



Sandplay Retreat:

# Receiving Crone

The crone represents the archetype of the older woman. Crone has the attributes of wisdom, compassion, transformation, healing laughter, and bawdiness. On the other hand, crone is an unpleasant, withered, witchlike older woman who has a tendency to be snappy and mean. The crone archetype strengthens our belief and confidence in age-accumulated knowledge, insights and intuitions. It is valuable for both women and men to gain better access to the crone energy.

Lead by:

**Leung Wai Yin, Amy, Ph.D.**

Registered Clinical Psychologist

Certified Sandplay Therapist & Teaching Member, ISST

**Date:** 8<sup>th</sup> – 9<sup>th</sup> January (Saturday to Sunday), 2022

**Time:** 10:00 am on Saturday - 4:00 pm on Sunday

**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

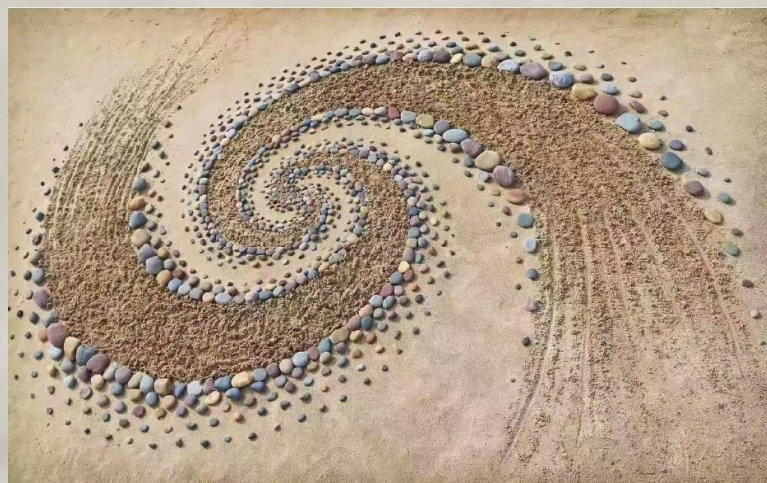
This is an ISST accredited program (12 hours)

## A Retreat to Explore Crone Energy

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

### Aims of the Retreat

- A time to be more with oneself
- Understanding feminine energy
- Inquiring into the shadow aspect of feminine energy
- Exploring crone images in sandplay
- Sharing night-time dreams about crone
- Receiving crone





## 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 sandplay therapy retreat in August 2021 and a dream retreat in October 2021.

### APPLICATION

Please apply to this retreat by writing to our email address: [ttretreat@gmail.com](mailto:ttretreat@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](mailto: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 [ttretreat@gmail.com](mailto:ttretreat@gmail.com)

## Participants' Feedback of Dream Retreat in October 2021

1. It was actually my first retreat experience and it was great to have it in the TTC. I love the garden and the natural environment surrounding TTC, it was so nice to immerse in greens during meditation. The meals were unexpectedly good, natural organic ingredients without excessive flavouring and creative recipes were bonuses to the retreat experience. The experiential sessions in the retreat are an invaluable experience for me. Learning the theory in sandplay therapy is much different from the direct experience, whereby I felt how the unconscious guided me. It's really good to have Amy holding retreats locally, as we all lack the chance to go out and have retreat during travel restrictions.
2. My experience with Dream Retreat is phenomenal. I loved the atmosphere that Amy created: it's non-threatening, non-judgmental and makes us believe that we can share and reflect. The reading material is very useful in relating to our own personal ego-consciousness journey. Dream interpretation sessions are fun!!! And Amy's professional skill and scholarly knowledge made this a resonant and illuminating experience. The retreat is a recharge, reset and reward in both personal and professional level. "Stay with the dreams!"
3. The "tentative schedule" of the retreat proposed by Amy turned out to work beautifully. Her arduous preparations for all the materials on the subject was fully presented and discussed among participants. Much life experiences and reflections of participants had been freely, intimately and abundantly shared. And hence, much relevance and depth in the subject matter was healthily nurtured. The retreat has a delightful mix and mingles of intellectual study, intertwined with physical and experiential exercises. The process was a well-planned schedule bearing in mind the tasks we wished to achieve and the learning experience was an active participation by all attendants. What we have learnt during the intense and thorough study in the two days will surely be seeds for each of our personal growth.
4. My experience of the retreat was that it offered a beautiful blend of theory and experiential processes that I wished lasted longer! After all, depth theory and processes do require time to understand, digest and process, plus it would have been nice if each of us had a chance to go through at least one dream. Amy as a leader was very kind and warm, and very adept in providing a safe, supportive container to build trust amongst the group members. Amy's bursts of humorous and wise insights also surprised and delighted us! I felt the venue was a mirror image of Jungian processes, a gardening and containment of vital energy that is blooming with life and diversity. The beautiful foliage and garden, surrounding wilderness, zen living quarters and delicious exquisite food, all immersed one into a liminal state of reflection, contemplation and serenity. Overall, the experience was nourishing in body and soul.
5. Situated in a spacious centre surrounded by a garden of luxuriant plants, the retreat felt like an oasis amidst the hubbub of our busy city life, an ideal sanctum for self-exploration and inner growth. A few minutes' walk brought us to a pleasant reservoir trail for mindful walking and the optional early morning hike. The privilege of enjoying the simplicities of life, however, did not necessitate the sacrifice of modern comforts: the rooms were very agreeable with air-conditioning and hot water, and the home-cooked meals, each thoughtfully consisting of a great variety of dishes, were delicious and healthy. Throughout the retreat, Amy created an atmosphere that put all the group members at ease as we explored each others' dreams, learnt about basic Jungian concepts, and embarked on activities like sandplay and meditation. The retreat had been a unique and fruitful experience for me.
6. The dream retreat is enriching and I come to appreciate dreams much more than before. After the retreat, I continue to remind myself to remember dreams before going to sleep and in the morning I ask myself what I have dreamt the night before. Now I feel more confident in recalling my dreams. Besides, I like the experiential elements in the retreat. They were so unique and helpful in learning more about dreams.
7. The Dream Retreat organized by TTC was an amazing experience to me and it was beyond my expectation for a retreat. The fascinated garden in TTC has a sense of serenity to calm my body and soul; delicious homemade meals filled up my appetite; Amy, the retreat facilitator created a comfortable and safe space for my learning and sharing. Dream is a mysterious and elusive topic to explore. Yet I gained knowledge and insight about dream through the genuine sharing of participants and guidance of Amy. At the time I left the retreat, I was nourished and brought back much food for thought.