



## The Association for Sandplay Therapy

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

### To Everything there is a Season

#### Be Humble

Poet: Colleen Vertz

While walking through the woods one day  
When the leaves were red and brown,  
I heard a little bright tree say,  
"Just look at my crimson gown."

She swished her gown so proudly,  
Bright yellow, red, and brown.  
A tree not quite so colorful said,  
"Be humble; God made your gown."

Autumn shows us  
how beautiful it is  
to let things go.



### Effective July 2022 – STR Renewal Requirements

In order to continue to maintain AST's high level of professionalism with our growing number of registrants, STR Renewals will document the following:

**10 Continuing Education** hours of Sandplay related courses and/or Jungian theory and practice

**6 Individual Consultations**

### STR-C & STR-CT Resources

[Alison Howe STR-C](#)

[Rachel McGovern STR-C](#)

[Lynne Souter-Anderson STR-C](#)

[Jamie Straessler STR-C](#)

[Natalia Valyraki STR-C](#)

[Rose Harriet STR-CT](#)

[Daniella Marinescu STR-CT](#)

[Eunice Stagg STR-CT](#)

[Barbara A. Turner, PhD STR-CT](#)

[Celia van Wyk STR-CT](#)

**Membership Renewals** will have been sent out in July. We plan to have our entire

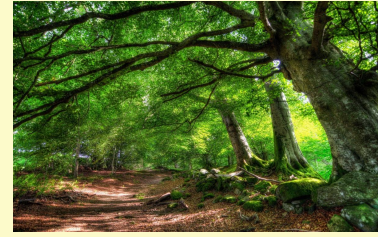
with AST STR-C or STR-CT registrants  
and/or ISS Certified Teachers

[Please see the June Newsletter for  
Course Resources](#)

Membership roster on our new cloud platform,  
called "Wild Apricot." This allows each member  
to update contact information and other  
details. Look for the launch soon!

### Into the Forest(Qing Li 2019)

Trees have always fascinated me. Although there are many symbols  
that i find fascinating in my clients sand trays, i find myself feeling  
that little more excited when trees are used.



So what is it about these ancient bastions of our natural world that  
so calls to the human spirit and soul?

As i pondered this question i recalled a book that i had read about a year ago titled 'The Hidden life of  
Trees' by Peter Wohlleben.

In this wonderful intimate, yet scientific, exploration of the lives of trees Wohlleben, brings to life the  
intricacies of family life as groups of trees are born, grow in a nurturing environment , eventually  
becoming the wise old man/woman, cared for, sustained and eventually dying amongst their family  
members. It is often in this state that they provide sustenance for future generations.

Each chapter of this book provide small pearls of wisdom for the sandplay therapist in considering the  
symbolism of the tree within a clients tray.Wohlleben expands with beautiful examples, on the immense  
role of trees within our environment, from the linking of roots to support the family, the process of  
ageing illness, and dying, to the forest and their vital role in maintaining water levels to sustain  
ecosystems, all of which might be an indication of the clients presenting issues within the tray.

I would encourage you to have not only tree symbols but bark, driftwood and even rotted wood available  
in your symbol collection. Different species of trees also have different characteristics and symbolic  
meanings related to myth, medicine and spiritual beliefs. Exploration of these also provides the sandplay  
therapist with a vast well of symbolism to explore

Richard Louv(2010) in his important text 'Last Child in the Woods', points out in stark terms the dangers  
for this generation of children in becoming 'nature deficit' , but this deficit can be addressed in  
sandplay, as each time we return to the sand we are returning to the natural environment.

Certainly, there are also reminders for us, as Sandplay Therapists to maintain our connection with the  
healing power of nature .

As i reflected further on the role of trees, and the importance of connection to nature, i was brought back  
to the title of Qing Li's book -Into the Forest. This beautifully illustrated book explores the concept of  
Forest Bathing- Shirin-yoku.

The last couple of years have been difficult for client and therapist alike. We have not been able to work  
in normal ways and continuing to hold clients, when we have often been experiencing the same  
emotions, feelings and anxieties, might have felt very hard.

Trees also have a place within our need to self care. Dr Qing Li gently through his research, points us to  
the need to reconnect with the Forest, touch the trees, connect to the smells and colours , taste the fresh  
air, and listen to the sounds of the Forest. Certainly i have felt the benefits of taking time within my  
schedule to walk meditatively in the woods near my home.

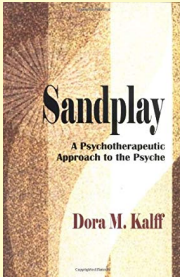
i often encourage my clients to spend sometime during their week walking and experiencing any  
woodland or forest near to them, with them often reporting back to me of the benefits to their mental  
wellbeing.

*'Being in nature can restore our mood, give us back our energy and vitality, refresh and rejuvenate us.  
We know this deep in our bones. It is like an intuition or an instinct, a feeling that is sometimes hard to  
describe. In Japanese we have a word for those feelings that are too deep for words -yugen...gives us a  
profound sense of the beauty and mystery of the universe. It is about this world but suggests something  
beyond it. ( Li 2019)*

#### References

- Li, Q (2019) Into the Forest. UK. Penguin  
Wohlleben, P (2017) The Hidden Life of Trees . London. HarperCollins.  
Louv,R (2010) Last Child in the Woods.London. Atlantic Books

Visit our Website



### ***Sandplay: A Psychotherapeutic Approach to the Psyche***

Dora M. Kalff

Now available on our website! This is the 2004 edition, edited by Barbara Turner, PhD, which is now out of print. Don't miss the opportunity to add this valuable volume to your library.

[\\$18.99](#)

[AST Member Price: \\$17.99](#)

## **Training Opportunities**

### [Eunice Stagg STR-CT - UK Training - Starts September 2021](#)

For further information please contact [e.stagg@btinternet.com](mailto:e.stagg@btinternet.com)

### [Barbara A. Turner, PhD, STR-CT, RPT-S](#)

Webinar-based Sandplay training continues with the addition of our second group. This is a wonderful way of learning and connecting with our international colleagues. Part of Dr. Turner's PhD program was in creating online transformative learning platforms. In this she specialized in Sandplay therapy. If you are interested in joining a training group in 2022, you may contact Barbara. ([DrBarb@BarbaraTurner.org](mailto:DrBarb@BarbaraTurner.org))

New online webinar-based training in Sandplay therapy  
September 2021 - July 2022  
226 Total Training Hours  
\$2,100

[Details here](#)

### [Celia Van Wyck PhD, STR-CT](#)

Online Webinar Training South Africa  
26/09/2021 to 23/11/2022 \*Please note new start date, which has changed from Augusts Newsletter\*  
For further information please contact [celia@sandplay.co.za](mailto:celia@sandplay.co.za)

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