Brain and Psyche: The neuropsychology of sandplay therapy and trauma

Advanced Training Series
live, interactive webinar

Four Sessions- Saturdays:
June 5, 12, 19, & 26, 2021
Noon to 4 pm Hawai`i / 2 pm to 6 pm PST
$395- professionals / $325-students
14 STA/ISST training hours

Dr. Lorraine R. Freedle

Traumatic experiences may cause complex psychological and neurobiological changes. A disconnect between body and soul often takes place with both protective and persecutory functions (Kalsched, 2013). Sandplay therapy provides an enriched sensory and relational experience that promotes neurodevelopment and healing. As we touch and move sand, play freely, symbolize and self-reflect in the presence of an attuned therapist multiple brain systems are activated and synchronized. Drawing from Dr. Bruce Perry’s Neurosequential Model of Therapeutics® (NMT), research in neuroscience and sandplay therapy, cross-cultural mythology, Jungian theory and case studies this workshop will explore a neuropsychological perspective on how sandplay heals and transforms trauma (Freedle, 2017, 2019; Kalsched and Freedle, 2019).

Participants will also explore sandplay therapy with individuals with a variety of brain differences including those who have experienced learning and neurodevelopmental disorders, traumatic brain injury, posttraumatic stress disorder, complex developmental trauma, traumatic grief, and more.

Agenda

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<th>Module I: January 30, 2021</th>
<th>Module III: February 13, 2021</th>
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<tr>
<td>• Neuropsychology of sandplay</td>
<td>• Tending to brain differences in sandplay therapy</td>
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<td>• The Neurosequential Model of Therapeutics® and sandplay</td>
<td>• Learning and neurodevelopmental disorders, traumatic brain injury, and more</td>
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<tr>
<th>Module II: February 6, 2021</th>
<th>Module IV: February 20, 2021</th>
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<td>• Neuropsychology of trauma</td>
<td>• Neural integration in sandplay</td>
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<td>• Kalsched’s psychospiritual approach</td>
<td>• Neurobiology of empathy and stress, preventing vicarious trauma</td>
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<td>• Myth and psychological healing</td>
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Who should attend: Play/sandplay therapists, social workers, psychologists or mental health professionals interested in a post-graduate level workshop on the neuropsychology of sandplay therapy and trauma, and those interested in earning training hours toward credentialing as a sandplay therapist (STA/ISST). Note: This is an advanced course and requires pre-requisite training in the foundations of sandplay therapy.

Course Objectives:

1. Define trauma and its effect on the brain, body, and psyche/soul.
2. Describe brain and psyche in the neuropsychology of sandplay therapy.
3. Apply principles of trauma-informed/sensitive care to sandplay practice.
4. Apply current theories on trauma treatment (e.g., van der Kolk, Perry, Levine, Siegel, Kalsched and others) to sandplay practice.
5. Describe activities in sandplay that correlate with functional domains of the brain in the Neurosequential Model of Therapeutics® (NMT)
6. Identify brain systems/functions involved in Sandplay’s Sensory Feedback Loop (Freedle, 2007, 2019)
7. Discuss the primacy of relational safety in trauma treatment.
8. Describe how play and somatosensory engagement activate mind-body connections and stimulate neurodevelopment.
9. Define “self-directed gradual exposure” and explain how the trauma narrative is expressed and reprocessed in sandplay.
10. Describe the function of the reflective process in sandplay therapy.
11. Name four aspects of sandplay that promote neural integration and healing of trauma (Freedle, 2017).
12. Define the nine domains of neural integration (Siegel, 2010) and recognize their appearance in sandplay.
13. Describe the role of mythology in psychological healing.
14. Identify the evidence base for the use of sandplay with children and adults who have experienced trauma and those with brain differences.
15. Apply knowledge about the neurobiology of empathy and stress to prevent vicarious trauma.
16. Participate in experiential art and sandplay activities to deepen understanding of course content and its applications to clinical practice in sandplay.

Instructor: Lorraine R. Freedle, Ph.D., ABPdN, CST-T is a board certified pediatric neuropsychologist, psychotherapist, international sandplay teacher (STA/ISST) and trainer in the Neurosequential Model of Therapeutics® (NMT). Dr. Freedle is the Clinical Director of Pacific Quest, an outdoor behavioral health program on the Big Island of Hawaii with a focus on holistic healing. Her private practice is Black Sand Neuropsychological Services in Hilo, Hawaii. She has published research and numerous professional journal articles and chapters in the area of neuropsychology, sandplay and trauma. She currently serves as Research Editor for the Journal of Sandplay Therapy and President of the Sandplay Therapists of America

To Register: CLICK HERE or contact lrfreedle@gmail.com

Program pending CE approval. Contact lrfreedle@gmail.com for additional information on CE’s and to request ADA accommodations.