



香港沙遊治療學會  
HKSTA

**Hong Kong Sandplay Therapy Association**

## **THE SANDPLAY PROCESS: STAGES, THEMES, SYMBOLS**

*Facilitated by*  
**LENORE F STEINHARDT, MA, ATR, CSTT**

**Dates: April 26, May 3, May 10 & May 17, 2022**  
**(Tuesday evenings)**  
**Time: 7:00pm – 10:00pm**  
**Language: English**

*This 12-hour, 4 session Zoom workshop is  
accredited by ISST*





## Hong Kong Sandplay Therapy Association

### **Aims of the Workshop**

In this four-session zoom workshop we will focus on understanding the sandplay process, review its stages, identify themes that are hidden in sandplay images and follow the symbols that represent these themes. In each three-hour session, the sandplay processes of children or adults clients will provide a focus for examining the stages of a process, understanding personal and universal core themes, and discovering how the psyche expresses and projects these unspoken aspects into symbols.

### **Content of the Workshop**

**Session 1– The Process.** Review: Several prerequisites for a sandplay process: the balance of opposites in the sandplay setting, the structure of the psyche (Jacobi), the four basic archetypes, the six channels of interaction in the co-transference, and the therapist’s personal understanding of the process. We will define stages, themes and symbols in sandplay with a case example of a young girl in mourning for her father. Sandplay together with other creative media helped to circumvent resistance and bring transformation from wounding to healing.

**Session 2 – Stages in the Sandplay Process.** Review: Several developmental theories relevant to sandplay. (1) Weinrib (1983) - eight universal stages of the sandplay process. (2) Jackson (2007) - stages of the sandplay process based on stages in the Journey of the Hero (Campbell, 1949/1973). (3) Neumann (1973) - developmental ego stages, mythical understanding of relationship of the Child to the Mother (Matriarchate) and transition to the Father (Patriarchate). (4) Examples of Different Color Systems. **Experiential: “Your Lifeline”**, understanding the personal stages, themes and symbols of your life through drawing, naming and placing objects and colors.

**Case Presentation:** Sandplay case of Ms. Sally Chan

**Session 3 – Themes:** Themes of wounding, Themes of healing (Mitchell and Friedman, 2021). Ammann (1991): Understanding Spatial Phenomena. Jacobi (1959): Sequence of symbols in the Archetype of the Feminine. Identifying themes: How does the Psyche give form to themes as symbols? Examples of symbols of Four Major Archetypes: 1. The Feminine, 2. The Masculine, 3. The Child-Hero, 4: The Self.

**Case Presentation:** Sandplay case of a workshop participant

**Session 4 – Symbols:** Symbol Paper articles, ‘Complex, Archetype, symbol’ (Jacobi, 1959). Examples of some miniatures that symbolize Earth, Water, Air, Fire. Ether (Space) is the empty area of the sandtray where all things can become present. Spotlight on other symbols such as expressions of death, hope, intuition, or light in the darkness.

**Case Presentation:** Sandplay case of a workshop participant

### Sandplay Teacher- Trainer

Lenore F. Steinhardt is an Art Therapist, Certified Sandplay Therapist & Teaching Member (ISTA/ISST), and Jungian Psychotherapist. She is an ISST member since 1997. She worked in a public clinic for 25 years and has been in private practice for 40 years. In 2003, she founded a Sandplay Therapy Training Program in Tel Aviv. She has written two books on Sandplay: “Foundation and Form in Jungian Sandplay” (2000), and “On Becoming a Jungian Sandplay Therapist” (2012) and has published articles in the Journal of Sandplay Therapy and other Journals. She represented ISTA on the ISST Board from 2009 to 2017 and she is Founding Editor of the ISST Newsletter. She has presented at many ISST Conferences and Intensive Training Weeks as well as in international workshops.

#### **APPLICATION FORM** (in block letters please)

HKSTA member : Yes  No

Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

\*Please write your name in the form you would like it to appear on your attendance certificate

Organization: \_\_\_\_\_ Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_

**\*I do/do not have clinical examples of client sandplay material that I wish to present  
(Please indicate your choice)**

**Workshop Fee** (Please *v* the appropriate box)

- |   |   |
|---|---|
| <input type="checkbox"/> HKSTA member HK\$2,800 | <input type="checkbox"/> HK\$2,600 (early bird on or before 12 April, 2022) |
| <input type="checkbox"/> Non-member HK\$3,000   | <input type="checkbox"/> HK\$2,800 (early bird on or before 12 April, 2022) |

Please deposit your payment in the account of “Hong Kong Sandplay Therapy Association” Hang Seng Bank “228-338430-001”, then write your name in block letters on the payment slip and together with the application form, WhatsApp, or email it to 5985-2169 or [hksta2020@gmail.com](mailto:hksta2020@gmail.com). **OR** make cheque payable to “Hong Kong Sandplay Therapy Association”, and mail it together with the application form to c/o Season Commercial Building, 5/F, 3 Humphreys Avenue, Tsim Sha Tsui, Kowloon.