Sandplay Therapy for Psychosocial Rehabilitation:
Workshops on Treating Psychiatric Problems and Relational Trauma and Group Supervision
17 – 21 December 2011

The sandplay therapy workshops and group supervision are offered by the Department of Rehabilitation Sciences (RS) with administrative support provided by School of Professional Education and Executive Development (SPEED) of The Hong Kong Polytechnic University (PolyU).

RS of PolyU is approved to offer continuing education hours and training hours by the Association for Play Therapy (Approved Provider No. 10-274) and maintains responsibility for the training, and with Dr Sachiko Reece, a Clinical Teaching Member of the International Society for Sandplay Therapy as the trainer.

Aims
The workshops and group supervision are part of the preparation for practitioners to use sandplay therapy in their workplace independently, in addition to continual regular supervision and a personal sandplay process. The workshops and supervision will help participants to understand the use of sandplay therapy, particularly in psychiatric cases and cases of relational trauma. Participants will learn how to bring the theories and hands-on skills acquired in delivering direct service to their clients at work.

Upon completion of the workshops and group supervision, participants can further work towards the certification in sandplay therapy (www.isst-society.com) and / or play therapy (www.a4pt.org).

Target Participants
Frontline practitioners, who have experience in delivering direct individual service (e.g. case-worker, and counselor) with a Bachelor’s degree in Social Sciences or health related disciplines, are welcome to participate.

Previous training in sandplay therapy at introductory level for at least 6 hours, or previous experience in play therapy are preferred but not required. Introductory reading on sandplay can be requested for those who are registered and new to sandplay therapy.

Medium of Instruction
English (with Chinese terms)

Venue
The Hong Kong Polytechnic University, Hung Hom, Kowloon
Sachiko Taki Reece, Ed.D. MFT is a psychotherapist since 1978 and a Jungian analyst since 1990 who practices in America. She is also a certified sandplay therapist and since 1994, a teaching member of the International Society of Sandplay Therapy (ISST) and a faculty member of the CG Jung Institute Los Angeles. She works with children and adults in a psychiatric hospital setting as well as with older people in an Asian immigrant community setting.

Sachiko is the first Asian ISST teaching member, who has practised in psychiatric hospital for years, to teach for RS of PolyU in Hong Kong. Sachiko had been a registered nurse active since 1971 for over twenty years, retired in 1998; she conducted sandplay therapy on pediatric patients receiving psychiatric treatment.

As a psychotherapist, Sachiko is experienced in conducting sandplay therapy with Asian new immigrants on mental health issues, including new adjustment problem and family relationship issues. Having a Japanese background and being a Jungian analyst, she understands sandplay therapy for Asian people and in Asian cultures. She is also a marriage and family therapist experienced in treating relationship trauma with sandplay therapy. She has various publications and teaching / presentation experiences on sandplay therapy related to topics including traumatic experience, abuse and violence, Asian Americans, Jungian psychology, sandplay research and supervision.

Sachiko was invited as the keynote speaker at the 20th ISST Congress at Kyoto in Japan, The International Society of Sandplay Therapy, 2009, titled ‘The Inner Beauty in Hakoniwa (sandplay)’.
Workshops

Workshop I: Sandplay for Psychiatric Rehabilitation

**Date**
17 - 18 December 2011 (Saturday & Sunday)

**Time**
9:30am – 6:00pm

### Content & Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>17 December 2011 (Saturday)</th>
<th>18 December 2011 (Sunday)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30am</td>
<td>Introduction—Jungian psychotherapy in Chinese perspective: Ten Ox-Herding Pictures (牛耕圖) and the individuation process</td>
<td>Adolescent psychiatric cases - sand pictures and treatment progress</td>
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<tr>
<td>10:45am</td>
<td>Break</td>
<td>Break</td>
</tr>
<tr>
<td>11:00am</td>
<td>Analysis of initial pictures – core concerns, prognosis and treatment planning</td>
<td>Common psychiatric problems and sand pictures / themes</td>
</tr>
<tr>
<td>12:00nn</td>
<td>Experiential exercise – Relating to sand</td>
<td>Adult psychiatric cases - sand pictures and treatment progress</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Pediatric psychiatric cases - sand pictures and treatment progress</td>
<td>Group experiential exercise I</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Break</td>
<td>Break</td>
</tr>
<tr>
<td>4:15pm</td>
<td>Special topics</td>
<td>Discussion</td>
</tr>
<tr>
<td>5:45 – 6:00pm</td>
<td>Wrap up</td>
<td>Wrap Up</td>
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<td>Closing remarks</td>
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</tbody>
</table>

**Recognition of Training Hours**

Upon successful completion of this 14-hour workshop:

a) participants will be eligible to apply for the respective credits from the following professional bodies:
   - 7 CPD points for Registered Occupational Therapists in HK
- 7 CPD points for Registered Physiotherapists in HK
- 12 CEUs for members of Division of Clinical Psychology, Hong Kong Psychological Society (HKPS)
- 12 CEUs for members of Division of Educational Psychology, HKPS

b) The 14 CE hours are recognised by the following bodies in fulfilling part of the requirements for registration as a sandplay or play therapist and / or certification of membership:
   - Registered Play Therapist of the Association for Play Therapy (APT) (www.a4pt.org)
   - Sandplay Therapist of the International Society of Sandplay Therapy (ISST) (www.isst-society.com)
   - Sandplay Therapist of America (STA) (www.sandplay.org)
For complete requirements, please check with the respective bodies.
Workshop II: Sandplay for Rehabilitation of Relational Trauma

**Date**
19 – 20 December 2011 (Monday & Tuesday)

**Time**
2:30pm – 9:30pm

**Content & Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>19 December 2011 (Monday)</th>
<th>20 December 2011 (Tuesday)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30pm</td>
<td>Introduction</td>
<td>Marriage and family relationship and process in sandplay</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Relational trauma in children (abuse, abandonment, violence witness)</td>
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<tr>
<td>4:00pm</td>
<td>Break</td>
<td>Break</td>
</tr>
<tr>
<td>4:15pm</td>
<td>Case – relational trauma in children</td>
<td>Case – relational trauma in adult</td>
</tr>
<tr>
<td>6:00 – 7:00pm</td>
<td>Dinner break</td>
<td>Dinner break</td>
</tr>
<tr>
<td>7:00 – 9:15pm</td>
<td>Individual experiential exercise</td>
<td>Group experiential exercise II</td>
</tr>
<tr>
<td>9:15 – 9:30pm</td>
<td>Wrap up</td>
<td>Closing remarks</td>
</tr>
</tbody>
</table>

**Recognition of Training Hours**

Upon successful completion of this 12-hour workshop:

a) participants will be eligible to apply for the respective credits from the following professional bodies:
   - 6 CPD points for Registered Occupational Therapists in HK
   - 6 CPD points for Registered Physiotherapists in HK
   - 12 CEUs for members of Division of Clinical Psychology, Hong Kong Psychological Society (HKPS)
   - 12 CEUs for members of Division of Education Psychology, HKPS

b) The 12 CE hours are recognised by the following bodies in fulfilling part of the requirements for registration as a sandplay or play therapist and / or certification of membership:
   - Registered Play Therapist of the Association for Play Therapy (APT) (www.a4pt.org)
   - Sandplay Therapist of the International Society of Sandplay Therapy (ISST) (www.isst-society.com)
   - Sandplay Therapist of America (STA) (www.sandplay.org)
For complete requirements, please check with the respective bodies.

**Sandplay Therapy Group Supervision**

**Date**
21 December 2011 (Wednesday)

**Time**
Group A: 9:00am – 12:00nn
Group B: 6:00pm – 9:00pm

(Participants can choose either group)

**Group Size**
10

**Supervisors**

Dr Sachiko Reece, Ed.D., MFT  
Jungian Analyst, Certification  
Sandplay Therapist and Teaching Member, ISST  
Registered Nurse: California  
Marriage Family Therapist: California, 9-23-1976, MFC 8749

Dr Vinci Cheung  
BA(Hons) Psychology, MPhil, PhD, CPsychol, AFBPsS, Reg Psychol, AFHKPS

**Methods**

a) Each group can have 2 case presenters, each presenting 1 case on sandplay or other play therapy for at least 5 sessions (45 minutes).

b) Case presenters can make use of photos, video records, background clinical information and questions for consultation.

c) Supervisor(s) would facilitate the discussion of case materials with the participants and in relation to presenter’s questions for consultation.

**Pre-requisites for Participants**

Participants should have completed at least 6 hours of training on play therapy led by an APT-recognised registered play therapist (RPT), or on sandplay therapy by an ISST member by 21 December 2011.

**Pre-requisites for Case-presenter**

Case-presenter should have:

a) completed at least 13 hours of training on play therapy led by an APT-recognised RPT or on sandplay therapy by an ISST member by 3 August 2011;

b) been working with at least ONE client with sandplay and play therapy to address psychological issue(s) (e.g. psychosocial adjustments, emotional-behavioural concerns, personality issues) in the past year for at least 5 sessions; and
c) a present case for whom the presenter has worked with in the past 6 months for at least 5 sessions using sandplay alone or sandplay and play therapy to address psychological issue(s).

**Preparation as a Case-presenter**

Case-presenter should:

a) prepare a summary of case background and progress;
b) prepare 5-10 sand pictures (including initial 3 and the last one), and have already obtained consent from client or client's care-giver (if client is below 18 years old) regarding visual record for clinical and education purposes;
c) for video recording (it is not recommended to show) and audio records (without visual) which the medium is not in English, please prepare to summarise and translate conversation into English during supervision; and
d) list out concerns and questions for consultation (3-6 questions).
e) Send the above materials to Dr Vinci Cheung rsvinci@inet.polyu.edu.hk by 27 Nov.

For applicants who would like to present a case, please inform us as soon as possible through email to rs1214@inet.polyu.hk for logistics.

**Credits Earned per Group Enrolment**

Upon successful completion of one group supervision, the training hours are recognised by the following bodies:

a) ISST:
   - participant: 3 group-supervision hours plus 0 case presented
   - case-presenter: 3 group-supervision hours plus 1 case presented
b) APT:
   - participant: 3 group-supervision hours
   - case-presenter: 2 group-supervision hours and 1 individual supervision hour
Further Information

<table>
<thead>
<tr>
<th>Schedule</th>
<th>17 Dec Saturday</th>
<th>18 Dec Sunday</th>
<th>19 Dec Monday</th>
<th>20 Dec Tuesday</th>
<th>21 Dec Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Workshop I (3 hours)</td>
<td>Workshop I (3 hours)</td>
<td>Group Supervision – Group A (3 hours)</td>
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<tr>
<td>Afternoon</td>
<td>Workshop I (4 hours)</td>
<td>Workshop I (4 hours)</td>
<td>Workshop II (6 hours)</td>
<td>Workshop II (6 hours)</td>
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</tr>
<tr>
<td>Evening</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Group Supervision – Group B (3 hours)</td>
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<tr>
<td>Total Hours</td>
<td>14 hours</td>
<td>12 hours</td>
<td></td>
<td>3 hours</td>
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</tbody>
</table>

* RS reserves the right to cancel any workshops and/or group supervision and to make variations to the schedules, venue, contents and mode of delivery when necessary.

Registration Fees

<table>
<thead>
<tr>
<th></th>
<th>Early Bird Registration Fee (Application submitted on or before 10 October 2011)^</th>
<th>Regular Registration Fee (Application submitted after 10 October 2011)^</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workshop I</td>
<td>HK$2,300</td>
<td>HK$2,600</td>
</tr>
<tr>
<td>Workshop II</td>
<td>HK$2,100</td>
<td>HK$2,300</td>
</tr>
<tr>
<td>Workshops I &amp; II</td>
<td>HK$3,900</td>
<td>HK$4,300</td>
</tr>
<tr>
<td>Supervision Group - A</td>
<td>HK$700</td>
<td>HK$770</td>
</tr>
<tr>
<td>Supervision Group - B</td>
<td>HK$700</td>
<td>HK$770</td>
</tr>
</tbody>
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^ For application submitted by post, the date of postmark will be considered as the submission date.

Updates for Workshops and Group Supervision

Further updates of the workshops and group supervision can be found on RS website at: www.rs.polyu.edu.hk/sandplay
Application
Completed application form should be submitted to SPEED Office in person or by post before the closing date for application together with a crossed cheque or bank draft payable to “The Hong Kong Polytechnic University” for the required fee. Applicants should write their name and “Sandplay Therapy” at the back of the cheque or bank draft.

Closing Date for Application
3 December 2011

Enquiries
School of Professional Education and Executive Development (SPEED)
Room QR802, 8/F, Core R
The Hong Kong Polytechnic University
Hung Hom, Kowloon
Hong Kong

Tel: 3746 0037 (Ms Candy Chan, for administrative matters)
    2766 7578 (Dr Vinci Cheung, for academic matters)
Email: speed@speed-polyu.edu.hk
Website: www.speed-polyu.edu.hk

Office Hours
Mondays – Fridays: 8:30am – 7:15pm
Saturdays: 9:00am – 12:00nn
Sundays & Public Holidays: Closed

School of Professional Education and Executive Development is operated by College of Professional and Continuing Education Limited which is an affiliate of The Hong Kong Polytechnic University.

September 2011
Department of Rehabilitation Science

Sandplay and Play Therapy

Teaching Labs at G/F, Core G, the Hong Kong Polytechnic University