive Board from 2006 to 2013. We all learned a lot from her. I miss her sorely.”*

Dr. Günter Still has resigned from the board of the DGST after several years. He leads two monthly supervision groups, twice a year an open seminar for interested people and trainees, offers self-experience and individual supervision. He heads **TAST**, the Tübingen working group for Sandplay therapy, which has existed for more than 30 years. Colleagues are invited to the seminars held twice a year.

Anke Seitz offers the following teaching activities: (in person and also online):

- Personal processes, only in person
- national and international individual supervision
- national and international group supervision
- national and international Jungian lectures and Sandplay Therapy seminars
- Reader and advisor of international final case papers

Mitra Shirazi-Beheshti gave a lecture on the subject of missing home, *“Sand images of refugees”* as part of the training at Monika Heinzl Junger and another lecture on the same subject in Basel

Ignez de Carvalho Hartmann has offered the following activities:

- C. G. Jung Gesellschaft Freiburg, Germany: Lecture *“On the pre-Symbolic space of Sandplay Therapy: How early traumatization becomes Visible”*
 - C. G. Jung Institute Stuttgart: *“The dream of a more Peaceful World: Cultural Evolution of Childhood and Collective Shadows”*
 - C. G. Jung Institute Los Angeles (USA) (online): *“Images of preverbal experiences in children’s Sandplay”*.
 - São Paulo, Brazil, Instituto Anima, *“Introduction to Sandplay and perinatology”*.. and *“Primary bond: From Neumann till today”*
- She works in the languages: German. English. Portuguese*

Petra Neu started a new training group in March 2023 at the *“Alfred Adler Institute.V.”* in Munich while members of the previous course (2022) are continuously attending various advanced workshops. The participants of the training group in Bruchmühlbach-Miesau (Rhineland-Palatinate) graduated in February 2023. Furthermore, she is providing Self-awareness, Single and Group-Supervision in her private practices in Munich and Bruchmühlbach-Miesau, as well as in cooperation with Maria Kendler (President of the SGSST), who is conducting the current training program in Ybbs an der Donau (Austria). She also gave weekend-workshops at the *“C.G.Jung Society Sachsen”* and at the *“Kirinus CIP Akademie”* in Munich. Together with Maria Kendler, Viola Scheller and Alexander von Gontard she forms the staff of the *“Zeitschrift für Sandspiel-Therapie” (German Journal)* and since October, she is a board member of the DGST.

Ulrich Gundermann is back in Germany, offering personal processes and supervision in German, English and Spanish (*in person and online, personal process only in person*).

HKSTA Hong Kong Sandplay Therapy Association

President and ISST Board Representative: Sally Chan Shook Yim Chan

Report by: Sally Shook Yim Chan

Currently we have **four Certified Sandplay Therapy-Teaching Members, three Certified Sandplay Therapist Members**, twenty-one Associate Members and forty-four Affiliate Members.

We continue to hold our **Exco-Committee Meetings** online every two months. Besides this, we were able to hold two sandplay therapy workshops. Ms. Jill Kaplan gave two online trainings on “Manifestation of the Self: Mandala in Sandplay” in July 2023 for a total of six hours. And Ms. Adelina Wong will teach two, three hour online trainings in November 2023: “Encountering Death in Sandplay and Drawings”.

We noticed that more members were able to attend monthly study group continuously. We continue to hold our study group online. We have held five meetings from June 2023 to October 2023.

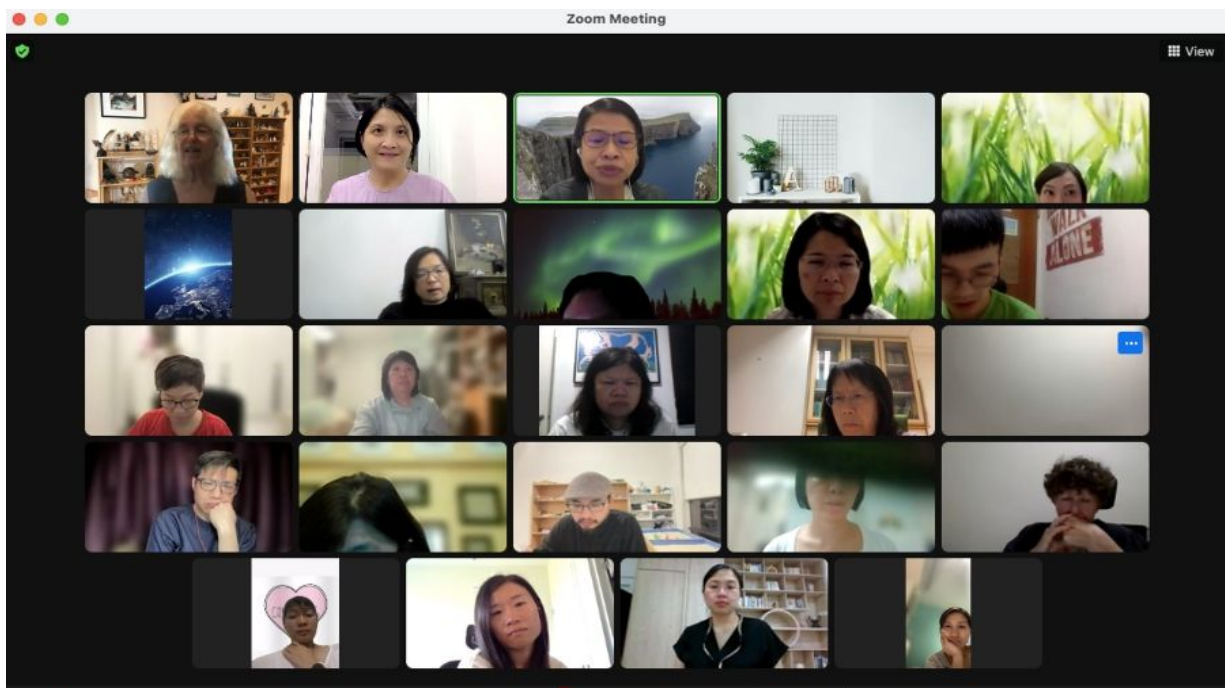
1. June 2023 – Symbol Study: “The Closet in Sandplay Therapy - Incubation, Rebirth and Transformation” presented by Ms. Chan Shook Yim Sally

2. July 2023 – Symbol Study: “The Greek goddess, Artemis” presented by Ms. May Liu

3. August 2023 – Symbol Study: “The Fairy tales of Cinderella, and the envy within” presented by Mr. George Kwok

4. September 2023 – Book Sharing: “Owning Your Own Shadow: Understanding the Dark Side of the Psyche” presented by Ms. Kitty Liu

5. October 2023 – “The Concept of Persona” presented by Ms. Chris Cheung



Jill Kaplan's online workshop in July, 2023



Ruth Ammann, ISST President 2003-2011

Ruth Ammann originally trained as an architect before becoming a Jungian analyst and Sandplay therapist. She worked with Dora Kalff for many years and had an enduring interest in, and respect for, image in the life of psyche.

Her books include; *Healing and Transformation in Sandplay: Creative Processes Become Visible*, and *The Enchantment of Gardens: a Psychological Approach*. She was an active member of the faculty at the Jung Institute in Küsnacht, Zurich. In her later years she was also curator of the picture archive of the C.G.Jung Institute containing images made by Jung's patients and his student Jolande Jacobi and brought these to the public.

Many will remember her as a gifted analyst, a supervisor and international teacher of Analytical Psychology and Sandplay therapy. In addition, she had an awareness of the importance of our organization as a base line for standards of practice and teaching and spreading ISST Sandplay Therapy throughout the globe. She was dedicated to her work in establishing ISST as a professional

organization, rooting it in its home of Zurich and in the Swiss system of representation culminating in our official, legal registration as a Swiss Society. She would often remind Board members that the highest authority in ISST is its members through the General Assembly. She emphasized that the Board could make decisions but that these had to be approved by the members, always rooting its actions in the membership at large.

It was under her leadership that our first constitution was drawn up and in true Swiss style we had to go through the whole constitution with the General Assembly voting in every sentence! She also negotiated our status as an official IAAP affiliated society. She died on August 3, 2023, aged 89 years. Ruth was not given to sentimentality but had deeply refined feeling. She raised a family of fine, gifted children and touched the hearts and minds of many. Her influence lives on in her many students and friends and colleagues, as well as in our organization. It is a legacy worth cherishing and building on.

Written by Dr. Alexander Esterhuyzen

IBTS The Brazilian Institute for Sandplay Therapy

President: Lucia Azevedo

Board Representative: Lucia Azevedo

Report by: Lucia Azevedo

We from the IBTSandplay deeply mourned the loss of **Ruth Ammann**.

Ruth was very special and important to us. Since the first time she came to Brazil, back in the nineties, she dedicated herself to collaborate with our training. She visited Brazil many times and took on a special role for the development of Sandplay in our country, culminating in the foundation of IBTSandplay on June 2nd 2011. This accomplishment was only possible due to her encouragement, support, and generosity.

She was our dear godmother in each step of the birthing process of our institute, guiding and supervising the administrative, political, and educational matters.

We remember with gratitude how we were able to enjoy her generosity, charisma, creativity, and her warmth and affection. She will forever be in our hearts.

We also cannot fail to mention our deep regret and concern for the war outburst in Israel on October 7th . It adds to a list of at least five current armed conflicts in the world. The suffering and countless losses of innocent people from both sides of a war always concern us a lot. We are all one humanity. And the 26th ISST Congress that was held in Israel demonstrated that coexistence is a possible target despite the differences. Muslims, Jews, Christians, Buddhists and people from many different political positions and religions joined together to share the theory and practice of sandplay therapy.

On a happier note, we are preparing our first Conference and we are satisfied with the

participation of our members in the **IX Latin American Congress of Analytical Psychology**, held in Montevideo, Uruguay, on October 11-14.



Carla Albano in IX Latin American Congress of Analytical Psychology, held in Montevideo, Uruguay

Carla Albano, certified member of IBTSandplay presented her work about the symbolism of the pearl in sandplay therapy. And our trainee, **Leonardo Seri**, presented his work about the symbolism of Orixás (Yorubá deities) in sandplay.



Our **first conference** will be held on December 2nd, in Sao Paulo with the theme “The therapist at play: challenges in the practice of Sandplay”. We hope it will be a wonderful opportunity to meet many professionals and students who are interested in Sandplay Therapy and also exchange our concerns and our experiences in the practice of Sandplay.

We invited **Betty Jackson** to be with us for one week, in which she is going to give supervision and seminars for our trainees as well as our members. She is also going to present her memories of her work with Dora Kalff, closing the conference with a “golden key”. We are very excited with this prospect, as it will be the first time we have been able to invite someone to come and help us in our work here.

Throughout the second half of the year, our institute continued **regular training activities** such as Themes and Scenes (clinical meetings for members only) and our Lectures Cycle (open for all interested in sandplay therapy and symbolic thinking).

In our **clinical meeting** for members only, **Soraya Sartori**, presented a symbolic study of Naruto Uzumaki followed by a

discussion about this figurine in sandplay scenes. Also, Leonardo Seri, showed us the symbolic implications of hummingbird figurines in sandplay scenes.

Throughout 2023 four professionals collaborated to help us unfold and amplify symbolical qualities of Hermes in our Lectures Cycle. **Roberto Otsu** opened this Cycle pointing to Hermes’s qualities in Astrology. Then, **Virginia Sant’Anna** presented a lecture about Exú, the deity that corresponds to the god Hermes in the Yorubá pantheon. **Isabela Fernandes** presented in detail the rich myth of Hermes in Greek Mythology. In our closing lecture, **Gustavo Orlandeli Marques**, unfolded Hermes from an alchemy perspective.

We, from IBTSandplay, wish for all ISST members serenity and strength for the last months of 2023 and good new perspectives for 2024.

ISTA The Israeli Sandplay Therapists Association

President: Robin B. Zeiger

ISST Board Representative: Bert Meltzer

Report by: Dr Bert Meltzer

In a letter to the editor Dr Bert Meltzer describes in detail the horror that he, his family and so many compatriots have had to endure since the October 7 Hamas attack. I did not include this part in the newsletter, as it does not directly address the activities of ISTA, but anyone who is interested in it can send me a short e-mail and I will send you the complete and very moving letter from Bert! (ulrichgunde123@gmail.com)

Dr. Bert Meltzer continues:

It is at these unbearable moments, in the depths of tragedy and despair, that Israel and Israelis found the unity and the strength to mobilize and come to aid those in need. Thousands of volunteers throughout Israel organized to offer shelter, bring food, clothing, personal hygiene supplies etc. both to the fleeing refugees, and the reserve soldiers rushing to the area to attempt to regain Israeli sovereignty over the area that had been overrun and destroyed.

In addition to first survival assistance, social service professionals and therapeutic service professionals rushed to the scenes of the survivors to volunteer to help. The **Israeli Sandplay Therapy Association** members, among them, joined in the mobilization to organize our volunteer assistance. Sandplay therapists, first organized by our association brought Sandplay therapists, boxes of objects and figures, and sand trays to set up and operate some modified forms of Sandplay therapy in the hotels and shelters in which evacuees have been located.

Creative adaptations of Sandplay are being offered as circumstances and exceptional client conditions necessitate. Sandplay therapy is being offered in groups with multiple therapists, in open therapeutic settings with open door entry, as well as individual therapy with traditional individual therapeutic containment.



Even as I am writing this, members of the Sandplay community have gone to Eilat, the Dead Sea, Ein Gedi, hotels in Jerusalem and Tel Aviv, planning to include Natanya, and including Jerusalem area **HaYaerim Hotel** (the same hotel where we held the 26th ISST Congress just seven months prior) now houses traumatized refugees from the Gaza strip. I don't want to start naming the courageous **ISTA volunteers** for fear of missing some, but so many of the Sandplay community have risen to the occasion to be ready to collect materials and volunteer their time, skills, and service to contain the enormous pain of the victims of the worst attack in Israel in 70 years.



In groups of two's and threes, Sandplay therapists are setting up and operating Sandplay therapy programs in these crisis and stressful circumstances. Operating in these conditions requires great flexibility and adaptability to the urgency of the moment, using whatever limited space is available, accepting far less than "classical" therapy conditions, and being highly adaptive to the needs and sensitivities of the traumatized clients.



Parents and children came to use these resources, in family groups, in pairs, parent and children, and children wander in alone. Thanks both to the ISTA members and their students and previous trainees, ISTA has been able to reach out to the many of the traumatized refugees as they are ready and willing to allow themselves to partake in the opportunity to find a moment of inner focus with all the chaos and stresses still around them at every level.

ISST seminars and training have provided the knowledge and framework for Sandplay therapists in Israel, to support each other and transcend the trauma we are all living through – being effected on most personal levels, and find opportunities to serve the neediest. Despite being ourselves, overwhelmed by the magnitude of the horror and human tragedy, coping with our own shock, losses, grief, helplessness, depression, rage, and continuous uncertainty about the fate of the hostages, and the fate of the country, Sandplay therapist and Sandplay therapy is playing a part in containing and healing the trauma we are still very much living within.

Where just a few weeks ago (since the **Congress in Israel**) we were dreaming of joint Sandplay training programs between Israel and Gaza, and joint therapy services, that dream of togetherness and sharing seems so much more elusive. As Israeli army attacked back at Hamas, who are embedded between the civilian population of the Gaza strip, it also has become a war zone of destruction, disaster, and displacement to Palestinians. In the need to respond to the attack of Hamas, and reduce the existential threat to Israel, thousands of Gaza Palestinians have been killed, wounded, and become refugees, so there has been terrible suffering on both sides.

Dr Bert Meltzer

JISST Japan Society for ISST Members

President: Yasunobu Okada

ISST Board Representative: Yasuhiro Suzuki; substitute: Masayoshi Hironaka

Report by: Prof. Hironaka

JISST has **8 members** who are all ISST members, including **7 TMs**. Four candidates are now preparing to apply to become ISST members. Our **board meeting** was held online on October 23, 2023, and we decided that the new Board Representative, Dr. Yasuhiro Suzuki will be the new representative. Prof. Hironaka is substituting for Dr. Suzuki as the ISST Board Representative of JISST, because of his health condition.

R.I.P. (memorial of) Ruth Ammann-sensei

by Yasuhiro SUZUKI
(JISST(CST-T), AJAJ:JA(2008, Zürich)

Please accept my deepest condolences.

I studied abroad at CGJIZ(*Küsnacht*) from Oct. 2002 to Feb. 2008 and received the diploma of Jungian Analyst in Feb. 2008. Over 300 hours of personal analysis are required in the training to become a Jungian Analyst and they are usually undergone through dream analysis. After 132 hours of dream analysis (1 year 8 months) with the late Dr. Françoise O’Kane, I requested to do a **personal process with Ruth Ammann-sensei** in July 2004. She was teaching at CGJIZ and was the ISST president working all over the world at that time. She accepted my proposal and we worked together for about 3 years, from July 2004 to June 2007. I made 127 Sandplay pictures and had 169 hours personal analysis with her.

She mentioned that she had started by becoming an analysand and making Sandplay pictures in front of late Dora Kalff-sensei.

So, she advised me to start by becoming an analysand and making Sandplay pictures in front of her. She advised me not to think about what I wanted to make in advance, but to let my hands touch the sand; that is, let my unconscious guide me without conscious intentions. So, I managed to be flexible, spontaneous, “free” and creative.

She was very supportive and practical about my difficulty in living in a foreign country. She was also extremely sensitive and intuitive about aesthetic arts, utilizing her inner Celtic animism.

I would like to show Sandplay picture 18 (see below), for example. The title is the Encounter between ‘East and West’, ‘Eastern and Western’, ‘I and Ruth Ammann-sensei (Sandplay Therapy or Jungian Psychology)’.



Picture 1. SP18

I started by learning Sandplay Therapy as a beginner and went through a process whereby I learned how to treat or cope with images/messages from the unconscious.

So, I experienced the real charm of Jungian Psychology.

If you want, please see my book¹ (2018, in Japanese): *Individuation Process and Practice of Jungian Analysis*, Tokyo: Tohmi Shobo, which contains all my 127 Sandplay pictures.

After I left Switzerland in Feb. 2008, Ruth Ammann-sensei visited Japan another three times, to the best of my memory. These occasions were: the 2009 ISST Kyoto congress, the 2012 Spring lectures at Kyoto Bunkyo University & Bukkyo University, and the 2016 summer IAAP Kyoto congress. After the congress and lecture, we ate and drank together. I would like to show a snapshot of us in 2016 (see below). She was interested in Japanese traditional cultures and items at the bistros. She seemed to acknowledge Japanese culture well by sharing ‘animism’ within and between Japanese and Swiss Celtic spirituality. She passed away on 3rd Aug. 2023 and I am now writing this memorial on 13th Sept. 2023; that is, she remains in Bardo², within 49 days after the death. Reflecting on her way of living, I assume that she is not wandering in Sidpa Bardo (The Bardo of Seeking Rebirth) now, leaving the unfinished tasks in this living world. I’m convinced that she is entering liberation/Nirvana in either of the first two Bardo realms (Chikkai Bardo, Chönyid Bardo). I will stop here, remembering her smiles and enjoying the thought of her being in Nirvana.

Picture 2. Summer 2016



1) Suzuki, Y. (2018): *Individuation Process and Practice of Jungian Analysis*, Tokyo: Tohmi Shobo. (in Japanese) ISBN: 9784866160429 C3011

2) Suzuki, Y. (2023): *Bardo, Noh plays and Zeitgeist in Japan: getting through the COVID-19 pandemic and the Ukraine crisis. In Elizabeth Brodersen (Ed.) Jungian Dimensions of the Mourning Process, Burial Rituals and Access to the Land of the Dead – Intimations of Immortality, 101-112. London: Routledge. ISBN: 9781032321943*

KAST Korean Association of Sandplay Therapy

President: Sr. Hyerim Kim (Cecilia)

ISST Board Representatives: Sr. Hyerim Kim (Cecilia) & Boyoung Kwon (Christina)

Report by: Boyoung Kwon (Christina)

Membership

As of October 2023, KAST has **106 ISST members**, including **48 ISST Teaching Members**. Currently, 15 trainees are preparing to become the ISST members, and 17 candidates are working to meet the requirement for ISST TM.

KAST Conference

The 35th KAST Conference was held online on June 11, 2023. At the conference, **Sr. Bo Ai Kim** (Anna) gave a lecture on "Maternal Complex and Sandplay Therapy from a

Jungian perspective" and **Toshio Kawai** discussed "Psychological Features and Therapy of Digestive System Patients Using Sandplay and Images". Sr. Bo Ai Kim (Anna) conducted a lecture using images of Sandplay therapy to explore how the maternal archetype of clients is manifested, with the aim of understanding and investigating the maternal archetype within the psyche. Dr. Kawai examined how the drawings and Sandplay therapy images of individuals with somatic symptoms had changed. Approximately five hundred KAST members attended the conference. The conference provided an opportunity for Sandplay Therapists to enhance their competencies and engage in meaningful communication with each other.

Group Sandplay Therapy

KAST is actively promoting group Sandplay therapy nationwide in various settings.

The Korean Association of Sandplay Therapy, Gangwon Branch, organized Sandplay sessions for elementary school students in the Gangwon Province, with a focus on the psychological well-being of children. In addition, they conducted workshops aimed at supporting teachers. These activities conducted by Gangwon Branch were introduced in the local newspaper, which provided an opportunity to inform people about Sandplay therapy.

Students from the Department of Child Studies at Jeonbuk University participated in a group Sandplay session at the Korean Institute of Sandplay Therapy. The Department of Child Studies at Jeonbuk University offers Sandplay

therapy courses as part of their regular curriculum. As their practicum, thirty students took part in the session. They worked both individually and engaged in collaborative activities to experience their unconsciousness through Sandplay works. These students have the potential to become future Sandplay Therapists in Korea, indicating a promising future for Sandplay Therapy in the country.



Books

The Korean Institute of Sandplay Therapy has published the third book of Sandplay Therapy by Sr. Bo Ai Kim (Anna), titled "Dreams of Beautiful Girls". These are the human stories that are shown through Sandplay therapy, focusing on the beautiful Sandplay journeys of girls.

Korean Journal of Sandplay therapy

The Korean Journal of Sandplay Therapy, Vol 19, Issue 1, was published in May 2023. The Korean Journal of Sandplay Therapy has been published twice a year since 2005 and features in-depth research on clinical case studies of Sandplay Therapy and symbolism of Analytical psychology. In Vol. 19, Issue 1, seven articles were published. It continues to draw interest from practitioners of Sandplay Therapy and researchers.



KSST Korean Society for Sandplay Therapy

President: Sanghee Lee

ISST Board Representative: Aekyu Park

Report by: Aekyu Park

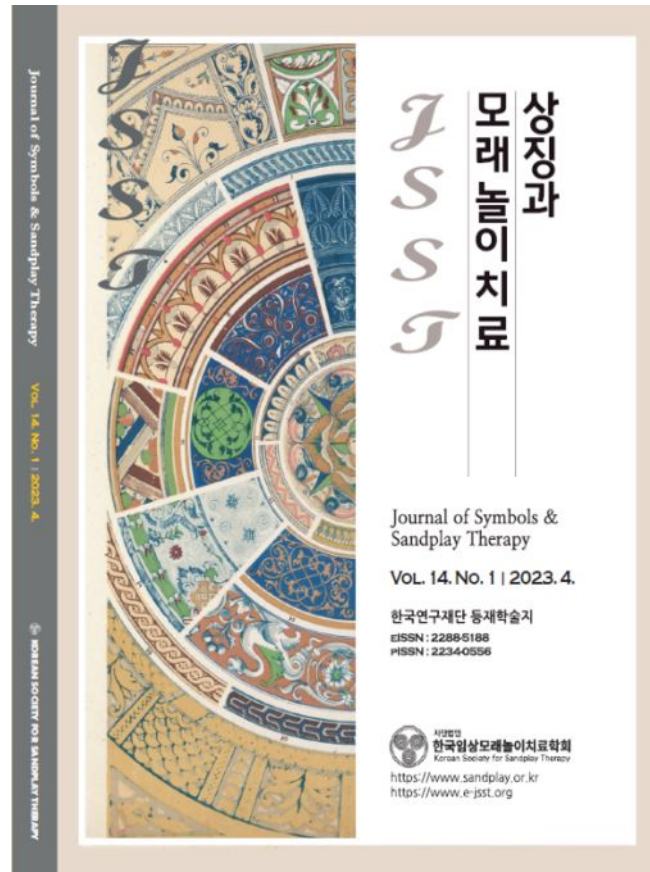
2023 International Conference of KSST to Be Held on December 2 Under the Theme of “Exploring the Unseen Mechanisms of Sandplay Therapy.”

The 2023 International Conference of the Korean Society for Sandplay Therapy (KSST) is scheduled to take place online on December 2. This year's conference will revolve around the theme of "Exploring the Unseen Mechanisms of Sandplay Therapy." Presentations will be made on the invisible healing principles in sandplay therapy such as physical empathy, interpersonal biological principles between therapists and clients, play, and symbolism.

Judy Zappacosta from the USA will deliver a presentation titled "*Unveiling the Hidden Mechanisms of Sandplay Therapy*": A Focus on the Body," while **Ya Zhang** from China, will delve into "Synchronization: The Neurobiological Roots of Therapist Empathy." There will also be other presentations dedicated to the theme of play and examining the physical experiences of therapists and their clients in the context of sandplay therapy. In addition, **Sana Loue** from the United States will address "*Ethical Considerations in Sandplay Therapy*."

Journal of Symbols & Sandplay Therapy Publishes Vol. 14 No. 2

From 2023, Journal of Symbols & Sandplay Therapy (JSST) will be published three times (Apr. 30, Aug. 31, and Dec. 31). Indexed by the Korea Citation Index, JSST is issued into two languages simultaneously: Korean and English. It is available for free download at: http://www.e-jsst.org/articles/search_result.php:



Vol. 14 No. 2

- A Study on the Subjectivity of Graduate Counseling Students' Perception of Sandplay Therapy Using Q Methodology - Hyunjo Kim
- Effectiveness of Parent-Child Interaction Therapy (PCIT) for Children with Problem Behavior: Meta-Analysis - Jeongok Lee & Sanghee Lee
- Bell: A Symbol of Wholeness - Eunjin Cho
- Snowman: A Symbol of Self-Realization and Unity of Opposites - Kyunghye Ma & Jihyun Sin

Connecting with My Inner World and with the World

*Kim Sun-heui, Specialized Counselor
Wee Center, Seogwipo City Office of Education*

During my summer vacation this year, I had the opportunity to take part in a **sandplay therapy workshop** with a group of specialized counselors. The sandplay therapy I experienced during the workshop was profoundly numinous and healing. It enabled me to establish a deep connection with my inner world, helping me see life as a whole, and, furthermore, it allowed me to experience my connection with others. It was an incredible experience that I would like to share with others.



First tray

Not the story of others, but of my own

In the first sandpicture was a turtle crawling towards a golden tower. I tearfully spoke about how it reminded me of my 9-year-old son, who was diagnosed with a developmental disability a few years ago, and hence I initially thought this sandpicture was meant to tell his story. But as I began to make associations, the sandpicture reminded me of my younger days and it dawned on me: This is my sandpicture and my story!



Fourth tray

I have done well, I am doing well, and I will do well

This tray gave me the feeling as if I was spreading my wings and soaring in the sky. Someone commented at the flower vase that “the fragmented pieces have become a beautiful, whole jar,” which brought tremendous comfort. It felt like a way of saying, “*All the challenges, big and small, that you’ve faced in your life, and all the moments of happiness and sorrow you’ve experienced, are coming together to create a beautiful vessel that holds something valuable, rather than shattering into pieces.*”



A light, that arises amidst chaos and cries



A sea of chaos and cries, and the birth of a goddess

I placed a figure symbolizing the shadow and a figure with an opposite image next to it. When I examined them, sadness arose from inside me and I heard cries amid chaos. Yet, upon closer inspection, I noticed a light rising at the center. To my astonishment, this light had the same color as the gold that the turtle in the first sandpicture was heading for. And as I engaged in the initiation ritual, from the sea of chaos and cries, a goddess (*i.e., Queen*), represented by the peacock figure, emerged. The peacock reminded of Our Lady of Guadalupe, who worked miracles especially related to spiritual healing. I became so fond of this peacock figure that I decided use it to create my final sandpicture for the workshop and to later purchase it to keep it on my desk.

On the last day of the workshop, one of the participants wore a green dress adorned with white polka dots that resembled stars. Her outfit reminded me of Our Lady of Guadalupe's cloak. And during the figure exchange, she ended up picking a tiara (*i.e., crown*). Quite surprised, I wondered if maybe the peacock belonged to her. About 50 days after the workshop, I noticed that she seemed very distressed. I bought a peacock figure for her, wrapped it, and made a handout containing the meaning of peacocks that I found online. As I gave her the gift, I said, "The peacock is frequently mentioned in Buddhism as the natural enemy of snakes and an auspicious symbol of wisdom. In Indian culture, peacock feathers represent a living example of alchemy, where poison is transformed into beauty. Though there may be many challenges in your life, I'm sure they will be transformed through your wisdom, which will allow you to spread your beautiful wings." These were actually the very words that I was telling myself as well. The peacock has remained on her desk ever since.

This workshop allowed me to hear a story of myself that I had not been attuned to. I felt a profound connection with myself and also with other therapists in the workshop. Through sandplay therapy, I received care and solace and was able to grow at the same time.



Last tray

LSST Latvian Society for Sandplay Therapy

President: Līga Rāviņa

ISST Board Representative: Vera Ščerbakova

Report by: Vera Ščerbakova

LSST Summer School Seminar 26/08/2023

At the end of August, the society members had the opportunity to enhance their knowledge and experience at the Summer School seminar by participating in Bert Meltzer's (Israel) seminar. It was a unique opportunity and an unforgettable experience, with teacher and lecturer Bert Meltzer sharing stories of therapeutic experience, his approach, creating a sense of presence in the process of soul healing. The way Meltzer spoke about complex things in simple words, his wisdom and stories full of love about his clients touched everyone.



LSST president Līga Rāviņa greeted Meltzer after the seminar and then Meltzer handed out certificates to the participants. After the seminar there was such a cordial warm atmosphere that this handing out of certificates became an opportunity for each member to personally thank Bert Meltzer for his presentation and receive his warmth in return.

The Bridge to ISST

Within the framework of the LSST project “The Bridge to ISST” Bert Meltzer gave invaluable support to seven Latvian society members interested in joining the ISST by conducting group supervisions thus providing a special gift for each of the participants, both personally and professionally. The participants agreed that Bert Meltzer's supervision style will remain in their memory for a long time.



NVST Dutch Society for Sandplay Therapy

President: Jellemieke Hees-Stauthamer

Substitute representative Board-member: Theresa Foks-Appelman

Report by: Theresa Foks

The language of Sandplay

Sandplay is said to be a non-verbal therapy, which means that putting problems into words is not the first thing that comes into one's mind. Of course, there can be discussion during the therapy session, both about personal problems and about sand images that have been made by the client.

And although Sandplay is a therapy with few words, it is still important to be able to put words to the meaning of the Sandplay images. Just as talking with colleagues, supervision, case descriptions and knowledge of archetypes and alchemy from the Jungian theory.

In the Netherlands we are used to reading and learning about Sandplay in a language other than our own. There are 24 different languages spoken in Europe, and in some countries even 2 to 3 recognized languages. It is actually rather special that in the Netherlands children have to learn at least two foreign languages in secondary school, compared to three in my time. We are located between three different countries and language areas and are used to adapting to this.

That is why it is so unique that universal Sandplay images that come from the collective unconscious do not need language; after all, the image speaks for itself. This is recognizable at international workshops and congresses where Sandplay images from different language areas are shown and discussed. The language of the image then speaks to us.

But it is still important to properly understand the personal explanation or feelings that arise during playing or afterwards. A good translation is of the utmost importance then.

Congress 2025

The Dutch Society in collaboration with several fellow ISST members from 3 other countries (Belgium, South Africa and Denmark) will organize the ISST 27th international congress in the Netherlands in 2025. We will pay a lot of attention to ensure that not only the sand images but also the translation of the explanation of the process are translated into as many languages as possible. Because participation in such an international meeting acquires the greatest possible and valuable significance. The same applies to a possible online, so called hybrid, participation, in which we will try to give those people the feeling of almost being present in person at the presentations and subsequent discussions.

Ruth Amman

When we received the message of the death of our former ISST President Ruth Amman I asked around for memories of her. We sent these words in a special condolence card to the family of Ruth Amman.

Wouter Bleijenberg wrote: *In 1998 I met Ruth during an international conference in which she presented about Sandplaytherapy as "Garden of the Soul". This was a life long inspiration while I love gardening as much as Sandplaytherapy. Now all she 'gardened' in*

the souls of others and her own inner garden gave her life meaning and lives further in all she inspired. Memories and books will be with me and I will tell about her in my lectures as a teaching member.

Claire Boers-Stoll wrote: *Ruth Amman has been an inspiring, hard working pioneer and leader for our world-wide Sandplay community. May she rest in peace and remain in our collective memories.*

Theresa Foks wrote: *Since 2005 I have known Ruth Amman as an enthusiastic, original and creative woman. I will continue to consult her books on Sandplay, especially about the Symbolic meaning of the Garden of the Soul. She always looked and acted so young. Funny, original and up to date.*

Video ‘Garden of the Soul’

It was not possible to copy the DVD from 2013, but it was possible to play it on an old computer with Windows 7 and record it on a Zoom meeting. We viewed and discussed this video during our monthly online literature evening. Everyone thought it very educational and were impressed by the special examples Ruth Amman presented in this video.

In the previous literature evenings we have read chapters from the books by Dora Kalff, Kay Bradway and Lenore Steinhardt and we will now start with the new book by Martin Kalff, ‘Old and New Horizons of Sandplay Therapy’.

So we are hard at work in the Netherlands again. We had two general members meetings. We still have 14 members, of which 7 are new students.



Dutch group workshop 2023

SASTS South African Sandplay Therapy Society

President: Braam Beetge, Vice-President: Retha Roux

ISST Board Representative: Braam Beetge

Report by: Retha Roux

Firm foundations

The young South African Sandplay Therapy Society is steadily building up from its foundation. The Society now has 30 registered members, including 3 ISST certified Sandplay Therapy Teachers and 4 Certified Sandplay Therapists. All the other members have completed the theoretical component of their training.

Training

SASTS's well-supported online webinar programme for 2023 ended on a high note with Judy Zappacosta's presentation on "Ritual and Ceremony in Sandplay Therapy: Mysteries of Passage and Pilgrimage." SASTS is extremely grateful to all the international teachers who generously offer their expertise and time to our community. The webinar programme will continue in 2024. Planning for a new intake of candidates for the Two-year Intensive Training Programme in the first half of 2024 is well underway.

Hamba Kahle Umama Ruth (Go well Mother Ruth)

SASTS bade farewell to Ruth Amman with deep gratitude for having known her and for the immense role she played in laying the foundations of our society.

Ruth was the ISST Development Group Liaison for South Africa during her presidency. According to SASTS president Braam Beetge, "it was Ruth who steered the existing development group's journey towards becoming a society, when she approached me in 2009 to become the ISST local liaison.



Over the years, we developed a meaningful friendship, and she guided me in many aspects – personally and professionally – in Sandplay Therapy. We say goodbye to a dear friend and confidante, a special soul who did so much for us in South Africa.”

Many SASTS members met Ruth personally in 2011, when she taught in South Africa as part of a Two-Year Intensive programme. They remember:

“Ruth led us into the land of treasures of Jungian Theory and into the depths of the unconscious. She rid Sandplay Therapy of sentimentality. She brought structure, hope and healing. Her biggest legacy is the gold of finding and listening to the voice of Self.” (Elana Burger)

“I remember Ruth once sharing with us that Mountain People (from the mountainous countries of Europe) whom she associated with seem to be aloof and cold. The memory of her stern look still scares me. However, the

fondest and most imprinted memory I have of her was when she asked us to pull our chairs up and gather around her to discuss and share on what she was teaching. A beautiful tree has fallen. May she blossom in the enchanted garden of her dreams.” (Anjenita Hugo)

“I too remember the cold mountain side of Ruth. But I got to experience a softer, nurturing side too. I was pregnant with my son in our training with her. Ruth reached out to me via e-mail to track his progress, birth and a while after. She even sent a gift to him!”
(Tania Grobler)



Until we see again, dear Ruth.

SGSST Swiss Society for Sandplay Therapy

President: Maria Kendler, vice-president: Alexandra Moser Nura

ISST Board Representative: Viola Scheller

Report by: Viola Scheller

Since the last report in June this year, there have been a number of important moments in the Swiss Society.

Ruth Ammann passed away on 03.08.2023. Just several months before, an article written by her on the Transcendental Function was published in the "Zeitschrift für Sandspieltherapie" (German/Swiss Journal for Sandplay Therapy) Vol. 54. She had worked intensively on it despite the burden of her illness. We are deeply grateful to her for all that she contributed to the SGSST and, of course, to the ISST, and we will miss her very much as an inspiring, supporting member of the SGSST.

In autumn, **Annabelle Aebersold** held three courses on the introduction to sandplay therapy with psychomotorik therapists. These one-day seminars were very well attended. As annually recurring one-day seminars, they now form an integral part of the dissemination of sandplay therapy in Switzerland. Participants from these seminars often enrol for training in sandplay therapy.



On 4th November 2023, the annual Sandplay Day took place in Basel.

This time the theme was "Losing home - finding home". A total of 41 participants, online and in person were given insight into working with Sandplay with refugees.

Mitra Shirazi was one of the presenters. She fled to Germany from Iran 38 years ago, and now works with refugees as a Sandplay therapist with an ISST/DGST teaching qualification. She works both in a family counselling centre in Reutlingen (Germany) and in her own practice.

In her lecture: "Home and the foreign", the effectiveness of Sandplay therapy in supporting adult refugees was demonstrated through case studies. The special features of this therapeutic situation were demonstrated and discussed. What home can mean in general and the psychological effects of losing one's home were discussed. The examples of Sandpictures and the description of short case studies showed how it can be possible to feel increasingly at home in a foreign country.

The second presentation was given by **Alexandra Moser Nura**, psychologist and psychotherapist as well as Sandplay-therapist SGSST/ISST. She is employed as a school psychologist by the City of Lausanne and also works in her own practice.

Her presentation focussed on "Growing psychological rootedness in the therapy with young immigrants". Young people and

children are also forced to leave their place of residence to move to a foreign country. A new start is made even more difficult if it takes place during adolescence, a time of psychological reorganisation and self-discovery. Separations have to be processed. This sometimes awakens a pain that was brought from home, while a massive transition is happening on many levels in the new place. Sandplay therapy gives their inner self a voice and enables them to express their difficult experiences in a sensory and symbolic way. Several extracts from Sandplay therapy sessions were presented.

When we decided on the theme for this Sandplay Day at the beginning of this year, we had no idea how relevant it would be. The conflict that has now broken out in Israel, a country that is particularly linked to the refugee issue, was not explicitly addressed, but was present in our minds.

Next year there will be no Sandplay Day in Basel, but we will be meeting in the Swiss mountains, in **Beatenberg** from August **27-29, 2004** with the members of the German Society for a joint congress. This **congress** takes place every two years, alternating between Switzerland and Germany. This time, simultaneous translation from German into French will be offered, in line with the language diversity in Switzerland.



Ruth Ammann, photo by Beat Santschi

STA Sandplay Therapists of America

President: Antoinette Eimers, Vice-President: David Dermott

ISST Board Representatives: Lorraine Freedle and Jacquelyn Kelley

Report by: Lorraine Freedle

Please join us! **2024 STA National Conference**, June 6-9, 2024 in Santa Fe, NM, Through Many One: Diversity and Unity in Sandplay Therapy.

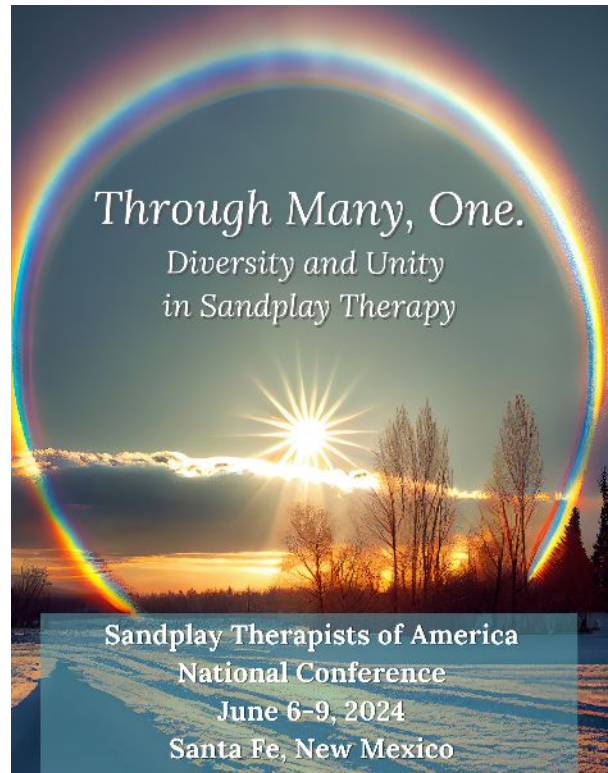
Keynote speakers:

- **Dr. Fanny Brewster**, author of five books including *The Racial Complex: A Jungian Perspective on Culture and Race*.

- **Dr. Alexander John Shaia**, Teaching Member of STA/ISST and author of *Heart and Mind: The Four-Gospel Journey for Radical Transformation* (3rd ed.).

Visit: www.sandplay.org for more information.

Welcome, **Jacquelyn Kelley**, to the ISST Board! STA is pleased to announce that Jackie Kelley will join Lorraine Freedle in representing STA on the ISST Board. Jackie currently lives in Plano, Texas, and is one of the founding members of the Minnesota Sandplay Therapy Group. She assisted in the planning of the first STA National Conference in 1989, and in recent years with the STA Sandplay Institute. Jackie has served as President of the Texas Sandplay Society, and currently serves on the Board of Trustees for STA, as the STA Admissions Chair, and on the Certification Committee for ISST. Above all, Jackie is a warm, bright sandplay enthusiast who brings people together for our cause. She will be an excellent addition to our Board.



LaVon Bobo (1940-2023)

Tribute by Antoinette Eimers, STA President

A wonderful celebration was evoked on October 19th, 2023, as family, fellow STA colleagues, past students and friends gathered with love and honor to celebrate LaVon's life. A candle lighting linked those in attendance with Sandplay therapists throughout the US who simultaneously lit candles in their hometowns.

LaVon met Dora Kalff in 1981 and 1983 in California. From 1984-1990 LaVon traveled

to Switzerland to study sandplay, describing these encounters with Dora as life changing. During this time, LaVon made lasting friendships with the members of her group, and Luana Rowland became one of her closest and dearest friends. They served on the Board of Trustees for STA and were active in teaching and practicing sandplay in Northern California. LaVon was certified as the twelfth CST and earned her final certification for ISST with her presentation in Kyoto, Japan. LaVon chaired the STA Ethics Committee in the early days, was well known for her connection with Erich Neumann's work, and later played a vital role in STA's Sandplay Institute where she taught on sandplay with children into her retirement.

LaVon exemplified devotion. She had intense devotion to her family, to the hundreds of children she worked with over the years, to sandplay, yoga and her spiritual practice.

She was fortunate to do her personal process with Frau Kalff, and followed her teachings closely. She had a special way of creating sacred temenos and fostering transformation by insisting that her students have their own spiritual practice.

We love you LaVon and will miss your guidance and love of Sandplay. STA was blessed to have LaVon help guide us through those early days of formation and to teach so many. Blessings and peace to you, LaVon.

Journal of Sandplay Therapy

The Journal of Sandplay Therapy® now 32 years running, is a peer-reviewed journal circulated in 28 countries and published twice yearly in English under the editorship of Joyce Camuyrano Cunningham.

joycecunninghamjournalofsandplaytherapy@att.net

The JST is indexed on PsycInfo, a prominent database sponsored by the American Psychological Association. Authors from all countries are welcomed to submit articles.

Visit: <https://www.sandplay.org/journal/articles-journal-of-sandplay-therapy-jst/>

to find open access articles, research, reflections, and to search abstracts in multiple languages including English, German, French, Hebrew, Spanish, Portuguese, with key word searches available in Japanese, Italian, Chinese, Hindi and Romanian. **Volume 32, Number 2, 2023 is now available!**



LaVon Bobo

STANZA Sandplay Therapists of Australia/New Zealand

President: Heather Lesley-Swan

ISST Board Representatives: Heather Lesley-Swan

Report by: Heather Lesley-Swan

STANZA's gift

In many parts of the world the symbol of love and commitment to a shared future is the gift of an engagement ring.

The part of the ring on which jewels are set is technically termed the 'bridge'. It is that part which completes the circle of the ring – a ring so often made of gold.

A golden ring seems an apt metaphor for the **circle of TMs** who now work together in STANZA. The 'bridge' which completed the circle, ready for a precious gem, was our acceptance as a Country Society at the last ISST Congress.

Our small group of 'jewellers', our 5 Teaching Members who have formed STANZA's Executive Committee, have been polishing the facets of our precious and priceless gem, crafting its setting and golden supports, ensuring beauty, strength and longevity. We have been focussed on the intricacy of our work, tending the design with both art and craft, so our ring will fulfil its promise; we will offer it as our gift of engagement to the therapeutic community in Australia and New Zealand by the end of this year.

Well, it feels like that.

In practical terms in the past six months we have been designing our systems and processes, infusing the spirit of our work into the practical requirements of a professional association and its legal obligations which bridge our two small countries.

In the next Newsletter we will unveil our creation!

Heather Lesley-Swan
Chair
STANZA Executive Committee



TSST Taiwanese Society for Sandplay Therapy

President: Min Li Chiou

ISST Board Representative: Pi Ling Chen

Report by: Dong-Yann Wu & Juliana Shen

The Inseparable Link of Life and Death, and the Cycle of Renewal:

*Sandplay Objects Connecting Hearts in Times
of Distress and Uncertainty*

Founded in Taiwan, the Taiwanese Society for Sandplay Therapy (TSST) shares a profound connection with the annual rhythms of seasons and events in the land. Every year, TSST gifts our members with a sandplay object during the annual conference to enhance the connection between the Society and its members. These objects are thoughtfully devised to reflect the pivotal political, social, and livelihood issues of the year. This ceremonious activity also symbolizes all the members' shared life experiences and stories with the land of Taiwan.

In 2021, the widespread impact of Covid-19 affected the health of people around the world. At the same time, Taiwan also suffered from many natural and man-made disasters. A train derailment incident also caused countless casualties. Taiwan was suddenly pushed into the smog of death. This year's annual conference selected several symbolic sandplay objects, including: a tornado (symbolizing the invisible, unknown and uncontrollable threat), Frozen (Elsa frozen in a foreign land, just like us staying at home during the epidemic.), waterfalls and waves (symbolizing the world flooded with water), animal life cycle (we are still trying to transform and grow in the face of the threat of viruses, death and drought.), Journey to the West (based on a famous Chinese myth and story, symbolizing that in

the journey of individuation we still retain the connection with ourselves and others).

The world in recent years has been filled with change and uncertainty. In addition to the increasing number of violent conflicts in multiple areas of the world, Taiwan is also constantly under threat due to sovereignty issues, making the people of Taiwan feel anxious and uneasy. In response, in 2022, TSST adopted the theme of “War” and “Rebirth,” selecting a collection of six symbolic objects to present to our members. Warrior, the Grim Reaper, and Chimera represent symbols of mortality and life-threatening entities. Tree of Life and the Phoenix in Flames embody the cycle of life and the concept of rebirth.



The sacred umbrella

The Sacred Umbrella, used to guide the Great Mother Goddess Matsu during her processions in Taiwan, holds profound significance within Taiwanese society. *(In local Taiwanese folklore, during the Second World War, Matsu was believed to have shielded the people from harm by using her robe to deflect bombs, thus serving as a symbol of a protective power.)* Our aspiration is that, during times of turmoil and adversity, our members will remember to draw upon their inner strength, which acts as a guardian and source of support, enabling them to conquer these challenges.



Four holy animals

In 2023, the epidemic has gradually slowed down but wars continue in various regions of the world, causing harm to countless innocent civilians, including women and children. This further deepens our thinking about the meaning of life and the power of femininity

and masculinity (Anima and Animus). Consequently, the theme for the 2023 annual conference centers around the concept of the “Mother Archetype,” and a collection of objects have been chosen for this occasion. Pregnant Woman and Capitoline Wolf Stuckling Romulus and Remus symbolize the imagery of mother-child unity. Forest Goddess signifies female spiritual development. Four Holy Animals draws its origins from a Tibetan Buddhism story in Buddha’s Book of Life, symbolizing cooperative harmony and the sharing of sweet fruit. This object encompasses both the feminine principle of “carrying” and the masculine principle of “order”. The Stone Drum is an instrument used by Nüwa. The surface of the Stone Drum features spiral patterns, symbolizing serpents and serves as a symbol of the Great Mother. Marionette and Cthulhu manipulate the human psyche, thereby stripping away autonomy. Additional objects include Candy House and Venom (with its wide-open bloody mouth), symbolizing the concept of a devouring mother. There are also special maternal anglerfish (after the female and the male fish mate, the male's body organs disappear and become part of the mother fish). Lastly, the Witch Wheel of Life, a figure with a solemn expression, portrays a negative motherly image, as well as the other dark mother objects.

The world may continue to be turbulent, and our life is always in flux between hardship and renewed hope. TSST hopes that through the gift of symbolic objects every year, our members can connect with each other and these objects to infuse vibrant energy into our members’ sandplay rooms, ultimately assisting our clients in their journey of transformation and rebirth.

CONTRIBUTIONS from INDIVIDUAL MEMBERS

Board Representative Individual Members: Marina Ionescu

Substitute: Marianne Mobeck

Report by: Marina Ionescu

Marianne (Molbech) and I have been talking for some time about how it is to be an IM in our country, and we are interested in sharing cultural experiences.

We hope that IMs will be interested in participating in this new project dedicated to them, starting next year.

To launch the new project, we will meet on **zoom** for an hour and a half, every second month on the last Monday of the month starting with **29th of January 2024** (next dates will be: 25th of March, 27th of May 30th of September and 25th of November 2024).

To offer the possibility for all IMs to participate we will organize a session in the morning from 7.00-8.30 UCT and one in the afternoon from 16.00-17.30 UCT. You can choose which time of day suits you the best.

Come and join us on the Project **“Being IM as Sandplay Therapist”!**

The topic for January is: **“Being Alone”** – and we would like to invite you to bring a miniature which represents that for you. We will have the opportunity to come together, and we will then share our perspectives on this topic.

We will remind you in the New Year and you will receive a zoom invitation for the 1st meeting.



CONTRIBUTION FROM RUSSIA

Report by: Elena Sheveleva, editor of Russian Sandplay Journal

SANDPLAY TOUR WITH RUSSIAN SANDPLAY JOURNAL
REPUBLIC OF ADYGEA, CAUCASUS, RUSSIA (August 22-28, 2023)

Julia Novgorodova, Russia, Moscow, TM ISST, editor-in-chief of Russian Sandplay Journal, editor of ISST Journal

Dear colleagues, we are pleased to present a new project of our Journal: **Sandplay Tour**. Two years ago, the journal editors offered their readers a creative activity: taking an issue of the journal along on their trips, reading it and taking photographs with local landmarks and attractions in the background.

In 2023, we decided to expand the project, from “the journal photo tour” to an actual Sandplay tour with our readers – Sandplay therapists and friends of the journal.

The mission of the new project is to go on a journey for resources, to unite like-minded Sandplay therapists, to create a welcoming environment for development, and to meet with Self, while surrounded by natural landscapes.

The very first tour was shaped by an international group of participants: their respective countries – Russia, Kazakhstan, Romania, and the USA – were represented by our editorial team, teachers and tour participants.

We set out on the first trip of the tour in the last week of August, and chose the Caucasus for its archetypal resource of longevity.

Our Sandplay Tour group visited many amazing places in the foothills of the Greater Caucasus, filled with rich history, deep local legends, physical and spiritual strength, resilience, as well as the wisdom of millions of years, during which the natural landscapes of the Republic of Adygea were formed, where there once was the ancient Tethys Ocean.



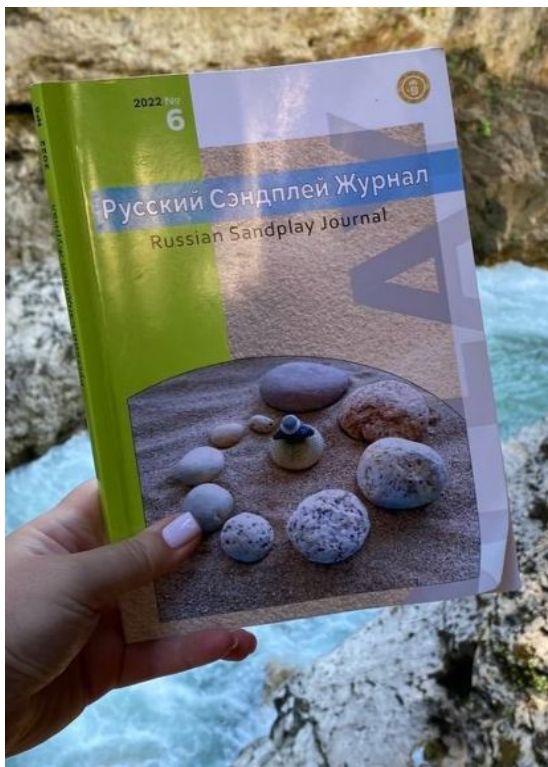
We saw blue rapid mountain rivers of the Khadzhokh Gorge and the Granite Canyon, beautiful Rufabgo waterfalls, mysterious dolmens. We also visited Christian Orthodox St. Michael's Monastery of Athos and underground cells of monks filled with the energy of prayers. We descended into the bowels of the earth of the Great Azish Cave, where stalactites and stalagmites keep their secrets. We absorbed the great spaces of the Lago-Naki plateau.

The group took part in seminars on Sandplay theory and practice presented by **Yulia Novgorodova** (ISST, Russia), **Svetlana Salnik** (ISST, Russia), **Marina Ionescu** (ISST, Romania), **Rosalind Heiko** (ISST, USA).

The entire trip was saturated with legends and myths of the Adygean region (*by Lilia Aslamazova*); the group also stayed in the wild for masterclasses held by the journal's editors: creating a waterfall figurine (*by Anna Polymova*), exploring one's personal labyrinth in imaginative practice (*by Elena Sheveleva*).

Sand and mandala rituals performed by Yulia Novgorodova in the traditions of the 26th Sandplay Congress held in Israel were touching and heartwarming.

We ended each day around the fire, where we could place our emotions, feelings, and experiences; the group participated in a lottery from the journal and received commemorative copies of the issues.



At the end of the trip, the participants chose and carried away amazing authentic figurines

from the souvenir shops of the Caucasus to replenish their Sandplay collections.

We hope that this Sandplay Tour allowed us to create, in collaboration with nature, a special protected and safe atmosphere of communication, learning and personal development in the tradition of Dora Kalff.

We are overjoyed that on this journey both the team and the participants were able to weave a fabric, with threads of communication and creativity now connecting us, Sandplay therapists, creating a beautiful pattern of new meanings – now and in the future.



See you again on Sandplay Tour 2024!

Warm regards,
Russian Sandplay Journal editors

Disclaimer:

The views expressed by contributing authors are not necessarily those of the ISST Board or the ISST Society.

Although we did our best to use the correct names and functions there may be mistakes or inaccuracies. If so, please let us know so that we can correct this in the subsequent issue of the Newsletter.

Thank you all so much for all your time and effort for contributing to this issue.

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Takuji Natori *President*

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Amanda Bechtel *Consulting Editor*

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