

**Learning Outcomes
of
Neuroscience and Satir in the Sand tray Introductory Course
Satir Institute of the Pacific**

Overall Goals of NSST Therapy

Participants in the workshop will learn how to help the client to:

will understand and learn that the following are the goals of NSST therapy

- 1.** Achieve the transformation of being released from the binding reactivity of their defences
- 2.** Appreciate the special gifts of their defences, their inner resources, the power and value of their yearnings and their LIFE FORCE in helping to bring about the transformation
- 3.** Gain a renewed integrated narrative of SELF
- 4.** Become a better choice maker in the use of their defences to stay safe
- 5.** Strengthen a sense of SELF

Specific Learning Outcomes

NEUROSCIENCE

Participants will understand and learn that NSST highlights the following latest neuroscience learnings as they apply to psychotherapy and counselling:

- 1.** Right brain to right brain. Therapy goes deeper and quicker when the right brain of the client can be accessed by the right brain of the therapist. A minimum amount of left-brain story is required to start a session.
- 2.** NSST therapy stays in the metaphor of the sand tray images. When it comes out of the tray and into the head of the client and into the story, it loses its power.
- 3.** The attunement between the therapist and client and their secure therapeutic attachment are critically important.
- 4.** How to be attuned to the client at all times
- 5.** Attunement - experiencing staying in the here and now, non-verbal is essential Attunement - why it's important to follow the client in their search for figurines, to maintain the secure therapeutic attachment How to transform the defences
- 6.** Attunement - need to experience this essential element of all therapies. In some ways easier with NSST because of:
 - i.** The contained safety, imagination and playfulness of the sand tray,
 - ii.** The safety and depth of the mother child relationship
 - iii.** 'Authentic presence' or 'use of self' term use by Satir
- 4.** Attunement allows the therapist to edit the content by directing the process.
- 5.** Attunement is another kind of integration - of client and therapist. Sometimes they get into a zone. They become one with each other. Their bodies change together. Joint spontaneity happens. Icebergs change together.
- 6.** Inhibiting the LH to inhabit the RH
- 7.** Epigenetics - in the moment of an internal shift, an energy is produced within the client's body that affords new proteins being created, new neural pathways being formed, and latent genes being expressed.
- 8.** We are wired for safety and for play (see play circuitry)

9. The importance of the novel metaphor and the use of the imagination (see imagination, creativity & intuition)
10. Apart from staying in the metaphor of the figurines, the therapist will regularly check in with their own body and the body of the client. This will involve specific language, non-verbal communication and the authentic presence or use of SELF (of the therapist). Also known as somatic countertransference.
11. The therapist needs to be comfortable with the initial ambiguity of the images. The apparent chaos of the images will reflect the chaos of the client.
12. Have to be comfortable with not always knowing the story
13. The transformation of the defences is centrally important to the progress of NSST therapy.
14. Other Ways to start if the client is stuck
15. Understanding all aspects of the defences on the continuum of safety chart.
 - a. Figuring out whether the client is mobilized or immobilized or in a blended state?
 - b. Understand what a playful, social engagement state looks like during a therapy session
 - c. How to up regulate the immobilized client and down regulate the mobilized client.
 - d. How to elicit from the client the positive intention and surprising gifts of the defences.
 - e. Understand that some clients may be a bit nervous but more trusting, open and less fearful. These clients can easily connect with their defences, yearnings, special gifts of their defences, resources and life force etc.
 - f. Understand that others will be nervous, not trusting, closed and fearful. They require a very slow incremental process to get their defences, yearnings, special gifts of their defences, resources and life force etc. into the tray.
 - g. Once the client's figurine is shored up with inner resources and the yearnings are in place and the special gifts of the defence are in place and the life force has been identified as having kept the client's figurine safe, the therapist then pursues a line of questioning which hopefully will allow the client to transform their own defences by asking:
 1. If the defences (e.g. open moved roaring lion) have worked
 2. If the defences are tired
 3. If the defences need to keep pushing the past away
14. The intuition of the therapist is promoted in NSST.
15. Participants will understand and learn the parts of the Satir Model that are integral to NSST
 - a. The ICEBERGS of the figurines. In particular, the parts at and below the water line. More on these below
 - i. Feelings,
 - ii. Feelings about Feelings,
 - iii. Perceptions,
 - iv. Expectations,
 - v. Yearnings
 - vi. SELF
 - b. NSST is positively directional
 - c. It's experiential
 - d. It's systemic
 - e. It's change focused

- f. It involves the use of self of the therapist by the therapist.
- g. Metaphors and the body speak to each other
- h. The problem is not the problem concept is a basic premise of STST & NSST.
- i. A belief of STST & NSST is that the client implicitly knows what they need.
- j. LIFE ENERGY or LIFE FORCE potentially plays a huge role in transforming defences in STST & NSST. Our essence can have a few parts to it.
- k. STST & NSST promotes the inner resources of the client.
- l. NSST uses the Satir Model language in the process of articulating YEARNINGS
- m. One of STST & NSST's main therapy goals is greater CONGRUENCE for the client
- n. Rarely NSST sessions involve SCULPTING.
- o. The Satir adage: Nothing is a coincidence.
- p. NSST renames Satir's coping stances as defences and uses them differently
- q. How to install hope

SAND TRAY

Participants will understand and learn the ways that NSST uses the sand tray

- 16. The importance of play.
- 17. The sacredness of the Sand tray
- 18. The Play Circuitry is activated in the sand tray
- 19. Imagination, Creativity, and the Power of the Novel Metaphor in the Sand Tray