Psyche and Soma in Sandplay
Wednesday 1st July and Thursday 2nd July 2015

Abstracts and Short Biography

When the Body Speaks: Psyche and Soma as Image

The infant’s earliest experience of itself and of life is essentially a collection of somatic sensations. These gradually become organised and later form the symbolic basis of many aspects of our complex psychology. These lectures will explore the connection of soma to psyche. Firstly in the way that body is fundamental to normal psychological development and secondly how we might trace back psychological pathology to its roots within the body. The relevance of sandplay in experiencing, representing and dealing with these issues will be illustrated through the use of sandplay clinical material. There will also be reference to psychosomatic illness and its presentation in sandplay.

Alexander Esterhyzen, Dr. med.: is a Senior (Jungian) Analyst with the Independent Group of Analytical Psychologists in London. He is also a Sandplay Therapist and Teaching member of the International Society for Sandplay Therapy (ISST). Currently, he is a President of ISST. He is also a Consultant Psychiatrist specialized in Psychotherapy and was Honorary Senior Lecturer for the University of London at St.George’s Hospital Medical School in London for many years. He has taught and supervised on many international projects in Analytical Psychology and in Sandplay Therapy. He is currently in private practise in Kowloon, Hong Kong, (contact: depthpsych1@gmail.com).

Transduction of Symptoms in Sandplay: The Treatment of Tachycardia and Other Organic Clinical Cases with a Nonverbal Technique

The challenge for us psychotherapists in case of patients with somatic symptoms is how to reach these organic, unconscious levels where words have no effect because the excitation is registered on primitive regions of the cerebral structure. We will see how Sandplay enhances neural integration through transduction of the symptom from the somatic to more conscious level, especially helpful in moving unresolved traumatic states toward resolution.

Denise Ramos, PhD, is a Jungian training analyst, member of ISST and professor at Pontifícia Universidade Católica de São Paulo where she coordinates the Center of Jungian Studies at the Graduation Program in Clinical Psychology. She was Vice-President and member of the executive committee of International Association for Analytical Psychology for several years. Author of various articles and books on psychosomatics she has been lecturing in Europe and USA about this subject. Her book The Psyche of the Body (London: Routledge) is published in Portuguese, English, French and Russian. Currently she is involved in research about non-verbal psychotherapeutic techniques, psychoneuroimmunology and trauma.
Diabetes and Soul: Symbols Manifested by Individuals Living with Type 1 Diabetes

Presentation of a collaborative clinical research trial involving eleven individuals living with Type 1 Diabetes. The protocol utilized classic Jungian analytic process and incorporated dreams, Sandplay in the tradition of Dora Kalff, tree drawings, the WHOQOL-Bref, and Hemoglobin A1c values. Data analysis focuses on diabetes from a symbolic perspective, as well as the clinical experience of the analytic process and significant manifested symbols, both unique and shared among the group.

Cheryle van Scoy, RN, MN, MA, JA, Masters Degree in Nursing; Critical Care clinical specialization; Professional clinical and management experience in critical care, oncology, hospice, patient education; Academic and Professional background: Design, Fine Art, Photography; Masters Degree in Mythological Studies/Depth Psychology; Diplomate: C G Jung Institute Zurich 2014; Private analytic practice – Santa Barbara, CA, USA.

The Potential of the Therapeutic Method of Sandplay for Psychosomatics

In the specific setting of Sandplay Therapy, the analysand finds a playful, peaceful and creative atmosphere, which avoids all stress coming from the external world. We know that stress damages the immune system, therefore a stress less atmosphere can originate positive signals for the brain and enhance the growth of nerve growth factors, which are essential for healing processes.

Equally important for the formation of nerve growth factors is the positive, in the case of Sandplay the playful, relaxed activation of the body, specifically the senses. Sandplay includes the body; it is a very sensual therapeutic method.