



# **Sand, Water, Silence - The Embodiment of Spirit: Explorations in Matter and Psyche**

*Mary Jane Markell*

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Therapists often encounter people who have suffered severe emotional damage resulting in feelings of psychological fragmentation. Sandplay therapy, which combines the physical actions of play with observation and understanding through the use of symbolism, can be a useful method of treating this kind of damage. This text focuses on the theoretical aspects of sandplay therapy, presenting Dora M. Kalf's ideas and drawing out the significance of Kalfian sandplay for therapists. Building on Kalfian ideas of the integration of Eastern and Western thought in relation to healing through sandplay, the author explores theories in quantum physics and Eastern philosophies. Her theoretical insights are illustrated with clinical examples, and this volume should be of interest to arts therapists and to students of related disciplines.

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