



## ISST REQUIREMENTS

## APPENDIX A

Qualification for the Training as outlined in the “Blue Book” 1988

### Aims of the Training

As a result of the training one will be accepted in the International Society for Sandplay Therapy (founder: Dora Kalff) via a National Society if existing. On the basis of this membership, one is entitled to use “Sandplay” in the sense of its founder, Dora Kalff.

The training is understood as a supplementary training.

### (a) Qualifications for the Training

Applicants for training are expected to show evidence of having the following qualifications:

1. A **university education** as a medical doctor, psychologist, pedagogue, theologian, clinical social worker or a specialized training in one of the humanities or social sciences. Persons not having this type of university education but who can demonstrate adequate educational background will also be considered.
2. Knowledge of psychopathology, psychodiagnosis and psychotherapy which shall preferably have been achieved by formal study and applied clinical experience with patients/clients.
3. **Evidence of having had some in-depth** inner development and insight such as may be achieved in the experience of personal analysis or other disciplines leading to such developments.
4. **Licensure to practice psychotherapy** in countries and regions where licensure is required.

Exceptions will be made under exceptional circumstances.

### (b) Certification Process (procedure for Individual Membership of ISST see Appendix B)

1. A **personal process in Sandplay Therapy with an ISST member** that precedes, if possible a regular course of training
2. **Theoretical training of a minimum of 100 hours of participation in training seminars in the tradition of Dora Kalff** that is based on the principles of the psychology of C.G. Jung
3. **Two written seminar papers, at least 10 pages in length, but no more than 20 pages with 1 ½ spacing.** At least one paper must include clinical Sandplay material.
4. **Supervision of practical work in individual and group sessions, with at least two different Supervisors.** The total number of supervision hours is determined by each National Society, with a **minimum of 80 hours of individual and group supervision with a Teaching Member. Of these a minimum of 30 hours must be individual supervision. 50 hours of group supervision will be acceptable provided the student presents their own material on at least 10 occasions** within the group supervision hours. In the view of ISST, the supervisor should be different from the personal process therapist.

5. **One completed case study of at least 30 to a maximum of 50 pages of text with 1 ½ spacing.** The case study must be read and evaluated by three ISST Teaching Members, one of whom should be of a National Society different to that of the applicant.. The applicant's personal Sandplay therapist and the supervisor on the case cannot be one of the readers. The reader will provide an evaluation report of the case study to the advisor and to the candidate. The case reader's fee is determined by the National Society.

### **(b) Case Study**

1. The case study can be written in any language provided that point 5, above, is complied with.
2. Full photographs of all the scenes discussed must be included.
3. Confidentiality must be protected. A signed statement from the therapist will verify that the therapist holds written permission from the client regarding use of the case material in countries where this is required.
4. If the case is referred for inclusion into the international archives by the readers, a summary of the essential features of the case will be provided on the Data Summary Form (Appendix C) which may be obtained from the case advisor.
5. The applicant will write/call a reader of his/her choice and if that reader declines, he/she may suggest another qualified reader which the applicant can accept or reject.
6. Readers will return (in an envelope provided by the applicant) the case to the author after the evaluation process is over.

### **(c) The Advisor**

1. **A candidate will select an advisor** to assist in the process of handling in the case study, including counseling about format, selection of readers, and any other questions that arise. The advisor's fee will be negotiated directly with them unless the National Society has set a fee.
2. The advisor verifies that the candidate has completed the steps of the ISST training as detailed in the training guidelines. It is the advisor's responsibility to collate evidence of completion of all minimum ISST training requirements.(A form is provided in Appendix D). A copy of this should be sent to all readers and also included with the final application for ISST membership.
3. The advisor communicates the overall evaluation of the case study by the readers to the candidate, including revisions to be made in the case of conditional acceptance.
4. The advisor informs the readers about acceptance of the case.
5. In the case of absence of unanimity of opinion of the readers, the advisor organizes a conference of the readers.
6. The advisor informs the ISST Secretary when readers have accepted the case study and other training requirements are fulfilled, informing ISST how the candidate wishes to be listed in the official list (e.g., name, title, address, private/work phone, fax, E-mail). Evidence of completion of all ISST training requirements must be included in this final application or membership (see Appendix D).

#### **(d) Evaluation of Final Case Study by the Readers**

1. A reader can choose to accept, conditionally accept, or reject a case study.
2. The evaluation is communicated to the advisor who communicates the evaluation to the candidate.
3. After receiving all three opinions, the advisor informs the candidate of the final decision.
4. With decisions of conditional acceptance, the candidate is asked to make certain immediate revisions which, when approved by the reader(s), permits the candidate to obtain ISST membership.
5. A decision of rejection implies that the case cannot be accepted even in a revised form. In these circumstances re-application can be made with a new case.
6. In the case of rejection, the readers may include recommendations for further hours of supervision/consultation which must be observed before a new case can be submitted.
7. With each new case submitted readers, once appointed, cannot be changed.

#### **(e) Conference of Readers in Case of Lack of Unanimity**

1. If one of three readers rejects a case study, a conference of the readers must be arranged within two months after results have been communicated to the advisor.
2. During the conference or as a result of it, the readers can change their original votes or make suggestions for compromises.
3. After the conference, if there is a majority decision (i.e. at least two to one) for acceptance or rejection, this decision is binding.
4. When a conditional acceptance is suggested, the readers should come to a consensus about recommendations to the candidate.
5. The advisor informs the candidate after receipt of all three final opinions about the consensus.

#### **(f) Inclusion into the ISST Archives**

Exceptional cases can be recommended for inclusion into the international archives by the readers, provided that the client has granted permission and the author has agreed.

The archives are located in Zurich and can be accessed through the ISST Admin. Secretary.

### **APPENDIX B**

Procedure for **Individual Membership** of ISST

1. The candidate for individual membership should choose an advisor who is an ISST teaching member who must be agreed and ratified by the Board.
2. The candidate will be advised of what else needs to be done to reach the standard of ISST certification.

3. The advisor will keep an overview of the candidate's progress.
4. The candidate for individual membership must provide evidence of having achieved all the minimum requirements as set out in the ISST certification process documented in the Rules of Procedure. This material should be submitted to the advisor.
5. The advisor will arrange for the **candidate to attend a relevant ISST event at which the candidate will be interviewed by three ISST teaching members. However, if the candidate is already well known to three ISST teaching members, these members may propose the candidate without formal interviews.**
6. After completing all the other requirements (as decided by the advisor and the ISST Board) the candidate may present a case as outlined in the Rules of Procedure (Appendix A b-f).
7. For individual ISST members, teaching member status will be granted by the ISST Board after fulfillment of the minimum criteria for teaching members outlined in Appendix E of the Rules of Procedure. The candidate will also be required to present a case at an ISST Congress in the presence of three Board Members who will evaluate whether the candidate can be granted Teaching Member status.

## APPENDIX E

### Requirements for **Teaching Member Status**:

(Agreed at ISST Board Meet August 2011, amended Board Meet 2012)

An ISST Teaching Member is not only a fine clinician and an excellent teacher, but also fulfills other requirements including: (a) demonstrating the capacity to prepare students for ISST membership in the tradition of Dora Kalff, (b) teaching students to use the Jungian/ISST approach to Sandplay, and (c) demonstrating knowledge of the requirements and procedures that students must follow in order to become ISST members. Specific requirements are:

1. ISST sets minimum requirements. ISST National Societies may have additional requirements which must be also be fulfilled by their members.
2. Have **a minimum of two years of experience conducting full Sandplay processes after ISST certification.** *Rationale: It is necessary to have further grounding in clinical practice after ISST certification to deepen experience and understanding of the responsibilities of a certified Sandplay therapist.*
3. **Attend an ISST congress (or a National Congress at which Teaching Members of other National Societies are present) and present a paper. Or attend an ISST conference (or a National Congress at which Teaching Members of other National Societies are present) and publish an article in a sandplay or other journal.** *Rationale: Attendance at international and national conference(s) encourages a broader and deeper perspective. The capacity to present to one's peers and colleagues and defend a viewpoint is an important aspect of Teaching Member status.*
4. **Prepare and present at least one clinical case in addition to the individual's final case for ISST membership. This material may be presented at an ISST conference, and/or used in co-teaching with a teaching member.** In co-teaching, written feedback from TM on at least two occasions, is recommended. *Rationale: as (2) above.*

5. **Co-teach with a Teaching Member. Preferably with two different TMs.** This teaching should not only be clinical, but also include coaching trainees for ISST requirements (e.g., preparing and writing a case for ISST membership, writing a symbol paper and other requirements for ISST membership). **At least one of the co-teaching sessions should be at an introductory/fundamental level of Sandplay therapy.** *Rationale: This provides a demonstration of effective teaching skills and appropriate content including knowledge of the Jungian theoretical base. Evidence: Written feedback from Teaching Member is recommended.*

6. **On two occasions co-facilitate with one or more ISST Teaching Members two Sandplay group supervisions or clinical discussions.** *Rationale: This provides an opportunity to develop supervision content and style. Evidence: Satisfactory feedback by ISST Teaching Member co-supervising.*

7. Be familiar with ISST Statutes, Rules of Procedures and Code of Ethics and pass then on to prospective students. *Rationale: Such knowledge is important because Teaching Members can be approached by any potential students, including those from countries without National ISST Society, for advice or mentoring on working towards ISST Certification.*

**Time Frame:** There is no deadline for the completion of these requirements. Individuals are encouraged to work towards meeting these requirements at a pace that is comfortable for them.

**Procedure: The prospective Teaching Member is advised to identify an ISST Teaching Member of at least two years standing to act as Teaching Consultant.** The Teaching consultant will advise and provide direction for applicants in their preparation to become a Teaching member. They will also collate evidence and when all requirements are met to their satisfaction will propose the applicant and forward evidence to the ISST secretary who will log the application and forward to the certification committee. The teaching consultant will not necessarily fulfill the evaluation of all items 1-7 as these may be conducted by various Teaching members.

The onus is on the ISST member wishing to prepare for Teaching Member status to make arrangements with Certified Teaching members to fulfill these requirements. Any costs that may be incurred are negotiated directly with the Teaching members concerned. Arrangements for this are made directly with a Certified Teaching member.

Independent Members must advise the ISST Secretary who their Teaching Consultant is when they embark on preparation to become a Teaching Member.

30 August 2012

#### **Additional appendix to the Rules of Procedure:**

Approved by the Board August, 22. 2007

1. **For ISST certification we allow a maximum of 12 hours theoretical online learning.**

2. Virtual/electronic supervision is at the discretion of the supervisor. In the view of the ISST we recommend that electronic supervision only occurs in the context of an established personal relationship between the supervisor and the supervisee.

3. **Group supervision: In the view of the ISST the preferred number of participants personally**

present in group supervision is 6, but can go up to a maximum of 10.

### Online Group Supervision:

At the 2013 Board meeting the following was agreed:

**A maximum of 20 hours of online group supervision is allowed with the following conditions:**

- 1. All 20 hours must be completed with the same supervisor and in the same group.**
- 2. The first meeting of the group should be face-to-face.**
- 3. The group maximum is four (4) people.**
- 4. One presentation per session is allowed with a minimum of two hours for each session.**
- 5. It is required that each member has face-to-face individual supervision with the group supervisor.**

### Fundamental Jungian topics for Sandplay Therapy:

C.G.Jung's Analytical Psychology is the theoretical basis of Sandplay Therapy. The ISST statutes state: "*Sandplay Therapy is a therapeutic method developed by Dora Kalff and based on the psychological principles of C.G. Jung...*". At the 2011 Board meeting a committee was formed to draw up guidance on the Jungian fundamental topics for teachers and students of ISST. These were agreed at the Board meeting in 2012.

#### 1. Topics:

Structure of the psyche: persona, ego, shadow, anima/animus, Self

The nature of the unconscious and the relation between ego and unconscious

Archetype, symbol, complex

Transference and counter transference

Individuation process

Psychic energy (the principles of equilibrium and constancy, progression and regression)

Extraversion and introversion (and typology)

Transcendent function

#### 2. Suggested texts

##### Basic:

CG Jung, Memories, Dreams and Reflections. Especially Chapter 5: confrontation with the unconscious

CG Jung, Man and his Symbols

Anthony Stevens: A very Short introduction to Jung

Verna Kast: The Dynamics of Symbols

Verna Kast: Fundamentals of Jungian Psychotherapy

**Intermediate:**

Esther Harding: the I and the not – I

Jacobi: Complex, Symbol and Archetype

Emma Jung: Animus and Anima

Edward Whitmont: The Symbolic Quest

Advanced: (Essential writings of CG Jung for the method of Sandplay Therapy)

Memories, Dreams and Reflections.

Man and his Symbols

The transcendent function. Collected works (CW) 8 paragraph 131 to 193

The Individuation Process CW 9(i)

On Psychic Energy CW 8 paragraph 1-130

A Review of the Complex Theory CW 8 paragraph 194 – 219

The Tavistock lectures CW 18 paragraph 1 – 415

Psychology and Alchemy CW12 esp page 274: meditation and imagination

The relation between the ego and the unconscious CW 7, paragraph 202 – 373

(The Psychology of Transference CW 16)

**Implementation:**

These fundamentals were agreed upon and amended in Poland in 2012. In order to support trainees in gaining knowledge in these areas it was proposed and agreed that:

1. All National Societies and Teaching Members be informed of these fundamentals.
2. Jungian Fundamentals be emphasized and highlighted by teachers throughout the training experience.
3. Knowledge of Jungian Fundamentals be evaluated through symbol and final case papers.
4. Teaching of Jungian Fundamentals be emphasized in training new teaching members.