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## Message from the Executive

*Maria Iosue and Olga Lipadatova, Vice-presidents*

### Greetings and gratitudes

The season has changed. Days are bright, colours fill the landscapes, warm air is scented with new life, enlivened by birdsongs and insect flutterings, and the fields and gardens burst with daily miracles. There are also collective glimmers of hope in the lifting of restrictions and reductions in hospitalizations and ICU cases. Social and family gatherings may yet nourish us in the coming seasons.

We want to acknowledge that throughout the challenges of the past fifteen months, our CAST community ties have been sustained and, in some ways deepened, through the dedicated efforts of our members. And despite the pandemic-related difficulties in clinical practice, learning, and professional development, we have been heartened and inspired by the commitment our members have made to professionalism in all they are doing. We hope that all of you will create space for stepping back, for nourishment, or creating, or just being. Whether you reach for ordinary delights or take advantage of the many self-care supports available, may you take time to appreciate yourself for all that you do.

We are also grateful for the ongoing and significant work of the board and our teaching members. The organization remains strong and much has been accomplished both visibly and behind the scenes. A special thank you to our administrator and treasurer, and for the contributions of the Registrar, ISST Representative, and the CAST Community Network Chair.

## Acknowledging the darkness of the times

At this time of light and aliveness, there are also huge clouds of darkness and loss. While we mark the confederation of this nation, we have been shockingly reminded again at the oppressive colonial collective shadow in Canada's history. The reverberations across the country are only just beginning, as the painful task of uncovering the remnants, scars and horrific realities of deaths and atrocities in residential schools is underway, in a previously incomplete chapter in the work of the Truth and Reconciliation Commission. May we stand in unity to call on institutions to commit to a complete investigation, and to efforts that will need to be sustained through generations.

We are grateful to Elder Little Brown Bear for his permission to spread his recent [Words from the Heart](#).

## June 2021 CAST COVID-19 Update

**This update has been posted on the website**

**Sandplay Practice Update:** Our members continue to offer Sandplay Therapy in keeping with jurisdictional precautions to protect themselves and their clients; and as required by their health officials and their regulatory body and/or professional organization, or workplace.

The **CAST Virtual Support Group** for members continues to meet monthly in English. These gatherings bring our community together during the pandemic for learning opportunities, and to reconnect around shared values and practice perspectives. Contact [communitynetwork@sandplaycanada.ca](mailto:communitynetwork@sandplaycanada.ca) to attend.

**Training:** CAST has been able to provide opportunities for trainees to continue with trainings planned prior to the pandemic. Virtual programs are being offered through December 31, 2021, as the International Society for Sandplay Therapy (ISST) has approved an increase of allowable online training hours to that time. Contact our Teaching Members and check the [website](#) for updates.

**Supervision:** Supervisors continue to offer individual and group consultation. ISST has also approved an increase of allowable online supervision hours through December 31, 2021.

## Words from the heart: A message from Elder Little Brown Bear

### *Shé:kon Skennen Kó:wa to everyone*

I've spent time at my sacred fire pit with my ceremonial pipe presenting tobacco and cedar into the flames asking for prayers of healing and strength from the Creator and the spirits of the four directions and the ancestors. I've asked Mother Earth our Earth Mother to help us to remain strong as we need continue to walk with soft moccasins on this truly devastating journey as more and more will be revealed as time walks on. Anger will not fix this.

More than ever reconciliation and healing demands attention to ongoing issues of injustice, violence, and racism in our cities, towns, and communities. I've been asked by many what they can do. I offer these humble words. Take time to reflect on the needs of the individuals, the families, the communities and the nations, we ask that you provide Support, Positive Actions, Active Listening and Commitment in following through with what is said is going to be done, will be done without excuses, will help on the journey path to healing that we are on.

Today we wish to lift up our prayers for the children and the youth as we come before you with tears of pain in our eyes, a heavy heart and a sadden spirit. We look to you, Great Spirit, to help us heal our relationships to guide us and wake us up if needed so that we cleanse our eyes so that we may see clearly as we seek to bring about walking in a good way, of one mind, of a good mind, on a good road between our relations. We want to live in harmony and balance as we share hope for a healing future generations together, for growth in mutual understanding and respect, for justice, and for reconciliation.

Niawen'kó:wa

Onen:ki`wahi

Everyone healing under the same sky

Ernest W. Matton I.C.A.D.C., C.I.A.C., ON.O  
Little Brown Bear Athehsa Niohkwa:rita:a

*Elder Little Brown Bear, is Michael Garron Hospital's director of Aboriginal education, programs and culture and The Aboriginal Healing Program.*

## Save the Date - AGM November 6

The **CAST Annual General Meeting (AGM)** will take place on **Saturday, November 6, 2021**. The time will be announced; there are many things we are excited to share, including the [Sand Land film](#).

## Sand Land Film

We are thrilled that the short film “Sand Land” and an interview with the Writer, Director, and Producer Iven Tu will be shown at our AGM on November 6. 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.

## CAST’s Privacy Policy

CAST’s **Privacy Policy** continues to be reviewed and is moving toward finalization. We hope to have it up on the website very soon, and will email you a copy when it’s complete.

## CAST Support Group

The CAST Support Group continued to meet and learn virtually through the spring. There is one upcoming learning session on July 17 of special interest to students; more details below.

The CAST Support Group will be taking a summer break for the month of August and will return in the fall. 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!](#)

**Saturday, July 17, 2021**

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

**Beatrice Donald** will be presenting **Writing Your Symbol Papers**

Writing a paper can sometimes feel like a stumbling block, but it doesn’t need to. The purpose of this presentation is to turn any blocks into pathways to completion; and to make the writing feel more manageable and satisfying as the exploration builds on the symbol’s meaning.

This is an opportunity to bring up and move beyond perceived difficulties, to clarify an outline for the paper, and work to a reasonable timeline. As this an interactive session, participants are requested to have:

1. A symbol in mind that they want to write about or have started writing about — so they have something concrete to work with during this session.
2. Questions about and/or any obstacles they may be experiencing — whether they’ve started writing or not.

## Upcoming Events

**LOOK FOR FUTURE ANNOUNCEMENTS about an exciting CAST event in 2022!**

- CAST Board Meeting October 2, 2021 12-3pm EST
- **CAST Annual General Meeting November 6, 2021**; time to be announced
- [CAST Upcoming Training](#)
- ISST 26th Congress, March 27-31, 2022 in Jerusalem, Israel
- Canadian Association for Psychodynamic Therapy([CAPT](#)) [Events](#)
- [Sandplay Therapists of America \(STA\) Events](#)