

To sit in waiting, unmoving, poised for what is to come, is a daunting task for men and women of every culture. . . . To sit in unknowing, holding the tension of the opposites, waiting for the mud in the mind water to settle, requires relaxed, yet focused, creative quietude.

Sherry Renmu Shepherd
Excerpt from *Orpheus' Witness: Images of Therapeutic Presence*

I had endured . . . a phase in the creative endeavour of bringing the inner and the outer landscapes into relationship through winning acceptance of myself. . . . The formative events, so impossible to grasp and yet so transformative, had reverberated too intensely. Through the creative process of individuation, I experienced the Self guiding my ego into a collaborative and creative relationship.

Johanna M. Beyers
Excerpt from *A Personal Koan*

Mary's journey led to a joining of her inner landscape and her outer reality. When I first met her, I felt as if the emotional depth she presented was about two millimeters. She had clung to a calm, composed, professional exterior, masking terrible pain that she could not share with anyone. Her life had revolved around her family of origin and her work, and her attempts to be the perfect daughter of a very dependent mother, the perfect older sister, and the perfect counselor to her students. None of this had fed her own inner life. Anyone meeting her then would probably have felt, as I did, that there was a smooth, hard mask in place, and one could not get behind it to touch a real person.

Barbara Weller
Excerpt from *Journey to a New Reality*



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*Brenda Weinberg &
Nehama Baum, Editors*

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Sandplay and the Psyche: edited by Brenda Weinberg and Nehama Baum, is a collection of writings by nine authors from the international Sandplay Therapy community. Contemplating how broad psychological and cultural landscapes become imbedded in our self-definitions, social relationships, and meaning-making in life, Weinberg and Baum invited seven other Sandplay practitioners to share their unique perspectives through their own and clients' visual images, stories, and narratives of personal experience. Authors responded by writing about landscapes of deep time, inner healing, fair witnessing and true listening, descent into despair, grief and chaos, the locus of therapy, and personal transformation and transformed realities. Through their exploration of inner landscapes and outer realities, authors illuminate how therapeutic presence, the merging of consciousness and the unconscious, and integration of ego and Self are involved in healing and development in Sandplay Therapy.



Photo: Lenore Steinhardt

Brenda Weinberg, M.A. (Psychology), works as a psychotherapist in private practice with children and adults, after many years of experience as an educator/therapist working with people with developmental disabilities. She is currently completing doctoral research in Toronto on verbal and visual narratives of older women who identify themselves as lifelong learners. This project reflects Brenda's passion for, and experience of, learning across the lifespan. Previously a Board member of the International Society for Sandplay Therapy (ISST), Brenda is a Board member and past-president of the Canadian Association for Sandplay Therapy (CAST). She is a teaching member of CAST/ISST, and also a clinical member of the Ontario Society of Psychotherapists (OSP). Currently, Brenda is engaged in an intensive training project in South Korea with CAST teaching member, Bea Donald, and Dr. Mikyung Jang of Namseoul University. With her colleague, Nehama Baum, Brenda previously co-edited a book on Sandplay, *Hands of Creation: Sandplay Images of Birth and Rebirth*.



Nehama Baum, Ph.D. C.Psych., was born in Israel where she received degrees in social work, special education, counselling, and the history of art. Dr. Baum emigrated from Israel to Canada in 1976 and obtained her doctorate in psychology at OISE at the University of Toronto. In 1979, she founded the Muki Baum Treatment Centres for children and adults with complex disabilities. In her role as Executive Director of Muki Baum she pioneered the use of expressive art therapies, including Sandplay Therapy, with people dually diagnosed with developmental delays and psychiatric or extreme emotional difficulties. In 2003, she designed and developed a sensory motor therapy centre within which children and adults with dual diagnosis and autism receive treatment in an enriched sensory environment. Having brought Sandplay Therapy to Canada, Nehama began training Sandplay therapists in 1990. She was the founder and first president of the Canadian Association for Sandplay Therapy (CAST) and a Board member and treasurer of the International Society for Sandplay Therapy (ISST). Nehama was co-editor of the book, *Hands of Creation: Sandplay Images of Birth and Rebirth*, with Brenda Weinberg.



Sandplay and the Psyche: Inner Landscapes and Outer Realities

Brenda Weinberg & Nehama T. Baum, Editors

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