

SANDPLAY THERAPY

Sandplay therapy is a creative form of psychotherapy that uses a sandbox and a large collection of miniatures and figures as a nonverbal medium of communication to enable a client to explore and express deeper layers of their psyche (soul) through a different format. Client select or choose any figures that appeal to them, without giving it much thought, and spontaneously place them into the tray, until forming an image or what is referred to as a sand world.

Who Can Benefit From Sandplay?

- ♥ Children (from age 8)
- ♥ Adolescents
- ♥ Adults
- ♥ Couples
- ♥ Families



Healing Through Sandplay Therapy

Emotional issues that are not verbalized are expressed in the sand. Through the creation of sandtrays, one can delve deeper into what is troubling them and facilitate change in the process. The sand provides a playful, non-threatening environment to bring about connections and self-examination. Many adolescents are less open to talk therapies and are eager to participate in the empowering creation of a sand tray.

According to Amatruda (1997), through sandplay, one takes a journey into the woods (unconscious). There, they discover their inner wisdom and return with their gift (career, vocation, knowledge, etc.) to society and the world. The work helps one to begin embodying their authentic self and follow their inner wisdom or spirit to pursue.

Purpose of Sandplay Therapy:

- ♥ a means of self-discovery, healing and integration
- ♥ a transformation or redirection of blocked energy
- ♥ access to the childhood world of imagination and play, re-awakening our own creative nature
- ♥ a means by which children and adults, unable to articulate their feelings and experiences, can find expression and integration
- ♥ safe entry into the deeper archetypal, mythic and transpersonal realms of the psyche
- ♥ an activation of our natural, self-healing capacity
- ♥ an opportunity for a creative non-rational experience, as a balance to society's overemphasis on the ego's intellect

What to Expect At A Consultation?

It is important that your sandplay session takes place in a safe and protected space to allow for discovery and self-healing to occur freely and without judgment. Sandplay requires a reliable therapeutic process and a trusting relationship with your therapist. It takes some time for this to develop and one should not expect to undertake sandplay until a strong therapeutic relationship has been established.

Many adolescents and adults initially feel silly using the sand tray, however once you engage in the process you will hopefully embrace sandplay as a powerful therapeutic technique that puts you in control of your own healing process.

