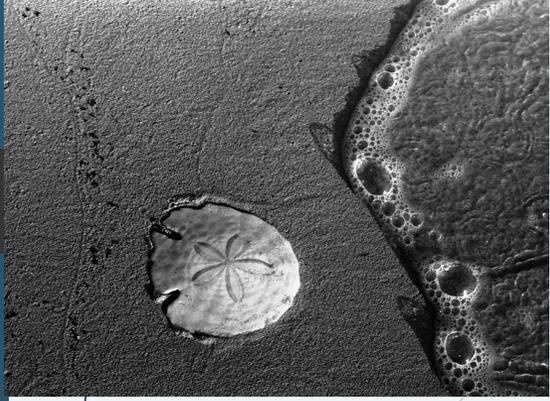


An Introduction to Sandplay-Part 2



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Course Objectives

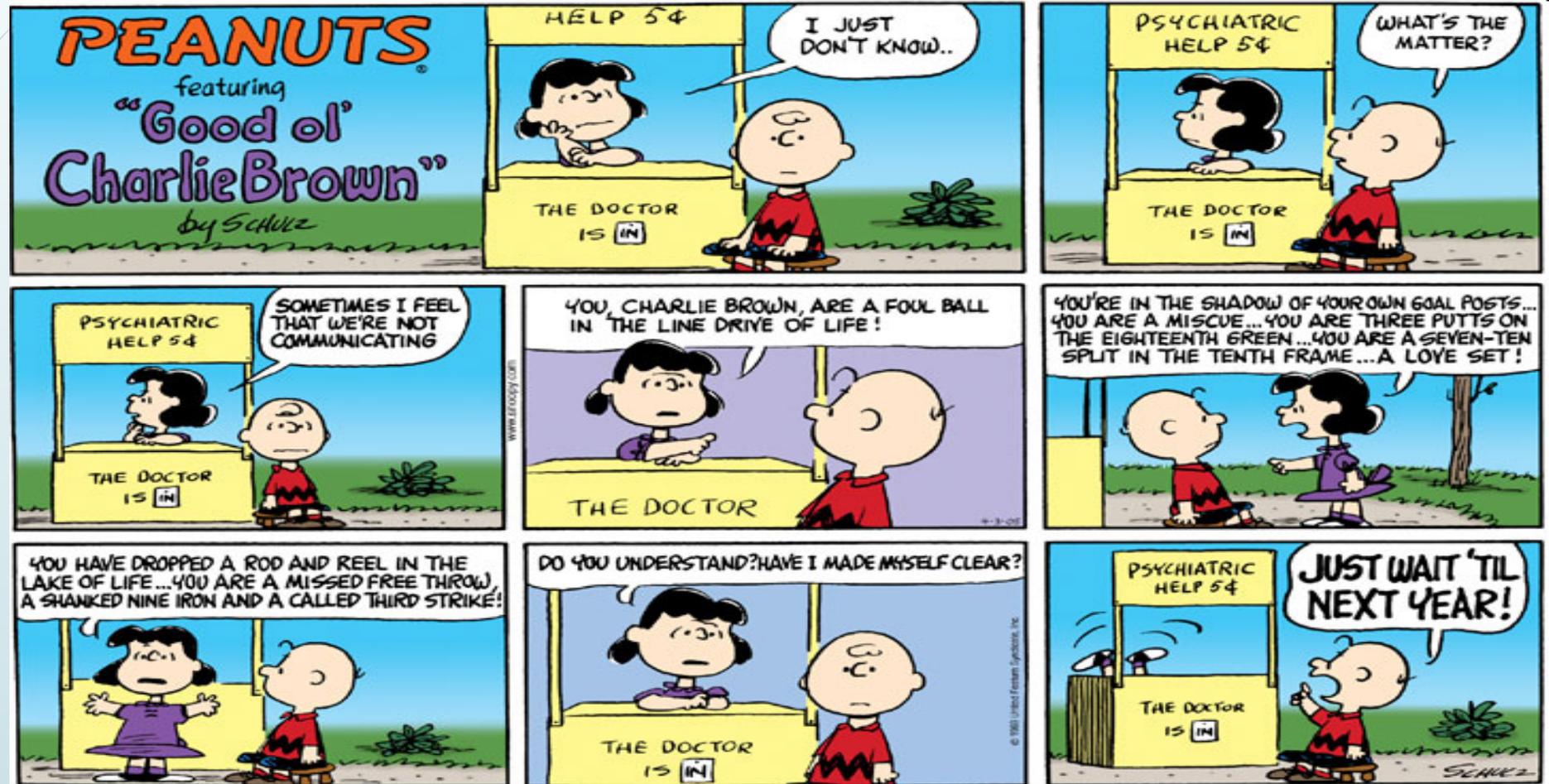
- ▶ To understand the meaning and function of symbol, metaphor and myth.
- ▶ To understand the structure of the monomyth: Hero's/Heroine's journey.
- ▶ To witness universal archetypes, symbols, metaphor and myth in sandplay.
- ▶ To witness the Hero's/Heroine's journey in sandplay processes.
- ▶ To explore the use of sand, water and the elements in sandplay processes.
- ▶ To understand amplification of a symbol and working with different aspects of a symbol.
- ▶ To create one's own hero's journey by engaging in a sandplay experience.



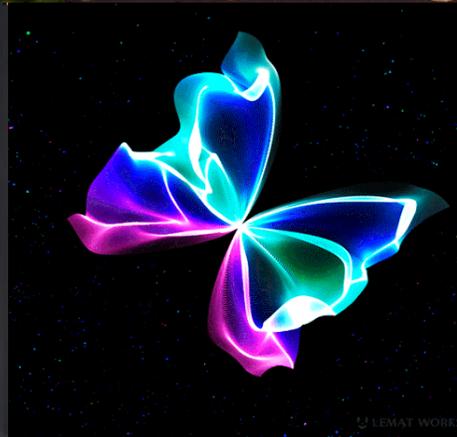
Metaphor and Symbol

- ▶ Metaphor - Symbolic language used to convey an idea in an indirect yet paradoxically more meaningful way.
- ▶ Metaphor- Implies a comparison between two unlike things that actually have something important in common.
- ▶ Symbol-An object or image used unconsciously to imply something more than the obvious and immediate meaning.
- ▶ Symbol- Points to ideas beyond the grasp of reason; therefore can not be precisely defined.

Metaphor



Symbols- Alive and Moving



Archetypes- “Living psychic forces”

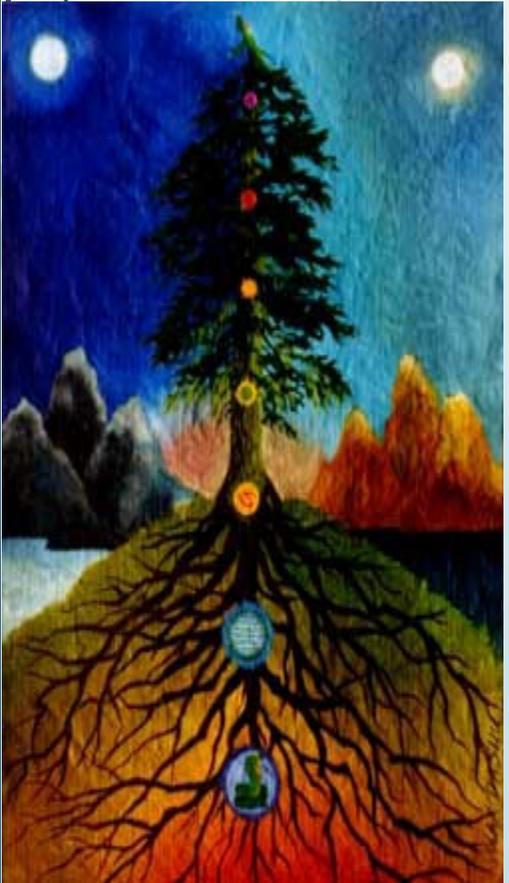
- ▶ Universal patterns or motifs that appear in cultures all over the world and throughout time; in myths, religious rites, folklore, art and literature. Also in dreams, fantasies and sandplay creations.
 - ▶ The deepest structures of the mind, inborn, abiding patterns that remain powerful and present over our lifetime.
 - ▶ A “collective unconscious” of the human race, prototypes rather than something gained from experience.
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- ▶ Jung quote: “preconscious psychic disposition that enables man to react in a human way”
 - ▶ Jung identified some main archetypes:
 - ▶ Ego
 - ▶ Self
 - ▶ Shadow
 - ▶ Anima/Animus
 - ▶ Divine couple
 - ▶ Child
 - ▶ Mother/Father
 - ▶ Hero





Archetype of the Self

- ▶ The **Self** in Jungian psychology is one of the Jungian archetypes, signifying the unification of consciousness and unconsciousness in a person, and representing the psyche as a whole. For Jung, the **Self** is symbolized by the circle (especially when divided in four quadrants), the square, or the mandala.
- ▶ The center of the psychic system; personality; the central archetype.
- ▶ Manifests the totality of the personality; an organizing center.
- ▶ Transpersonal in nature; intuition, “wise being, mentor, spirit guide.”
- ▶ Greeks- “Inner Daimon”; Egypt “Ba-soul”; Romans “Genius.”
- ▶ Is developmental and supports psychological development throughout the lifespan.
- ▶ Inborn possibility; contained in mother until age 18 months to 2 years; may emerge slightly or may develop fully; development depends on ego being willing to listen to messages from the Self.
- ▶ Ego-Self axis- Important to have a connection for health and growth.
- ▶ Symbols of the Self- Circle, Square, Mandala, World Tree, Christ Buddha, Elephant, Stone, Treasure, etc.







Function of Myths, Stories and Metaphor

- ▶ Historically, mythic tales helped human beings to contain anxiety generated from unanswerable existential mysteries and to describe and facilitate the process of its resolution, eg. life and death; creation and origin of the world; good and evil.
- ▶ The anxieties about the unknown could only be eased by powerful symbols that spoke more to the imagination than to the mind. Today, we can explain many of these questions using rational scientific theory; however, the emotional make-up of human beings has not changed significantly over time. Therefore, myths and stories are still important teachers.
- ▶ Children live in the world of the imagination rather than the rational and they naturally create stories and a world of myths around themselves, which help them cope with the overwhelming, scary, unknown universe in which they live.

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The function of Myths, Stories, and Symbols

- ▶ Make sense of the world
- ▶ Contain anxiety about unknown existential questions.
- ▶ Describe a process of answering questions and resolving the anxiety.
- ▶ “The mythic tale serves as a template that contains/holds our anxiety while at the same time indicates the means of resolution” (Turner, pg. 147).
- ▶ Stories create a distance from our personal problems while at the same time speaking to us on a deeper, symbolic level.

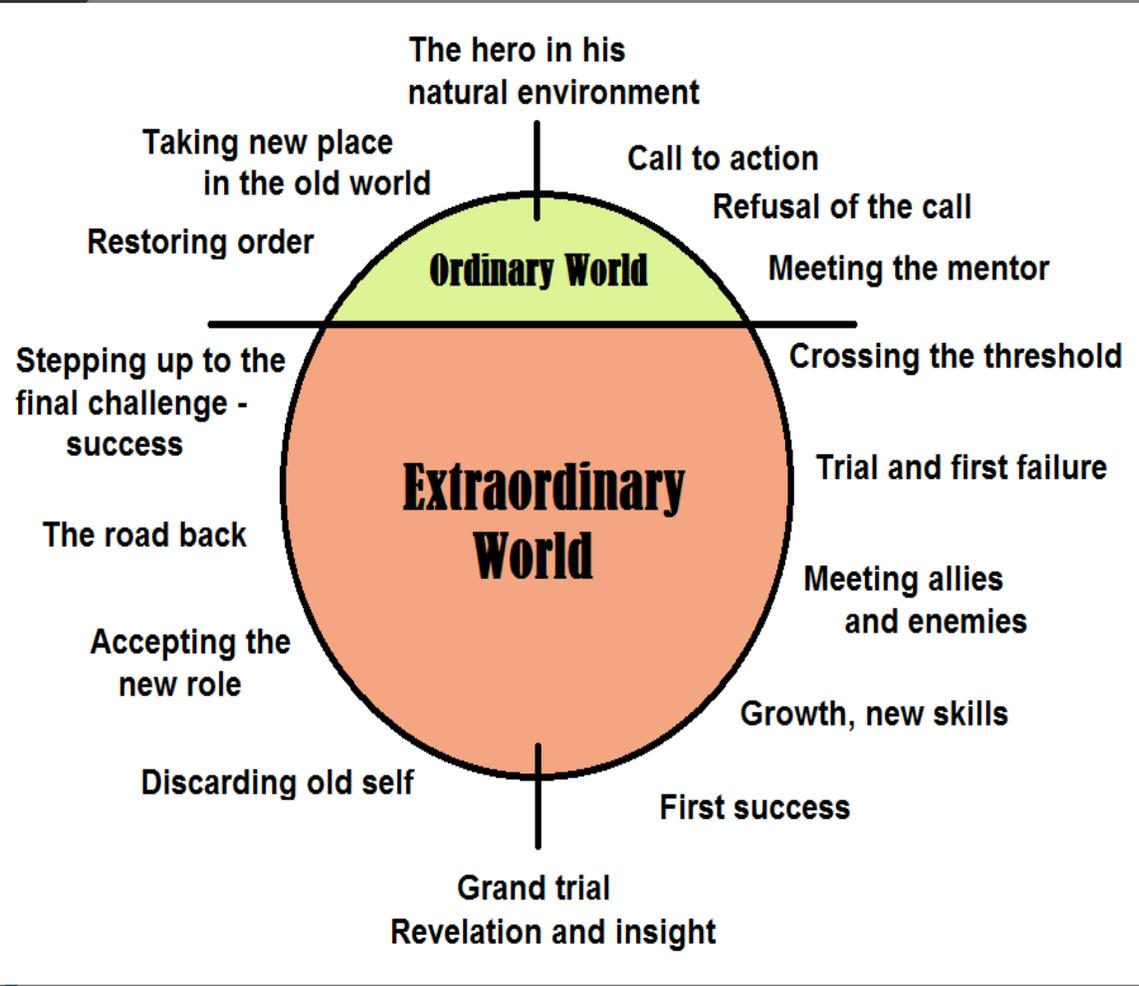
The Hero's/Heroine's Journey

- ▶ The myth of the hero is the most common and best-known myth in the world. From the ancient worlds of Greece and Rome; to the primitive tribes; to the current modern-day myths of contemporary society, the hero myth has continued to guide and inspire us to a higher spiritual and psychological development.
- ▶ Joseph Campbell explores the theory that the important hero myths from around the world have survived for thousands of years and share a fundamental structure which he calls a “monomyth”.
- ▶ 3 stages of Hero's/Heroine's Journey:
- ▶ **Departure**- The hero lives in the ordinary world and receives a call to go on an adventure. The hero is reluctant to follow the call, but is helped by a mentor figure.
- ▶ **Initiation**- Begins with the hero then traversing the threshold to the unknown or "special world", where he faces tasks or trials, either alone or with the assistance of helpers. The hero eventually reaches "the innermost cave" or the central crisis of his adventure, where he must undergo "the ordeal" where he overcomes the main obstacle or enemy, “slaying the dragon,” gaining his reward/treasure.
- ▶ **Return**- The hero again traverses the threshold between the worlds, returning to the ordinary world with the treasure or elixir he gained, which he may now use for the benefit of his fellow man. The hero himself is transformed by the adventure and gains wisdom or spiritual power over both worlds

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Archetypal Actions or Events

- The Journey- The protagonist takes a journey, usually physical but sometimes emotional, during which he/she learns something about him/herself or finds meaning in his/her life as well as acceptance in a community.
- Coming of age- A loss of innocence, entering into adulthood, natural progression of maturity; sometimes involves an “initiation”.
- The Test/Trial- In the transition from one stage of life top another, the main character experiences a rite of passage through growth and change; a transformation.
- Birth/Death/Rebirth-Through pain and suffering the character overcomes feelings of despair and through a process of self-realization is reborn.
- The Fall- The main character is expelled because of an unacceptable action on his/her part.





Symbol Amplification

- ▶ Symbol amplification is an attempt to expand the dreamer's associations to, and familiarity with, the symbol, without subjecting the symbol to a one-of-a-kind intellectual translation.
- ▶ An exploration of the "personal" meanings of a symbol.
- ▶ An exploration of the "archetypal," universal meanings of a symbol.
- ▶ An exploration of the cultural meanings of the symbol, as well as how the symbol appears in religion, myths and stories, art and literature.