



Sandplay Therapy Retreat:

Cultivating a Conscious Relationship with the **ANIMUS**

Animus is a powerful part of the unconscious mind, the inner masculine side of a woman. He acts as the embodiment of strength and intensity, and provides initiative and the capacity for planned actions. On the negative side, the animus thwarts women's intentions, spoiling their relationships, replacing their natural instincts and feelings by a mere collection of opinions, and preventing them from living their lives naturally as women. In this retreat, we will work on getting to know the animus, to see from his viewpoint, to negotiate with him, to allow him to have the means of expressing the values of his reality, and to fulfill his proper role of leading us into a deeper connection with our inner selves. Ultimately, the animus will support the ego through his relationship to the Self rather than tyrannizing the ego.

Lead by:

Leung Wai Yin, Amy, Ph.D.

Registered Clinical Psychologist

Certified Sandplay Therapist & Teaching Member, ISST

Date: 8th – 9th May (Sunday to Monday), 2022

Time: 10:00 am on Sunday - 4:00 pm on Monday

Venue: Tsing Tam Center (TTC), Pat Heung, Yuen Long
(Detailed directions will be sent to participants)

Fees: HK\$3,300 (including room and board)

Group size: Around twelve participants

Language: Cantonese

This is an ISST accredited program (12 hours)

A Retreat to Explore the Animus

We will enjoy silence and nature, share the influences of animus in our journey, create sandplay images, and explore the animus images in dreams and sandplay processes...

Aims of the Retreat

- A time to be more with oneself
- Understanding the animus archetype
- Interacting with the animus energy
- Exploring animus images in sandplay
- Sharing night-time dreams about animus
- Connecting with the animus



Retreat Facilitator:



Amy Leung Wai Yin, Ph.D., Registered Clinical Psychologist, Certified Sandplay Therapist & Teaching Member, International Society for Sandplay Therapy (ISST). Dr. Leung works as a clinical psychologist in private practice and regularly teaches sandplay therapy and dreams locally and internationally. As a clinician, she is specialized in psychological assessment, individual and family therapy. She worked as a clinical psychologist at the Adolescent Medical Center of the Queen Elizabeth Hospital, and was an Honorary Assistant Professor at the Department of Community Medicine, the University of Hong Kong. She has been a clinical supervisor of many NGO counseling agencies for over two decades. She is a Fellow of the Hong Kong Psychological Society (HKPS). Moreover, she was the founding chair of the Hong Kong Sandplay Therapy Association (HKSTA) and she was the former Vice President, Asia of the International Society for Sandplay Therapy (ISST). Dr. Leung has used dream work extensively with her clients, and has led retreat and silent retreat for many years. Recently she has run a dream retreat in October 2021 and a sandplay therapy retreat on “Crone” in January 2022.

APPLICATION

Please apply to this retreat by writing to our email address: ttcretreat@gmail.com to provide us with the following information: your name, occupation, organization, address and phone number. It will be helpful if you let us know your background in sandplay therapy. We will reply to confirm your participation.

Retreat Fee: HK\$3,300 (including room and board – two to three participants will share a studio or apartment. The application process will be closed once the places are filled.)

When you received the email that you are accepted to join the retreat, please deposit your payment in the account of “The Progression Psychological Practice”. Then write down your name in the payment slip and email to progression1998@gmail.com. Bank Name: China Construction Bank (Asia) Corporation Limited; Account No: 000427863, Bank Code: 009, Branch Code: 648.

Enquiry: 9429-2255 (WhatsApp only) or ttcretreat@gmail.com