



Psychology

SUE FIRTH

BA Psychology & Sociology (Rhodes University),
Psych Honours, MA (Clinical Psychology) (UWC)

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Consolidating recovery.

Integrating Biological and Psychological explanations of recovery by utilizing both Ketamine and Sandplay Therapies concurrently.

Due to the transpersonal nature of the Ketamine experience, a Jungian framework that addresses archetypal concepts particularly centred on the estrangement and reconciliation of the Ego-Self Axis, is a valuable post-infusion Psychotherapeutic mode of healing.

Specifically, Dora Kalff's Sandplay Therapy, which provides clients suffering from oppressive alienation, with a non- directive, non- verbal, and projective form of expression, is capable of consolidating the Ketamine's ability to access unconscious material, open neural pathways in the brain, integrate the nervous system and bring forth transformative healing.

When working in the sandtray, which represents a container for the client's psyche, with sand and water as the basic tactile elements of the earth and an assortment of miniatures, symbolically representing elements of the self, the unconscious is given a vehicle to freely express itself. This symbolic expression is capable of successfully navigating the process of ego self- restitution, toward a more balanced psychic integration, by holding and transcending dual aspects of the psyche. This restored communication across the Ego-Self-Axis has the potential to invigorate the individual towards an investment in his or her authentic potentials in the real world.