

March 2021



The Association for Sandplay Therapy

... loving kindness, clarity & humility in the practice of Sandplay



Meet Rachel McGovern, STR-C NEW Sandplay Consultant

Hello everyone. I've been working as a Bacp (Accredited) Counsellor/Psychotherapist and Supervisor for over twenty years, mainly in the beautiful North East of England. At my core I use a Person Centred modality but have added all sorts of training to my repertoire including Trauma, Bereavement, Psychodynamic, Pastoral etc. I've worked in many areas including Bereavement, Pastoral settings, Secondary Schools, Education, EAP's, and Durham University. Currently I hold a healthy private practice where I see clients of all ages, and thoroughly enjoy supervising Counsellors/Psychotherapists working in all sorts of settings.

I was introduced to Sandplay Therapy over 13 years ago. Fascinated, exhilarated, and recognising the potency of such an apparently simple intervention, I wrote my MA Dissertation on Sandplay -Stories in the Sand. I began training under Eunice Stagg and Barbara Turner in 2009 and have never looked back. I have loved accompanying five training cohorts of students, and engaging with many

students' personal processes. I am thrilled to have now been accepted as a Sandplay Consultant, am so grateful for the support of such lovely members of AST, and very much look forward to accompanying some of you on your Sandplay journey. I work in a very collegiate way, giving space to the unknown and to curiosity. Do please get in touch if you have any queries, and feel you might wish to work in a curious, exploratory way. Rachel.cruse@ntlworld.com

Stop the words now.

*Open the window in the center of
your chest,*

*and let the spirits fly in and out!
~Rumi*



Sandplay Consultants are in high demand. AST is growing and more people are seeking STR status. This is exciting news for our

organization as we want as many people as possible to receive STR certification. To help with consultations, both individual and group, we are in need of more consultants. If you have been designated as STR for three years or more, please consider filling out the application for STR-C status. See the requirements [on our website](#).

Find Current Information on Facebook

If you are not following AST on Facebook, you are missing the latest information. We post trainings, articles, resources, sites for miniatures and more. Be sure to check us out.

We are also holding drawings for FREE gifts. These are most often miniatures for the sand. SYMBOLS you will be proud to offer on your shelves. Go now! Follow us.



FOLLOW AST

Please consider contributing your musing or experiences to the newsletter. We love hearing from our members across the globe. Send your submission to [ROSE](#).