



# On Becoming a Jungian Sandplay Therapist: The Healing Spirit of Sandplay in Nature and in Therapy

*Lenore Steinhardt*

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## **On Becoming a Jungian Sandplay Therapist: The Healing Spirit of Sandplay in Nature and in Therapy** Lenore Steinhardt

On Becoming a Jungian Sandplay Therapist discusses the deep inner process of entering the sandplay profession and addresses important creative aspects of understanding and practising sandplay. It describes the current theory behind the approach and the roles of the therapist and the client, as well as exploring the healing potential of nature and the numinous in art and sandplay. It provides a detailed case study outlining the ten year sandplay process of an Israeli woman of North African origin, whose fear was transformed by creativity and emotional support. Later chapters look at symbols as containers of power, and discuss the use of individual sandplay in group sessions.

Offering a unique creative and spiritual perspective of Jungian sandplay, this book will be an insightful resource for both novice and experienced sandplay therapists, as well as other therapists interested in sandplay training.

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