

**The Canadian Association for Sandplay Therapy
Association canadienne pour la thérapie par le jeu de sable**

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Abstract

“... anyone destined to descend into a deep pit had better set about it with all the necessary precautions rather than risk falling into the hole backwards.”
C.G Jung, *Aion*, CW 9ii, par. 125.

When people enter therapy for healing or for personal growth, a time usually comes when a significant shift in the psyche must occur. The process for achieving this is named or described variously as descent, night sea journey, disintegration of the personality, regression of energy, dissolution of pathological complexes or transformation of libido – etc. Several conditions need to be in place for the client to feel safe enough to go into this challenging situation:

- . the right timing, and a sense of inner readiness
- . the experience of security and containment in the relationship with the therapist
- . a therapy modality which is conducive to growth for the client

We will look at a girl's first eight sandpictures to observe how they indicate her exploration of the safety and possibilities in her therapeutic environment and in herself.

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