

Life in the Metaphor

Sandtray, Expressive Arts and Active Imagination

A two-day Workshop and Training with Jo Sopko and Gabriel Rabu



This workshop, both didactic and experiential, is designed for a small, intimate group (max. 8 participants). We will explore the use of Sandtray, both traditional and thematic, and how it can be brought into play with Expressive Arts and Active Imagination, both in a clinical context and in self-inquiry.

Our focus will be on various techniques of grounding meditation, guided imagery, active imagination and how to integrate these in an intermodal expressive arts approach (sandtray, visual arts, creative writing/poetry, drama, movement and ritual). This work has shown immense potential in the practice of psychotherapy, helping clients communicate deep emotion, providing a container for trauma, suffering and loss when verbal skills are compromised, and/or as a vehicle for personal transformation.

Learning Objectives – Participants will better be able to:

- Demonstrate understanding of the distinction between sandplay and sandtray approaches
- Integrate Jungian active imagination as a tool to further depth work
- Develop proficiency with an intermodal approach to expressive arts
- Apply basic projective devices and externalization in one's personal and professional life
- Demonstrate practical sandtray skills in clinical practice
- Formulate ethical ways to use expressive arts and active imagination with culturally diverse client populations
- Describe three areas of trauma requiring utmost safety measures in all the modalities
- Apply mindfulness and compassion practices in expressive arts therapy

Feb 16-17, 2019 in San Anselmo

(Saturday 9:30 AM – 5:30 PM; Sunday 9 AM – 4 PM)

\$275.00 (\$250 by Jan. 31st) / Students/Interns: \$225 (\$195 by Jan. 31st)

Contact: gabriel@gabrielrabu.com

Fee is fully refundable until Feb 1; 50% refund after; no refund on day of workshop.



Jo Sopko, MFT (MFC 38054) <http://www.josopko.com/>

A Registered Drama Therapist, Jo has used Sandtray for over 25 years both clinically and in education. She is Trauma Specialist at Homeward Bound of Marin where she works with homeless children and families. She has taught clinical supervision for both the Expressive Arts Therapy and the Integrative Counseling programs of the California Institute of Integral Studies (CIIS). She has also taught sandtray and expressive arts at CIIS and JFK. Jo also directs Self-Revelatory student thesis performances in the Drama Therapy program at CIIS. Jo has presented at Spirit Rock Meditation Center (with Sylvia Israel) and at various national conferences of Expressive Arts and Drama Therapy. She uses mindfulness practice and meditation in her work. She has a private practice in Marin and San Francisco.



Gabriel Rabu, MFT (Lic. 92400) <http://www.gabrielrabu.com/>

Gabriel has been practicing psychotherapy in community mental health settings (*Community Institute for Psychotherapy; Family Service Agency*) working with children, adults and couples. He has maintained a dedicated practice of meditation over the past 40 years and specializes in mindfulness practice and its application to DBT, dreamwork, Jungian Active Imagination, end of life and palliative care, and self-growth. Gabriel is an expat' from France (in the US since 1972); he conducts Expats' Support Groups focusing on the social and psychological impact of immigration and acculturation. He has a private practice in Corte Madera and San Francisco.

13 CE credits for **psychologists** are provided by the Spiritual Competency Resource Center (SCRC) which is co-sponsoring this program. SRC is approved by the American Psychological Association to sponsor continuing education for psychologists. SRC maintains responsibility for this program and its content. SCRC is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for **licensed nurses** in California. The California Board of Behavioral Sciences accepts CE credits for **LCSW, LPCC, LEP, and LMFT** license renewal for programs offered by approved sponsors of CE by the American Psychological Association. For questions about receiving your Certificate of Attendance, contact Jo Sopko & Gabriel Rabu at gabriel@gabrielrabu.com. For questions about CE, visit www.spiritualcompetency.com or contact David Lukoff, PhD at CE@spiritualcompetency.com