



C G JUNG INSTITUTE  
OF CHICAGO

# SANDPLAY AND THE EXPRESSIVE ARTS THERAPIES: A RELATIONAL APPROACH

**Monday, June 14<sup>th</sup> through Friday, June 18<sup>th</sup> 2010**  
**10:00 am to 4:00 pm**



In this week-long seminar, participants will explore image making, body movement and sandplay with a focus on the intersubjective nature of the therapeutic relationship. Therapists trained in sandplay and other expressive arts modalities will bring awareness to their own subjective (counter transference) experience as a part of the therapeutic encounter. This approach makes use of Jung's fundamental insights in the Psychology of the Transference that considers unconscious reactions emerging within the therapeutic encounter as arising from the unconscious of both the therapist as well as the client.

Relational sandplay therapy values and makes use of a full range of emotions that may emerge in the therapeutic relationship. These emotions can include negative emotions such as feeling distant, confused or blank as well as positive emotions of feelings of connection, interest and joy. As we expand our capacity as therapists to contain and metabolize all of these emotions, we can present them back to our clients in a more digestible form.

## LOCATION

The CG Jung Institute of Chicago, 203 N. Wabash, Suite 1618, Chicago IL  
Columbia College, 624 S. Michigan Avenue, Chicago IL

## INTENSIVE FEE

Week | \$450 | 25 CE credits      \$200 | Student Rate  
Single Day | \$100 | 5 CE credits      \$50 | Student Rate

For all registrations visit [www.jungchicago.org](http://www.jungchicago.org)

## **Learning Objectives:**

- To increase one's knowledge base in the therapeutic use of sandtray as an expressive art modality.
- To identify stages of sandtrays made by patients affected by preverbal trauma as identified by L. Cunningham
- To learn the Point Zero intuitive painting process as a method for accessing and dialoguing with unconscious content
- To understand and deepen our relationship to the numinous in sandplay
- To increase one's capacity to experience and articulate somatic transference and countertransference
- To experience a felt-sense of the intersubjective realm between mover/witness, therapist/client

*This Summer Intensive is co-sponsored by  
Loyola University and Columbia College*

**Columbia**   
COLLEGE CHICAGO



The C. G. Jung Institute of Chicago is approved by the American Psychological Association to sponsor continuing education for psychologists and by the Illinois Department of Professional Regulation to provide continuing education (CE) credit for social workers, professional counselors and marriage and family therapists. The Institute maintains responsibility for this program and its contents.

**Monday, June 14<sup>th</sup> | Location: 624 S. Michigan, Room #1106**

***Authentic Movement as Relational Practice* | Kate Fiello**

In this workshop, participants will investigate Jung's concepts of active imagination through the expressive modalities of Authentic Movement and Point Zero Painting. These imaginal processes will allow participants to increase their ability to access and dialogue with unconscious material through the use of two different modes of creative experiencing. Participants will also develop skills that will help them become more attuned to working with the unconscious content in their clinical work with others.

**Tuesday, June 15<sup>th</sup> | Location: 623 S. Wabash, Room #1013**

***Painting as Active Imagination* | Amy Champeau**

In this workshop, participants will be introduced the Point Zero painting process that utilizes Jung's four steps of active imagination. This process provides a means for activating and dialoguing with their own unconscious material. Participants will learn to pay close attention to this material as it arises in each moment, to attune them selves to their own counter transference, and to utilize this awareness to deepen the therapeutic relationship. No previous art-making experience or ability is necessary.

**Wednesday, June 16<sup>th</sup> | Location: 203 N. Wabash, Suite 1618**

***Experience Sandplay for Yourself* | Elaine Molchanov and Al Collins**

This is a hands on introductory session for clinicians who use sandplay but haven't had the chance to "play" themselves. Some focus on the history of Sandplay with an emphasis on Dora Kalff and Margaret Lowenfeld will be shared. Throughout the day, Jung's approach to the unconscious will be practiced, with participants making trays and bearing witness to one another's process. In addition, slides of children's sandtrays will be shown.

**Thursday, June 17<sup>th</sup> | Location: 203 N. Wabash, Suite 1618**

***Deepening your Sandplay Process* | Mary Dougherty and Catharine Jones**

Today's seminar is for clinicians who are familiar with sandplay therapy but who want to feel more confident in using this modality. Participants will engage Linda Cunningham's relational approach to sandplay therapy, which places the use of sandplay within the context of the therapeutic relationship. Each participant will engage the technique of making "countertransference" trays – a way to deepen your work with a particular client. Come to today's session with case material that presses your buttons.

**Friday, June 18<sup>th</sup> | Location: 203 N. Wabash, Suite 1618**

***Relational Sandplay and the Numinous* | Elaine Molchanov**

Responding to the God experience in the client is one of the most important moments in sandplay, or indeed any form of psychotherapy. The therapist must respect the absolute value of the experience but not fall into inflation or envy. What is most essential is that the therapist has personal knowledge of such states of being and responds to the client out of them. Participants will attend to their own sandtray images from this perspective.

**Instructors**

**Amy Sprague Champeau, LMFT**, is a psychotherapist in private practice in Racine, WI. She is a candidate in the Analyst Training Program at the C. G. Jung Institute of Chicago and is a master level practitioner and teacher of the Point Zero Intuitive Painting Process.

**Al Collins, Ph.D.**, is a psychologist and a Sanskritist with Ph.D.s in both areas. A psychotherapist by day, he has published extensively on the spiritual and cultural psychologies of India and psychoanalysis (both the Jungian and the Freudian traditions). Al teaches at the Pacifica Graduate Institute, and has been on the core faculty in East/West Psychology at the California Institute of Integral Studies. For more information visit: [naham.blogspot.com](http://naham.blogspot.com); [www.BrainDance.us](http://www.BrainDance.us)

**Mary Dougherty, MFA, ATR, NCPsyA**, is a Jungian psychoanalyst and art psychotherapist in private practice in Chicago. She is President of the Jung Institute of Chicago and former Director of Training of the Institute. She is contributing editor to the Journal of Jungian Theory and Practice and has numerous publications in Analytical Psychology. She lectures on the clinical implications of gender, the use of active imagination, and on the impact of Jung's thought upon creative development and artistic production.

**Kate Fiello L.C.S.W.** is currently a candidate in the Analyst Training Program at the C.G. Jung Institute of Chicago and maintains a private practice in Chicago. She has been practicing and teaching Authentic Movement for 20 years.

**Catharine Jones, LCSW, M.Div.**, past president of the C.G. Jung Institute, past director of training, serves on the faculty of the Analyst Training Program as well as the Clinical Training Program at the C.G. Jung Institute of Chicago. She is interested in Jung's concept of Complex Theory, as the interface of psyche/soma, and the implications for clinical work, as seen with dream work and a sensorimotor focus.

**Elaine Molchanov, ACSW**, is Board-Certified in Clinical Social Work (Diplomate), a Jungian analyst in private practice in Anchorage, Alaska (and soon to be Chicago), and a member of the North Pacific Institute of Analytical Psychology (Seattle). She is currently writing a book about her own journey on both the Indian and Jungian paths.