

## *Welcome to Spring!*

We have announcements, information and events to share with all of you; click the heading below to jump directly to the article.

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## Message from the Executive

*From Executive Vice-presidents Maria Iosue and Olga Lipadatova*

We just celebrated the arrival of spring and crossed over the yearly mark of the transition towards summer—Spring Equinox. In Canada Equinoxes are recognized by many Native cultures as they mark migration periods when traditionally many tribes moved north or south, where herds of animals and the flocks of birds migrated. The knowledge of the seasonal changes in nature was essential to the survival and sustainability of the native people. In the last year while we all collectively experienced the change in our ways of living we are also becoming more aware of the need for attunement with nature and the natural cycles.

Paradoxically, the remote mode of working that many of us are still experiencing, brought about two opposites in our life: more time to contemplate and connect to nature, and the increased use of technology. Electronic communication and practice of therapy, which appears incompatible with the practice of Sandplay, resulted in increased creativity and ability to connect and find new ways of working. CAST Board and Executive continued leading our association helping it to grow and evolve. CAST Teachers adapted together with all therapeutic community continuing training programs and finding new ways of teaching on-line and providing wonderful learning opportunities for the trainees in remote locations.

Maria and I took over executive functions as Vice-presidents a year ago. In March we reported at the board meeting about our collaborative work, which has been a very productive, positive and rather fulfilling experience.

- We carried on a number of initiatives and functions to allow CAST operating smoothly during this time of transition and change. We met with Dariel who is CAST President-elect several times, and we are very happy to report that Dariel is preparing to move into the role in the fall.
- We strengthened the board with the new members who brought with them new initiative and a great creative energy. Our Treasurer, Samira Alishanova, did a great job in reviewing CAST finances and bringing all the finance reports up to date.
- We have a new Administrator Rachel Harris, who already started working in this role succeeding our long-term Admin Assistant Ioanna Solomatina. Rachel has many qualifications and aspirations and we are very excited to welcome her to join our CAST community.
- A lot of work was done for CAST to be able to move forward, which includes the Privacy Policy and Special Events subcommittee work, Teaching Members committee (met several times), Ethics committee, and Support group. All our committees functioned well during this time.
- Maria and I met on a regular basis and discussed the plans for the management of diverse responsibilities which we hope could be delegated to others. In the plans to go forward significant areas of the organization that need strong support, as CAST is becoming a more complex organization facing on-going changes in technology and the challenges that touched the whole of the International community.
- Among other things I want to share with you a rather special event. Last year Maria was approached by the filmmaker Iven Tu who had an idea for a film which included a sandplay therapy session. They spent a long time talking after which he came to Maria's office and did a sandplay. Following that he completed a short film "[Sand Land](#)" and shared it with Maria and also the board members. Iven has created a website about the film where he expressed appreciation for CAST's "generous support" in making the film, with our logo and a link to our site. At his request CAST board approved a statement about the film to give it credibility. This film is going to be shown at the film festivals, and we are looking for a way of showing it to the members at the AGM.

I want to thank all and everyone for their ongoing support of CAST and their contribution. I also want to invite CAST members to join in with the board. We have many projects and everyone could find the best fit for their talents or bring their own ideas.

The arrival of warmer weather signals the return of spring. It represents a time of rebirth, when long days and warmth return, flowers bloom and birds sing. Every year we are reminded that spring brings renewal, and we look forward to the good tidings ahead.

## CAST Board Meeting Highlights

**The CAST Board of Directors met March 6, 2021.** Here is a brief summary of our meeting.

“A hearty thank you and sad good-bye to Ioanna Solomatina, CAST Administrative Assistant, for the many hours dedicated to CAST. We wish her well in her new endeavours. We also extend a warm welcome to Rachel Harris who is stepping in as CAST’s new Administrative Assistant. She comes with much experience in this field and brings her energy and enthusiasm as well. We look forward to working with Rachel and getting to know her.

In addition, a lot of work has been done behind the scenes in getting the new CAST website up and running. Thank you Maria for your dedication and the thousands of hours sacrificed. The website is beautiful.

[www.sandplaycanada.ca](http://www.sandplaycanada.ca)

CAST has initiated a Sandplay Therapist support group that meets virtually once a month to discuss concerns, and provide opportunities for connection, learning and growth. Contact [cast.communitynetwork@gmail.com](mailto:cast.communitynetwork@gmail.com) to register to attend. A CAST team is also working on creating a social media presence to provide additional support to CAST members. Stay tuned for an announcement in the coming months.

CAST President-elect, Dariel Cole provided her vision for CAST as she steps into her new role in the Fall of 2021. She foresees a future of continued growth in community awareness of sandplay therapy and growth in CAST members as sandplay therapy becomes more present in the field of therapy, healing and wellness.

The Annual General Meeting will be held virtually November 6<sup>th</sup>, 2021. Hope to see you there. We also anticipate providing a sandplay webinar immediately preceding the AGM. More information to follow.

Two long-time members were nominated for lifetime member status, Sylvia Simonyi-Elmer and Olga Lipadatova. Sylvia and Olga have been fundamental in the development and furthering of sandplay therapy in Canada and have contributed thousands of hours to get the Association to where it is today. The nominations were unanimously accepted. Thank you Sylvia and Olga for all your time and sacrifice on behalf of CAST. We have all been enriched by your dedication, hard work and sacrifice.”

## Introduction and Greetings from the President Elect

Hello Sandplay members!  
Welcome to Spring of 2021!

I am honored to have the opportunity to introduce myself as the President Elect for CAST beginning in the Fall of this year! This opportunity allows me to continue to connect with like-minded individuals interested in growing awareness and access to Sandplay across Canada. Previously I have volunteered on the CAST board in other capacities and I am looking forward to seeing the CAST network continue to grow.

For those who I don't know yet on the membership, here is a little bit about me. I have been a Registered Psychologist in the Province of Alberta since 2015. I have worked in a variety of settings from home settings, hospitals and private practice clinics. I have also volunteered and worked for several not for profits and CAST is my new focus! I am currently consolidating my private practice as I work at two locations and attempting to simplify my schedule with just one location. In addition to private practice I also teach Psychology of Grief and Loss and Psychology of Trauma and Interpersonal Violence for the Edmonton Campus with City University for Graduate Psychology Students.



My areas of interest include working with anxiety, grief and loss and rehabilitative psychology, whether it be for pain, trauma or health. I love supporting clients in identifying their strengths. While I love the deep work of sandplay, I am also very passionate about mindfulness and positive psychology.

I am Currently working on preparing my final Case for application to level IV certification for CAST and ISST. When I am not working, I enjoy learning new things, reading and getting outside with my 100 lb rescue mutt named Maverick and spending time with family. I have adapted to virtual friend visits but look forward to the days we can visit face to face!

I am looking forward to meeting you virtually at the upcoming AGM!  
Happy Returns and Hope for your 2021!

*Daniel Cole (President Elect)*

## New Lifetime Members

Two new Lifetime Members were approved by the board on March 6, 2021. Sylvia Simonyi-Elmer and Olga Lipadatova were nominated by Maria Iosue.

The guidelines for bestowing lifetime CAST membership include:

- The member has demonstrated outstanding dedication to the promotion of Sandplay Therapy in Canada; and has made an outstanding contribution to the CAST organization.

### *Sylvia Simonyi-Elmer*

**Sylvia Simonyi-Elmer** has been on the CAST board since its inception in the 1990's and was one of its founding members. She is our longest serving board member.

Sylvia began her journey in sandplay through her work at the Muki Baum Treatment Centre for children, where she later met Brenda Weinberg who joined the team after Sylvia. At the 1998 CAST Conference in Toronto, Sylvia presented on the Horse Archetype, sharing her love for those majestic beings who are still close to her heart and home.

As a Teaching Member, she has not only run trainings and workshops, but she has been a supervisor, advisor and case reader for both Canadian and international case studies. She is currently the Chair of the Teaching Member committee, and has sat on several CAST conference committees. Sylvia has also been very engaged with the International Society for many years – attending ISST Congresses; representing CAST on the ISST board; later serving as ISST Secretary; and sitting on ISST committees.

Sylvia generously hosted the Teaching Members more than once at her home in Kingston. At one retreat, the Levels document was born; at another, the Sandplay Practitioner Status was conceived. These were nourishing and energizing gatherings for the Teaching Members, and supported these important new developments for the training program.

I think Sylvia's loyalty and devotion to CAST and to Sandplay in Canada speaks for itself, and she is certainly worthy of becoming a Lifetime Member.





## *Olga Lipadatova*

**Olga Lipadatova** was certified in 2010 and joined the board in 2014. Olga became CAST President in Fall, 2015, and has continued to support the executive role in varying ways since that time.

During her presidency Olga brought some wonderful initiatives to fruition in Canada including: the second joint conference with BCPTA in Vancouver in 2017; our first and second web-conferences in 2018 and 2020; and championing the 2017 Teaching Member retreat in Kingston. She has been serving as CAST representative to ISST since 2019, and continues to participate on numerous CAST committees.

Olga became a Teaching Member in 2014 and a Senior Teaching Member in 2018. Olga has been a dedicated teacher, supervisor, case reader, and supporter to students not only here in Canada but also in Russia where she is mothering a new generation of sandplay therapists.

In all these varied capacities Olga has given her all, her heart and mind, and a profound level of commitment. She is always thinking ahead with a creative perspective, and she works very hard at everything she does. CAST has very much benefitted from her gifts and contributions.



## Special Appreciation

### *Special appreciation to Administrative Assistant Ioanna Solomatina*

This year we are saying a heartfelt goodbye and best wishes to Ioanna who has been our Administrative Assistant since 2015. She is moving on to fully embrace her new career in Human Resources where we imagine she has a bright future ahead of her. Ioanna has brought her creative and technical skills to the fore in her role, as well as her capacity to see the big picture of the organization and how its interrelated pieces work together. She has been a loyal supporter of CAST and we are grateful for what she has brought to her important role over the years. She will be supporting her successor until the transition is complete. For everything Ioanna has contributed, we offer a big Thank You!



## Newly Certified

### *Ann Holroyd*

CAST is extremely thrilled to introduce our newest ISST/CAST certified member. We would like to congratulate Ann Holroyd for achieving ISST certification. After completing her Ph.D in Health Sciences as a Registered Nurse, Ann went on to becoming a Registered Clinical Counsellor. She also has a certificate in Play Therapy and completed a training program in Jungian Psychoanalysis. Ann, who resides in Nanaimo British Columbia brings a wealth of knowledge and experience to the practice of Sandplay Therapy. Again, we would like to congratulate Ann for her achievement.



## ISST Policy on Personal Process

### *Prepared by CAST ISST Rep Olga Lipadatova*

During the past year ISST Board has been working remotely meeting regularly and attending to the urgent matters of the International Sandplay community. This was not an easy time for the Representatives of the Member Societies as the time zones across the world change.

Through the second half of 2020 and during the first months of the year 2021 the ISST Board continued to monitor the impact of pandemic on the Member Societies. The Board worked on and approved the initial Statement regarding ISST Exceptions for Online Training and Supervision, allowing acceptance of all on-line training and supervision hours through the Exception Period Due To the Covid-19 Pandemic. During the most recent ISST Board Meeting of ISST held online on February 28th 2021, the Board decided to revise the “Statement” extending the exceptions period to **September 30th, 2021**.

Furthermore, a clarification regarding the Sandplay personal process during the pandemic was also provided after the ISST Board meeting in February. The position of ISST Certification Committee is that personal process has to be in person and cannot be substituted by the online work, no matter what shape or form that work takes.

In exceptional cases when the personal process is nearly finished the matter would have to be presented to the ISST Exceptions committee. However, the prevailing recommendation (for those whose process was interrupted by the pandemic) to complete the process when it will be possible to work in person, as the work done online is not going to be recognised as personal process.

The recommendation to CAST members in training and those undergoing Sandplay personal process is to consult your Teachers, Supervisors/Advisors and personal process therapists should you have any further questions regarding training, supervision hours or personal process. CAST/ISST Certified members providing Sandplay personal process and Teaching members will be continuously updated on any further discussions or clarifications on the issues related to ISST Certification.

## CAST Support Group Learning Calendar

Here are the details for the CAST Support Group Learning Calendar for Spring and Summer 2021! The CAST membership's interest in continuing education in Sandplay Therapy will be so well supported with these upcoming offerings! Please read the details (dates/times, especially) carefully and note that there are TWO sessions in each of June and July 2021!

Please keep a look out in your email inbox for instructions to register to attend the sessions you're interested in!

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### APRIL

*Saturday, April 17, 2021*

**1:30 p.m. EASTERN**

Sylvia Simonyi-Elmer will be presenting on "Jung and the Mandala".

This presentation will illustrate some of Jung's ideas about the Mandala and its significance in Sandplay. We will also talk about Jung and his interest in Mandalas and how mandalas can be used in one's own life as a form of meditation. Participants are asked to have paper, pencil crayons and markers on hand for a small experiential component of the talk.

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### MAY

*Saturday, May 15, 2021*

**1:30 p.m. EASTERN**

Barbara Dalziel will be presenting. Topic to be announced.

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### JUNE

*Saturday, June 19, 2021*

**1:30 p.m. EASTERN**

Maria Iosue will be presenting. Topic to be announced.

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*Saturday June 26, 2021*

**12:30 p.m. to 2 p.m. EASTERN (\*please note the time)**

Catherine Ellis will be hosting the first of TWO sessions. Registration will be limited to 15 Sandplay Therapy student participants per session. Students may wish to register for either one or both sessions.

This will be the first opportunity for Sandplay Therapy students to explore questions they might have about Analytical Psychology - any concepts in the theory that they would like to understand better. For example, Jung's key psychological constructs: Anima, Animus, Self, Shadow, Persona, Ego, Archetype, Psyche; complexes and how they function; tension of the opposites and the transcendent function; how Jung describes the conscious and unconscious. Please note that this will be a "Question & Answer" session, NOT a lecture format, with students leading with what they'd like to explore and understand.

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## JULY

*Saturday, July 3, 2021*

**12:30 p.m. to 2 p.m. EASTERN (\*please note the time)**

Catherine Ellis will be hosting the second of TWO sessions. Registration will be limited to 15 Sandplay Therapy student participants per session. Students may wish to register for either one or both sessions.

This will be a second opportunity for Sandplay Therapy students to explore questions they might have about Analytical Psychology - any concepts in the theory that they would like to understand better. For example, Jung's key psychological constructs: Anima, Animus, Self, Shadow, Persona, Ego, Archetype, Psyche; complexes and how they function; tension of the opposites and the transcendent function; how Jung describes the conscious and unconscious. Please note that this will be a "Question & Answer" session, NOT a lecture format, with students leading with what they'd like to explore and understand.

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*Saturday, July 17, 2021*

**1:30 p.m. EASTERN**

Beatrice Donald will be presenting. Topic to be announced.

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We will take a SUMMER BREAK in August.

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The fall schedule will be posted in July 2021. We will begin in September with a case presentation by Certified CAST-ISST Member Christine Chow!

## Upcoming Events

- CAST Board Meeting October 2, 2021 12-3pm EST
- **CAST Annual General Meeting November 6, 2021**; time to be announced
- [CAST Upcoming Training](#)
- Canadian Association for Psychodynamic Therapy([CAPT](#)) [Events](#)
- [Sandplay Therapists of America \(STA\) Events](#)

## Sand Land Film

The short film "Sand Land" will be shown at our AGM in November. For more information about the film and upcoming screenings visit the website [sandlandfilm.com](http://sandlandfilm.com). The film will be screened a variety of online festivals, including the Out & Loud – Pune International Queer Film Festival 2021 in India in May.

## Administrator Notes (& Introduction)

Hello! I am Rachel Harris and I am the new Administrator for CAST. I am truly looking forward to working with all of you; I know that I will learn from each of you.

What I plan to do is improve the efficiency of organizational aspects and technical tools, centralize some knowledge and resources, to (hopefully) make it easier for all of you to do what you do - train, teach, learn, share.

I am based in Toronto, Canada. Born and raised in the suburbs, I lived in Guelph while studying at university (Biology, Psychology). My experience is varied: communications, consulting, marketing, operations and development in the manufacturing, media, education, social service, pharmaceutical, insurance and technology sectors. Regardless of the role, there are common, recurring themes - understanding a problem, project, or person and developing and communicating solutions that build relationships and improve outcomes.



I'm close with my family, and enjoy them much more than back when I managed our family business (unionized apparel manufacturing). Many years, jobs and moves later, I live in an amazing neighbourhood near downtown, but right across from a park with many more nearby; I love to walk, preferably in warm weather. I've always been involved in my community, and regularly volunteer with local outreach and food security programs - although this year we're calling ourselves "Out IN the Cold". I like ideas and the tangential connections between them, I find people endlessly fascinating, and I will always notice your pet.

In future newsletters I'll use this space for notes, tips and information that I'd like to share with you. My email address is [administrator@sandplaycanada.ca](mailto:administrator@sandplaycanada.ca) - please feel free to email me anytime; no request is too small and there are no silly questions.