



עמותה ישראלית למטפלים
במשחק בחול (ע.ר. 580588598)



Sandplay Voices: International Series

סדרת מפגשים מקוונים עם מרצים בינלאומיים על טיפול במשחק בחול

ISTA מציעה למטפלים במשחק בחול, לתלמידים ולאורחים סדרה בת שמונה הרצאות מקוונות שיתקיימו פעם בחודש במהלך השנה הקרובה (2026-2027). הסדרה תכלול מפגשים בני שעתיים, בהם נפגוש מרצים ידועים ומוערכים חברי ISST, שיתקיימו בימי ראשון, השלישי בכל חודש, בשעה 19:00 (מלבד המפגש הראשון שיתקיים בששי ב-10:00). כל ההרצאות הן באנגלית ותתאפשר הפעלת כתוביות AI עם תרגום בעברית בזום.

ISTA is offering all sandplay therapists, trainees and guests a series of eight monthly Zoom workshops held over the coming year (2026-2027). The series will include 2 hours online presentations, given by well known and well regarded ISST Teaching Members, on the 3rd Sunday of each month at 7 pm (except for the first session that will be held on Friday, 10:00 AM). Hebrew translation (a Zoom AI feature) will be available during the sessions.

תכנית (לחצו על שם ההרצאה כדי לקבל פירוט [Click for details](#)) Program

- 16.10.26** Dr. Alexander Esterhuyzen: Sands of transition - The Puer Aeternus and the Midlife Journey
- 15.11.26** Ruth Noel Hermann: Jacob's fight with the angel: Double-containment in Sandplay Therapy with children
- 20.12.26** Lenore Steinhardt: Keep Your Eyes on the Image and Listen to the Unconscious
- 17.01.27** Judy Zappacosta: Sacred space, embodied image: Psyche's Appearance in Sandplay Therapy
- 21.02.27** Maria Kendler: Nothing but SAND
- 21.03.27** Braam Beetge: Where elephants hide and become masters of wisdom and integration
- 16.05.27** Lorraine Freedle: After the Towers Fell: A Case Study Illustrating the Neuropsychology of Sandplay Therapy in Individual and Collective Trauma
- 20.06.27** Sarah S. Sugatt: "Tim-Tiny No Longer" - the story of an adopted boy's journey to claim himself through sand and art

כולם מוזמנים להצטרף! You are all welcome to join!

Hannah-Valeria Grishko, organiser and the ISTA team

Graphic design by Daphna Rosin

מחירים והרשמה:

לחברי העמותה, למתמחים ולאורחים: 100 ש"ח למפגש בודד או 650 ש"ח לכל הסדרה
לתלמידים בתכניות ההכשרה: 50 ש"ח למפגש בודד או 325 ש"ח לכל הסדרה
התשלום נעשה בהעברה בנקאית עבור "העמותה הישראלית למטפלים במשחק בחול",
בנק לאומי, סניף 926, חשבון 80357/45

[לחצו כאן לפרטי הבנק ומילוי טופס ההרשמה](#)





16.10.26 at 10:00 (IST)
Dr Alexander Esterhuyzen:
Sands of Transition -
The Puer Aeternus and the Midlife Journey

This workshop explores the therapeutic journey of a man navigating a midlife crisis, using his Sandplay process to illustrate key themes in Jungian psychology. Framed through the lens of the puer aeternus, we will examine his struggle to ground eternal-child tendencies in the reality of his daily life and innate abilities. The case highlights the intricate relationship between the puer and the mother complex, tracing his efforts to work through this dynamic, achieve true embodiment, establish an authentic identity, and ultimately realize his full potential.

Dr Alex Esterhuyzen is a Senior (Jungian) Analyst with the Independent Group of Analytical Psychologists in London and the Hong Kong Institute of Analytical Psychology. He is also a Sandplay Therapist and Teaching member of the International Society for Sandplay Therapy (ISST). He was ISST Vice President (Europe) from 2003 until 2011 and ISST President 2011-2019. He worked as 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 is emeritus visiting Professor at Kyoto University and has taught and supervised on many international projects in Psychotherapy, Analytical Psychology and in Sandplay Therapy. He is currently in private practice in Kowloon, Hong Kong. (contact: depthpsych1@gmail.com).



15.11.26

Ruth Noel-Hermann

JACOB'S FIGHT WITH THE ANGEL:

Double-containment in sandplay therapy with children

Delacroix's painting serves as a symbolic representation of the therapeutic relationship and as a starting point and reference for an unusual case history in which the therapeutic relationship is challenged and put to the test. Five-year-old David plays out an ongoing story in the sandbox about people who "always have bad luck." He himself experienced misfortune when he was born prematurely. In therapy, David is able to express and work through this deeply unconscious trauma—though to do so, he needs the therapist not merely as a participant-observer, but as an active participant who engages in the unfolding events, first vocally and later through action.

Ruth Noël- Hermann studied psychology, psychopathology of childhood and adolescence and comparative literature in Zurich. She then followed an education in psychoanalytical therapy for children and adolescents in Zurich, Basel and Paris. In the same time, she achieved a PhD in literature on the theme of childhood in R. M. Rilkes poetology. She received her sandplay education from Kaspar Kiepenheuer and Martin Kalff (founding members of ISST) and Ruth Ammann (former president of ISST).

Since 2002 she has her own office in Zurich, specialising in analytical and sandplay-therapy with children and adolescents with a special regard on psychodynamic and transgenerational trauma.

In 2006 Ruth Noel became a teaching member of SGSST/ ISST, has published in «Deutsche Zeitschrift für Sandspiel» as well as in the «American Journal for Sandplay therapy» and teaches regularly in Switzerland, Austria and Latvia. Ruth Noel has made presentations throughout Europe, for instance in France, Belgium, Poland and England.

She lives with her husband and her two adult children in Zurich.



20.12.2026

Lenore Steinhardt

**“Keep Your Eyes on the Image
And Listen to the Unconscious”**

This presentation reviews the inspiration and philosophy that led to writing my third book on sandplay: “SANDPLAY: THE IMAGE SPEAKS FOR ITSELF; Signposts, Symbols and Themes on the Path of the Sandplay Journey”. Descriptions of journeys that children and adults make in sandplay therapy are part of each of the four parts and eleven chapters of the book. The chapters connect sandplay to nature, natural environments, art and creativity, the numinous and Greek Mythology. Part One covers the Sandplay Environment, the therapist who constructs it and variations on the classical setting. Part Two, “Natural Forces in a Wider World” emphasizes sandplay’s connection to Nature, to Plant and Animal teachers, to Creative Urgency and to Journeys in reality that mirror the inner sandplay journey. Part Three, the “Language of Sandplay Images and Journeys” presents theories, diagrams and case descriptions that can be understood through symbol formation and other ways in which the sandplay image expresses itself. Part Four adds the history and some main themes of Greek mythology which continue to resonate in our relationships. The presentation emphasizes appreciation for the visual image, the connection to Nature and to the archetypal and spiritual world, while allowing the psyche its own path.

Lenore F. Steinhardt, MA, ATR, ISST-CST-T is an artist, art therapist, sandplay therapist and a Jungian psychotherapist. She recently published *Sandplay: The Image Speaks for Itself* (2025, Jessica Kingsley), and has authored two other books: *Foundation and Form in Jungian Sandplay -- An Art Therapy Approach* (2000), and *On Becoming a Jungian Sandplay Therapist -- The Healing Spirit of Sandplay in Nature and in Therapy* (2012, Jessica Kingsley). Her articles on sandplay have appeared in the *Journal of Sandplay Therapy* and in books. She represented the Israeli Sandplay Therapists Association (ISTA) to the International Society for Sandplay Therapy (ISST) Board for eight years, and is the Founding Editor and current Consulting Editor of the ISST Newsletter. She has presented at many ISST Congresses and ITWs, worked for many years in a public clinic with children and families, and has a private practice in art therapy and sandplay for 35 years. From 2003-2024 she directed a two-year Sandplay Therapy Training Program in Tel Aviv, Israel.

Correspondence: lenore.steinhardt@gmail.com



17.01.2027

Judy Zappacosta

**Sacred Space, Embodied Image:
Psyche's Appearance in Sandplay Therapy**

Humans who first walked the earth created numerous imaginative visions painted on walls in caves throughout the world. These early paintings and petroglyphs leave evidence that symbols arose very early as an important expression of inner and outer world experiences. These images, created by the hands of ancestors, convey fossil-like tales of unfolding enlightenment as humanity moved forward in development. The imagery suggests an evolving consciousness through use of symbols and rituals that may have offered connection, empowerment, healing and a deeply personal and embodied relationship with natural surroundings. Jung asked "For what is body? The body is merely the visibility of the soul, the psyche, and the soul is the psychological experience of the body." (Nietzsche's Zarathustra, Vol. 1, Page 355.)

When clients enter the sandplay room, we offer a cave-like temenos, safe and protected, and invite images to arrive in the sand. Sometimes the trays are full of miniatures buried and built within the sand, other times an image emerges from the sand. This presentation considers the organic images that arise in the sand. It will be considered as a spiritual message, a totem, or a sacred pose, a body/psyche that wishes to be received, accepted and understood.

Judy Zappacosta, MA, LMFT, CST-T, is an emerita member of the Sandplay Therapists of America Board of Trustees (STA) and past member of the International Society for Sandplay Therapy Board of Trustees (ISST). She serves as Associate Editor of the Journal of Sandplay Therapy (JST). She studied with Dora Kalff, and completed the BodySoul Rhythms® Leadership Training Program with the Marion Woodman Foundation. She consults and supervises therapists using sandplay. Her practice includes Jungian psychotherapy, sandplay, dreams, and the integration of psyche and soma.



21.02.26

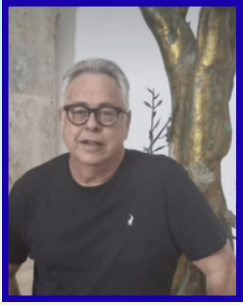
Maria Kendler

Nothing but SAND

Sand itself is becoming increasingly important in reflection about sandplay therapy. Sand has many therapeutically relevant aspects—ranging from preverbal, sensorimotor experiences to the possibility of three-dimensional creation, its closeness to body experience and the unconscious, through which progressive and regressive tendencies become apparent in Sandpictures—all these aspects of the active and creative use of sand will be explored in this training. The observation that some clients use only sand for their creations while others avoid contact with sand will also be discussed.

Maria Kendler, MPhil, MSc, teaching member of SGSST and ISST, is a psychologist working in clinical settings, with professional experience in individual and institutional practice. Presently she is working in a private practice in Morges in the French part of Switzerland. She uses Sandplay with children, adolescents and adults. For many years she has taught Sandplay Therapy in Switzerland and abroad.

She is the president of the Swiss Society for Sandplay Therapy (SGSST). For 10 years she has been the chief editor of the Swiss-German Journal for Sandplay Therapy (Zeitschrift für Sandspieltherapie). She has published articles in the Journal for Sandplay Therapy and in Zeitschrift für Sandspieltherapie.



21.03.2027

Braam Beetge

**Where elephants hide
and become masters of wisdom and integration
The sandplay case of 10 year old Dan**

Dan, a ten-year old boy, invites us to cast a glance into the infinitely varied world of the psyche as he follows his call to connect inner and outer nature through the integration of body, mind, and spirit. Within the silent temenos, Dan's symbolic work with African elephants in his sandtrays allowed him to make contact with an important, lost aspect of his psyche. As he connects his inner and outer natures, Dan starts to process his internalized anger and unites conscious man with primitive man in what CG Jung called "connecting with one's bush soul". His joyful and liberating acceptance of his creations in the sand mark the acceptance of his own creative potential and more importantly, himself. Through the psychotherapeutic process, he is moved to seek opportunities to bring more awareness to others regarding the role of elephants and nature in inner healing and the healing of Mother Earth.

Braam Beetge is a Registered Counselling Psychologist with the Health Professions Council of South Africa (HPCSA). He is a certified Sandplay Therapist and Teaching Member (TM) of South African Sandplay Therapy Society (SASTS) and the International Society for Sandplay Therapy (ISST). He is one of the founding members of SASTS, currently serving as its president and representing SASTS on ISST Board.

With over 35 years of experience in private practice, he specializes in Jungian psychotherapy, Jungian Sandplay Therapy (ISST) and EMDR, working with children aged 8 and above, adolescents and adults. He continues to provide training and consultation at both national and international levels. He has published articles in journals related to Sandplay Therapy and is the author of the chapter titled "My Soul's Call Toward Sandplay Therapy" in the book *Into the Heart of Sandplay*.



16.05.2027

Lorraine Freedle

After the Towers Fell: A Case Study Illustrating the Neuropsychology of Sandplay Therapy in Individual and Collective Trauma



The neuropsychology of sandplay therapy involves the dynamic interplay between brain and psyche that activates transformative change in sandplay (Freedle, 2017).

- First, this workshop will
- Explore the interplay of brain and psyche in sandplay therapy,
- Review emerging neuroimaging research in sandplay,
- Identify how sandplay promotes neural integration and individuation in trauma treatment, and
- Apply the Neurosequential Model of Therapeutics (NMT) to sandplay therapy to help sandplay therapists improve awareness of how children and adults engage with sandplay to promote brain development.

After the overview of the neuropsychology of sandplay therapy, concepts are elucidated through an intense case study of “Jimmy”. His sandplay process illustrates how sandplay therapy facilitates healing in the aftermath of individual and collective trauma with particular attention to the emergence and evolution of the trauma narrative. The symbols of fire, the bridge, and the labyrinth become transformative in Jimmy’s process.

Lorraine R. Freedle, PhD, CST-T is a neuropsychologist and sandplay teacher (STA/ISST) who practices at the crossroads of neuroscience and depth psychology. She is passionate about training and supporting sandplay therapists. On faculty with the Trauma Research Foundation, Southwestern College in Santa Fe, NM, and Pacifica Graduate Institute Extension and International Studies Program, she has published research in neuropsychology, sandplay and trauma. Dr. Freedle is the author of *When a Goddess Erupts: Pele in the psyche of women* and producer of *Fire and Sand*, an award-winning documentary film. She serves as past-president of STA, president-elect of ISST, and Research Editor of the *Journal of Sandplay Therapy*. Her private practice is Black Sand Neuropsychology in Hilo, HI.



20.06.2027

Sarah S. Sugatt:

“Tim-Tiny No Longer”

**the story of an adopted boy’s journey
to claim himself through sand and art**

The author describes the therapeutic process of a 12 year old boy who came into therapy at a time of crisis. He suffered from unresolved adoption loss and trauma and navigating puberty in his adopted family. He began an initiatory journey with the symbol of parallel cuts on his forearms. His 12 months of therapeutic work consisted of Sandplay scenes as well as drawings, both providing experiences of early trauma as his journey deepened. Partially through a therapeutic failure, Tim became a fire maker and transformed his fear of the Great Mother into confidence and a budding relationship with the powerful masculine.

Sarah S. Sugatt is a licensed social worker, and an ISST certified sandplay therapist-teacher, since 2003. She has taught Kalfjian Sandplay therapy in many locations, most recently to first year candidates at the CG Jung Institute in Newton, MA. (Spring 2025-2026). She is a President-Emeritus of Sandplay Therapists of America. Her articles have appeared in the Journal of Sandplay Therapy and in the book Into the Heart of Sandplay, edited by Dyane Sherwood and Betty Jackson. Sarah continues to see in-person Sandplay clients and consults and teaches remotely from an office in Wallingford, CT, USA.