



Playing in The Sand is Not Just For Kids

Use of Sand Tray for Managing Stress and Emotions

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Objectives



- Educate participants on the therapeutic principles and benefits of sand tray therapy for adults.
- Demonstrate various sand tray techniques that help manage stress, process emotions, and facilitate personal insight.
- Guide participants in understanding their inner world through the process of sand tray.
- Discuss how sand tray therapy can complement other therapeutic approaches and self-care practices.
- Provide resources for further exploration and application of sand tray techniques.

Sand Tray

- No originator
- Flexible with tray size
- Able to incorporate in other therapeutic orientations
- Flexible use of sand tray in different settings not just clinical
- Use of directives

Sand Play

- Dora Kaliff is the originator
- Junigan
- Sand tray matters
- No directives in sand tray
- International Society for Sand play very guarded

Hands on Exercise

- Select the miniatures that stand out the most
- Create a sand tray with the miniatures
- Show me which miniature represents you
- If you could give the sand tray a title, what would it be



Supplies Needed for Sand Tray

- Sand tray
- Sand
- Miniatures



Sand Tray Therapy

- Doesn't have to be verbal
- It benefits everyone
- One can use sand, rice, beans, kinetic sand
- Client is able to get out of their head



Non-Directive

- Select the miniatures that most stand out to you
- Once selected created a story
- Look at your tray... is it complete?
- Would you take anything away or add anything
- What miniature best represents you



Directive Tray

- Create a tray about your day
- What would you change about your tray



Example of Sand Trays



Examples of Sand Trays





Example of Sand Tray in Other Areas



Ways Sand Tray Can Be Used

- Grounding
- Sessions
- Teach parenting skills
- Supervision
- Regulate

Why Sand Tray?

- We live in left side brain with sand tray we are able to move from left side to right side
- Able to help see your inner world



Sand Tray for Parents

- Pick a skill
- Create a sand tray together
- Stay in the metaphor



Prompts for Adult Clients

- Create a tray about your life motto
- Create a tray about your future life
- Create a tray about your dream job
- Create a tray about your support system
- Create a tray about your favorite memory

