



CEs Available
(SW, MFT, PC)

Advanced Seminar Series

Fall 2006

for Family & Play Therapists

Family & Play Therapy Center

6811 Quincy Street
Philadelphia, PA 19119

Phone/Fax: 215-844-4321
Web: www.fptcenter.com

Saturday, November 11 — 8:45 AM to 4:30 PM

Sandplay through the Third Eye of Intuition

Presenter: Rie Rogers Mitchell, Ph.D.

Fee: \$160 (\$150 with early reg. by Wed., Oct. 11)

Sandplay, as developed by Dora M. Kalff, includes a nonverbal therapeutic technique that can readily be used within the larger therapeutic environment. In the "free and protected" space provided by the therapist, the client creates a picture of his or her inner imaginable world using sand, water, and miniature objects. In keeping with the psychology of C.G. Jung, sandplay enhances our understanding of the psyche and facilitates healing at the deepest levels.

Through case examples, videos, photographic slides, and experiential activities, participants will have the opportunity to deepen their understanding of sandplay.

In this seminar, geared toward advanced sandplay therapists but open to all, therapists will experience their own intuitive vision in the company of other perceptive viewers. Initial trays, symbols, themes, and the self-healing properties of the psyche will be observed, analyzed, and discussed. In the primary presentation, we will follow David's sandplay creations along their meandering and often astonishing path that leads, eventually, to his own unique sense of self.

Viewing sandplay creations through the third eye deepens insight and

understanding of the language of the unconscious just as David's third eye, seen from age 7½ to 12 years, guided his precognitive abilities. In viewing and understanding his and others sandplay scenes, participants will expand their own intuitive and analytical skills and hone these important abilities.

A second presentation involves the themes of trays created by an 11½ year old girl who is dealing with preadolescent issues. This seminar will also include a brief presentation on brain research that highlights how modalities, such as sandplay, offer exceptional healing for trauma.

Presenter: Rie Rogers Mitchell, Ph.D., is a licensed psychologist, certified sandplay therapist-teacher, and registered play therapist-supervisor. Rie practices in Calabasas, CA, and holds a diplomate in counseling psychology from the American Board of Professional Psychology. She is a professor at California State University, Northridge, where she received the Distinguished Teaching award. With Harriet Friedman, she wrote, *Sandplay: Past, Present and Future*, and they are currently completing, *Clinical Supervision of Sandplay Therapy*; both books are published by Routledge.

Saturday, December 2 — 8:45 AM to 4:30 PM

Emotional Self-Care for the Therapist: Practicing the Alchemy of Grief, Fear, and Despair

Presenter: Miriam Greenspan

Fee: \$160 (\$150 with early reg. by Thurs., Nov. 2)

In an age of global threat, the dark emotions of grief, fear, and despair are widespread. These emotions are often at the root of our work with patients suffering from trauma, depression, anxiety, addiction, and other common disorders of our time. As therapists we are deeply affected by these emotions in others, and we feel them ourselves. It is all too easy to burn out, become numb or overwhelmed.

This workshop offers a program of emotional self-care and transformation for helping professionals. In contrast to our culture's warnings about the pathological dangers of "negative" emotions, the more hopeful message of this program is that there is a wisdom and transformative power in the emotions we most dread. When we mindfully befriend sorrow, fear, and despair, we find their innate intelligence and discover their alchemy—a process that can be learned and practiced, with others, and for ourselves. Whether sorrow, fear and despair are rooted in personal losses, vicarious trauma, or simply being alive in the 21st century, the dark emotions can be our greatest spiritual teachers.

Through didactic presentation and case study, as well as experiential practices including breathwork, emotion body-scan, heart meditation, and cognitive reframing, this day-long workshop will teach a 7 step process

for transforming grief, fear, and despair to gratitude, joy, and a resilient faith in life. We will practice the three basic skills of this process, attending, befriending and surrendering to emotional flow in the body; and also explore the relationship between our dark emotions and the state of the world.

Presenter: Miriam Greenspan has been a leading psychotherapist, writer, and workshop leader for over 30 years. Her pioneering first book, *A New Approach to Women and Therapy*, helped define the field of women's psychology and feminist therapy and has been used as a textbook in programs of psychology, social work, counseling, and ministry in the United States, Canada, Europe, Israel, China, and Korea. In 1995, Miriam was honored as a "feminist foremother" in psychology. Her latest book, *Healing Through the Dark Emotions: the Wisdom of Grief, Fear, and Despair*, won the 2004 Nautilus Book Award in psychology for "books that make a contribution to conscious living and social change." A Boston Globe bestseller, it was chosen as one of the best books of 2003 by *Spirituality & Health* magazine. Miriam's work has been featured in numerous magazines, including *Ms.*, *Psychology Today*, *Shambhala Sun*, *Body & Soul*, *Tikkun*, *Utne Reader*, *Psychotherapy Networker*, and *Lilith*. Miriam lives in Jamaica Plain, Massachusetts, with her husband, and has two grown daughters.

Please complete and mail the form below to register!

Please call us at 215-844-4321 ext. 1 with any questions or if you wish to pay by Visa or MasterCard.

The Family & Play Center, Inc., is approved by the Association for Play Therapy to offer continuing education specific to play therapy. Our provider number is 96-030. The Family & Play Therapy Center, Inc., maintains responsibility for the program.

Advanced Seminar Registration Form

To register, please complete this form and return it with your deposit. If you have any questions or wish to pay with a credit card, please call us at 215-844-4321 ext. 1. Thank you.

- Sandplay through the Third Eye of Intuition with Rie Rogers Mitchell (11/11/06) *Register by 10/11 to save \$10!*
\$75 deposit enclosed
- Emotional Self-Care for the Therapist with Miriam Greenspan (12/02/06) *Register by 11/02 to save \$10!*
\$75 deposit enclosed

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