



CAST 2022 Web Conference

Holding Free and Protected Space in Our Time

April 9-10, 2022

The theme of the CAST 2022 Web Conference is: Holding the free and protected space in our time. This theme resonates strongly with the increased need for safety and containing in uncertain times, like the time of COVID-19 we recently have faced collectively.

The conference will be simultaneously translated into French, and into English for the French presentations.

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Conference Schedule

Times are listed in Eastern Standard Time (UTC-05:00); Unless specified all presentations are in English

Saturday, April 9, 2022

10:00 – 10:15 am	Dariel Cole	Opening greetings and introductions
10:15 – 11:30 am <i>Keynote Presentation</i>	Maria Kendler	Freedom and Protection of the Therapeutic Space
11:30 – 11:45 am	<i>Break</i>	
11:45 – 1:00 pm	Brenda Weinberg	Holding the Therapeutic Space by Staying with the Image
1:00 – 2:00 pm	<i>Lunch</i>	
2:00 – 3:00 pm <i>Breakout 1 Session A</i>	Nil Akat	The Night Journey on the Sea: Exploration of Flooding in Sandplay <i>In French</i>
2:00 – 3:00 pm <i>Breakout 1 Session B</i>	Nathalie Tremblay	Virtual Sandplay Therapy for therapists and clients with disabilities
3:00 – 3:15 pm	<i>Break</i>	
3:15 – 4:15 <i>Breakout 2 Session A</i>	Christine Chow	A young girl's journey to reconcile the life and death polarity
3:15 – 4:15 <i>Breakout 2 Session B</i>	Aletta Margaretha Roux	Answers blowing in the wind: Wind symbolism in sandplay
4:15 - 4:25 pm	<i>Break</i>	
4:25-5:00 pm <i>Breakout 3 Session A</i>	Elizabeth Craft	A Giraffe's Eye View: Exploring This Rich Symbol
4:25-5:25 pm <i>Breakout 3 Session B</i>	Alexandra Fidyk	Silence - A Core aspect of free and protected space

Sunday, April 10, 2022

9:45 - 10:00 am	Dariel Cole	Greetings and presenters of the day
10:00 – 11:30 am	Rosalind L. Heiko and Marina Ionescu	Sharing Our Core Stories to Strengthen Resilience as Sandplay Therapists
11:30 – 11:45 am	<i>Break</i>	
11:45 – 1:00 pm	Elizabeth Craft	Saving the Princess, Protecting the Gems: Healing from sexual abuse and loss
1:00 – 2:00 pm	<i>Lunch</i>	
2:00 – 3:00 pm <i>Breakout 4 Session A</i>	Marie Makinson	Images of Respect, Caution and Survival
2:00 – 3:00 pm <i>Breakout 4 Session B</i>	Ann Elizabeth Holroyd	Forms Created in the Sand
3:00 – 3:15 pm	<i>Break</i>	
3:15 – 4:45 pm	Round Table	Maria Kendler , Armande Duval , Brenda Weinberg , Nathalie Tremblay
4:45 – 5:00 pm	Closing Remarks	Screening of award winning short film <i>Sand Land</i>

Presentations

Keynote Presentation

Freedom and protection of the therapeutic space

Original and recent reflections

The creation of a “free and protected space” was central to Dora Kalff in order to make psychotherapy work in an optimal way. In this lecture we will explore how she described the idea of freedom as well as the task to protect the client’s process from outer and inner disturbances. According to her, the therapist has to bring both – freedom and protection – actively into the therapeutic relationship. This approach is somewhat different from the classical concept of transference. A specific inner activity and perhaps concrete interventions may be necessary in order to create and recreate the “free and protected space” throughout a therapy session and a whole Sandplay process. Practical examples from literature about Sandplay therapy and from my own experience will illustrate how this essential concept can be put in practice, especially when the usual setting is disturbed by outer irregularities like sanitary regulations due to the actual pandemic.

Presentation Abstracts

Holding the Therapeutic Space by Staying with the Image

A Sandplay therapist's ability to hold the shared space securely and sufficiently free depends upon an ability to hold that space anytime, and on consciousness about challenging differences that might occur. The presenter's focus on the whole image and its contextualized elements provides both theory and practice in letting images guide in meaning-making.

The Night Journey on the Sea: Exploration of Flooding in Sandplay

This presentation aims to provide reflections on the phenomenon of flooding in Sandplay. It contains: Mythical considerations and the significance of flooding in Jungian thought; Sandtray images from a 8-year-old boy's process; Reflections about therapists' challenges on creating a temenos; Exploration of 'boat' and 'river' symbols in articulation to flooding.

Virtual Sandplay Therapy for therapists and clients with disabilities

Virtual sandplay therapy for clients with disabilities has given them the support formerly only accessible for neurotypical people. Furthermore, therapists with disabilities should also have the opportunity to become certified sandplay therapists by using virtual sandplay with clients (having different needs or neurotypical persons) or for the therapist's process toward certification.

A young girl's journey to reconcile the life and death polarity

The seven-year-old girl was born with Hypoplastic Left Heart Syndrome (HLHS). The sandplay journey started when she was waiting for a heart transplant after three major surgical operations. This process created the free and protected space for her to express her world of chaos, anxiety and fears, and thus reconcile the life and death polarity.

Answers blowing in the wind: Wind symbolism in sandplay

The invisible air-borne COVID-19 virus invaded consciousness and provoked uncertainty. It compelled change beyond human control. Wind imagery in sandplay represents the element of air and expresses the invisible life force/trickster energy driving individuation. Wind symbolism also permeates the heroic journey through destruction, visible/invisible creation and renewal of vitality.

A Giraffe's Eye View: Exploring This Rich Symbol

The giraffe is chosen often in sandplay, especially by child clients. This presentation will explore the rich meaning of this symbol...both its positive and shadow aspects.

Silence - A Core aspect of free and protected space

In attending to “holding free and protected space,” I explore silence poetically and philosophically—as a core aspect of the process, beauty, and ethic of Sandplay Therapy. Here silence is understood as animate, paradoxical, and ontological—having a weight that we don’t find in any word; “it is heavy with everything that we have lived, are living now and everything that we shall experience” (Sciacca in Fiumara, 1990, p.105).

Sharing Our Core Stories to Strengthen Resilience as Sandplay Therapists

We are living in a time of extraordinary upheaval and uncertainty, presenting even greater challenges for us as Sandplay therapists in terms of creating and maintaining a “free and protected space” for our clients. Kalff spoke eloquently about providing sheltered space to protect the psyche of our clients. It’s vital that we also protect and strengthen the resiliency of ourselves as professionals.

Saving the Princess, Protecting the Gems: Healing from sexual abuse and loss

This sandplay case, presented to STA for certification, follows the sandplay journey of a five year old girl’s healing from abuse and loss, experienced through the comfortable media of sand, water, and miniatures.

Images of Respect, Caution and Survival

Survival is archetypal: fundamental to life. The instinctual pattern 'fight/ flight' develops into more nuanced strategies: isolation, quarantine, cover, hide, separate, distance; enacted in both inner and outer worlds. Images of self preservation in the trays of a person exploring destabilising questions of gender reveal an important level of care.

Forms Created in the Sand

This presentation will involve an exploration of a sandplay process where the hands and to a lesser extent the clients dreams are prominent features of his process. The presentation will focus on the different stages in the client's psychological development. This sandplay process represents the final case study for CAST ISST Sandplay therapist certification.

Presenters

Maria Kendler

Psychologist (FSP), MPhil, MSc, teaching member of SGSST and ISST since 2009.



Maria is a clinical psychologist, with professional experience in individual and institutional settings. For many years she has been teaching Sandplay Therapy in Switzerland and abroad. Presently she is working in a private practice in Morges and in Vevey in the French part of Switzerland. She uses Sandplay with children, adolescents and adults.

She is the president of the Swiss Society for Sandplay Therapy (SGSST) and the responsible editor of the Swiss-German Journal for Sandplay Therapy (*Zeitschrift für Sandspieltherapie*). She has published articles about Sandplay in different clinical settings in the *American Journal for Sandplay Therapy* and in *Zeitschrift für Sandspieltherapie*. She contributed a chapter to the book *“Into the Heart of Sandplay”* (Ed. by Dyane Sherwood & Betty Jackson) as well as to the book *“Europe’s many souls. Exploring Cultural Complexes and Identities”* (Ed. by Joerg Rasche and Thomas Singer).

Aletta Margaretha Roux (Retha)



Counselling Psychologist, ISST Certified Sandplay Therapist

Retha Roux practices as a Counselling Psychologist and ISST Certified Sandplay Therapist in Cape Town, South Africa. She is passionate about nature, reading, knitting and sandplay.

Alexandra Fidyk



PhD, Jungian body-oriented psychotherapist, CAST Sandplay Practitioner Trainee

Professor, Faculty of Education, University of Alberta; poet; philosopher; Jungian body-oriented psychotherapist; Integrated Body Psychotherapist; Somatic Experiencing Practitioner Provisional; Family Systems & Constellations/Inherited Family trauma; Expressive Arts Therapist Trauma-informed; Trauma-specialized & Trauma-informed for school contexts

Ann Elizabeth Holroyd



RCC, PhD, CAST / ISST Certified Therapist

Ann Holroyd is a Registered Clinical Counsellor and a Registered Nurse with a PhD in Health Science. Recently, Ann became an ISST certified Sandplay therapist. In her private counselling practice Ann works with individuals, couples, and children to facilitate psychological change and growth.

Brenda Weinberg



CAST / ISST Certified Therapist and Teacher, PhD

Dr. Brenda Weinberg, Founding Member and second President of CAST, practised Sandplay for 30 years. Through Sandplay, dream and art images, she has fueled her passion for life.

Christine Hing-Fan Chow



Registered Social Worker, Registered Marriage and Family Therapist, CAST / ISST Internationally Certified Sandplay Therapist

Christine graduated from the University of Toronto and has worked in mental health programs at community agencies, hospitals, and in the public school system for more than 20 years.

Elizabeth Craft



LCSW, RPT-S, CST, STA

I am the founder of The Center for Creative Arts and Play Therapy, a practice offering at various points in it's 14 years, play therapy, sandplay therapy, art therapy, music therapy and components of movement, writing and mindfulness. As a LCSW, RPT-S and CST my areas of expertise are sandplay therapy and play therapy. I am also EMDR trained. In my 33 years experience of practice I have served clients from ages 3-73 with an extensive variety of presenting issues. I have also taught in a variety of settings, including 2 colleges.

Marie Makinson



Member: ISST, ANZSJA, GAP, IAAP

Marie Makinson is a Jungian Analyst and Sandplay Therapist practicing in Northern New South Wales Australia.

Marina Ionescu



MA, CST, ISST Teaching Member

Marina Ionescu is a psychologist, psychotherapist and Teaching Member of the International Society for Sandplay Therapy (ISST). She is the president of the Romanian Institute of Sandplay Therapy and an active member of the Romanian Psychologist College, member of the Romanian Association of Ericksonian Hypnosis (ARHTE), the European Association for Transactional Analysis (EATA) and the Romanian Association for Transactional Analysis (ARAT).

Nathalie Tremblay



Master Degree in Art Therapy

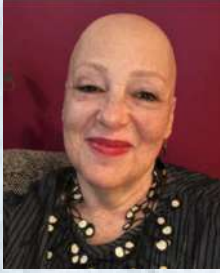
Professional Art Therapist, play therapist practitioner, sandplay trainee, member of CAST and CAPT and CATA

Nil Akat



Clinical psychologist, Advanced Sandplay trainee

Nil Akat graduated from Paris V University. She receives children, adolescents and adults in her private practice in Istanbul. She is organizing the ISST approved Sandplay therapy training in Turkey.



Rosalind L. Heiko

Ph.D., ISST, CST-T, RPT-S

Rosalind Heiko is an ISST Sandplay Teacher, training therapists nationally and internationally. She is the author of *A Therapist's Guide to Mapping the Girl Heroine's Journey in Sandplay*.

Other Speakers

Armande Duval, CAST/ISST, L. C. P. U. Louvain. L. E. S. U. Laval. B.A. U. Moncton



Armande pursued two years of training in Jungian psychoanalysis at the C.G. Jung Institute in Zurich. She received her training in Sandplay Psychotherapy under Martin Kalf (Switzerland), and other referred teachers. She has been practicing this approach in Quebec City with children, adolescents and adults since 1991. She is a founding member of CAST. She is also a teaching member and supervisor of CAST and ISST. She has developed a psychotherapeutic approach that she teaches to trainees from the University of Louvain during their stay in Canada.

Dariel Cole, CAST President



Dariel is a Registered Psychologist in Alberta working in private practice and as an Associate Professor at City University of Seattle. She uses humanistic theoretical foundations, cognitive behavioural strategies, positive psychology influences and mindfulness practices. She is certified in Prolonged Exposure (PE) therapy and Eye Movement Desensitization and Reprocessing (EMDR) therapy for working with trauma and is a level III practitioner in SandPlay Therapy.

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If you have any questions please email administrator@sandplaycanada.ca