



Florida Sandplay Therapy Association

Fostering growth & healing through symbolic process

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By way of introduction, I did my training for sandplay therapy in Switzerland while I was completing the analytic studies at the CG Jung Institute. Thus, I am relatively new to the community of Sandplay Therapists in America (STA).

Initially, I was very skeptical coming into the sandplay work and finally at the urging of a colleague I decided to give it a try, and then enthusiastically became immersed in the training. Rather than just believe in the therapy, I needed to experience what sandplay was. I also noted even before I had a tray how children I was seeing were making trays on my table in the office - before I even had sand! It was truly amazing. From this beginning, and now years later, sandplay therapy continues to capture my interest with the power of the healing through the symbol.

As the current Chair of STA, I thought it fitting to choose a symbol for this time because we are going through a number of transitions: new Administrative Assistant, new trademark, and developing a new website. I chose the Enzo, which is a Japanese word meaning "circle." It symbolizes absolute enlightenment, strength, elegance, the universe and the void. Like the Self it is the center and the circumference. It symbolizes a moment when the mind is free to simply let the body/spirit create. Perhaps, we can look at each crisis with an eye on the opportunity it holds for us.



I am very much looking forward to meeting you in Tampa!

For more information, please visit the Florida Sandplay Therapy Association website at www.sandsearch.org.

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