

## Clarity, Loving Kindness & Humility in the Practice of Sandplay

### *Spring Greetings to Our Sandplay Friends & Colleagues*



In the Northern Hemisphere, the Spring Equinox takes place between March 19th - 21st, when the periods of day and night are approximately equal. In the Southern Hemisphere, this is the period of the Autumnal Equinox.

We know from our Sandplay work, that conditions of balance between the light and the dark, the masculine and the feminine, precipitate a period of change. The psyche cannot tolerate this standstill of perfect balance. The psyche is dynamic and must be moving. It is the pressure of this standstill that forces the psychic energy down into the unconscious to be directed by the Self to new possibilities.



New beginnings, or transformation, as we call it in Sandplay, implicitly imply death and rebirth. It is a period of deep sorrow, surrender and loss, so profound as to obviate any possibility of hope. The miracle of the season is that undergoing this darkness eventually gives birth to a new light that brings hope and new possibilities. Thus, we have symbols of eggs, for potential; rabbits for their fecundity; and flowers for the glory of resurrection.

For Christians, this is celebrated as Easter. For other traditions around the world it is known as Alban Eilir, Eostar, Eostre, Feast of Annunciation of the Blessed Virgin Mary, Festival of Trees, Lady Day, NawRuz, No Ruz, Ostara, Ostra, Rites of Spring, and The Vernal Equinox.

### *A Joyous Spring of New Beginnings to All*



The Association for Sandplay Therapy embraces giving and generosity of spirit. As Mother Teresa said: It's not how much we give but how much love we put into giving.

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Ostriches don't really bury their heads in the sand, because they wouldn't be able to breathe! But they do dig holes to use as nests for their eggs. Several times a day, the female bird puts her head in the hole and turns the eggs. So it really does look like the birds are burying their heads in the sand!

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## MEMBER SPOTLIGHT

*...a new feature to the AST Newsletter. Each month we will introduce an important member of our global family*

Dr. Lynne Souter-Anderson, STR-C, is an International Presenter in Clay Therapy, a BACP Senior Accredited Therapist and PTUK Senior Supervisor with 25 years' experience. Her private practice is in Cambridgeshire, UK where she offers adult and child psychotherapy, clinical supervision and consultancy work.

Regarding her work in Sandplay, Lynne says, "As a former art and ceramic teacher I am passionate about the use of the imagination, imagery and symbol work and this took on more significance as I commenced training to become a therapist in 1989. However, my own journey using sand in therapy began in 1997 when I was studying a Master's degree in the Arts in Therapy and Education in London. Later I undertook an Advanced Sandplay Therapy training in France with Dr. Sylvia Simonyi-Elmer and my Advanced Jungian Sandplay training was conducted by Professor Barbara Turner in California.



As Director of the Bridging Creative Therapies Consultancy I am fascinated in the use of earth mediums, namely clay and sand in therapy, incorporating the arts wherever appropriate. I am especially interested in how clients move from sand work into clay work and vice versa sometimes in a session and at other times through a series of sessions. For this reason I see clay therapy as a sister therapy to Sandplay therapy.

*Lynne is the author of *Touching Clay, Touching What? The Use of Clay in Therapy* (2010); and *Making Meaning, Clay Therapy with Children and Adolescents* (2015). She is available for personal process, consultation, and mentoring services. You may contact her at <http://www.bctconsultancy.co.uk>*

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# Consultation and Training

## Training with Celia Van Wyk, STR-CT - South Africa



### Group Consultation Johannesburg South Africa

Saturday 22 & Sunday 23 April 2017  
R 2 340 per person per day or R 4 200 for both  
days  
AST credits granted

### Sandplay 1 Week 1

Cape Town Stellenbosch  
Monday 8 to Friday 12 May  
R 9 997 per person  
AST credits granted

[Register Here](#)

For more information

[Trainings with Celia](#)

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## Trainings & Consultation with Eunice Stagg - STR-CT - UK

Starting 4th October 2017  
For more information [Training with Eunice](#)



## Training with Barbara Turner, STR-CT - USA

### Sandplay I

March 27 - April 7, 2017  
Palm Desert, California

In the beautiful Palm Springs area of Southern  
California

Join Dr. Barbara Turner, author of the *Handbook of  
Sandplay Therapy*, for her well-known core curriculum in  
Jungian Sandplay.

### Sandplay I

July 2017

Constanta, Romania

For information [Trainings with Barbara](#)

**Group & Individual Consultation Available**  
[Contact Barbara](#)

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**Rose Harriet, STR-C - USA**



**Individual Consultation**  
Contact [Rose Harriet, STR-C](#)

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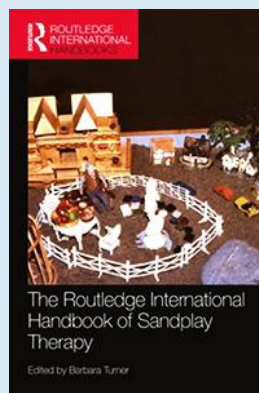


**Lynne Souter-Anderson, STR-C - UK**

**Individual Consultation**  
[Contact Lynne](#)

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*Now Available !!*



*The Routledge International Handbook of Sandplay Therapy*  
Barbara A. Turner - Editor

[Download Flyer](#) & 20% off coupon !!

## About the Book

*The Routledge International Handbook of Sandplay Therapy* provides a comprehensive overview of this therapeutic method, developed to provide a means of helping clients of all ages with mental suffering. The contributors, from a range of therapeutic and cultural backgrounds, demonstrate core theory and practice, and explore the implications of current neuroscientific research. The chapters illustrate the effectiveness of this seemingly simple, yet highly complex, psychotherapeutic tool in its contemporary applications. Split into six parts, this handbook considers:

- \* Sandplay therapy in medicine
- \* Sandplay with special populations
- \* Sandplay in analysis and general practice
- \* Adaptions of the Sandplay method in education
- \* Sandplay and the spirit
- \* Non-Jungian uses of the sand tray in therapeutic applications

Unique in scope and breadth, this handbook will appeal to academics and students of Jungian psychotherapy, as well as occupational therapists, art and play therapists, and all clinicians using Sandplay therapy as part of their professional practice.

**Newsletters are available on the website at: [www. SandplayAssociation.com](http://www.SandplayAssociation.com)**