

Sandtray Therapy

The human psyche is capable of healing itself given the opportunity and the right conditions. Sandtray therapy is an expressive therapy technique that can be used by a trained Sandtray therapist with children and adults in individual or group therapy. It can also be used in corporate team training or team building.

The Sandtray therapist provides tabletop sandtrays and an extensive collection of items which can be used to symbolize a wide range of human emotions and experiences. These include figurines of people, animals, ancient or spiritual figures, mythical figures, rocks, shells, and indoor or outdoor environments. The client uses the sand, water and figurines to create a dynamic, personal world within the sandtray. By using the figurines and objects as a vocabulary for the expression of internal struggles and conflicts, these issues can become external, visual and concrete. They can then be modified in powerful ways and experienced at a deeply personal and experiential level where true transformation and healing can occur.

Many emotions and experiences, including traumatic experiences, are difficult to recall and describe on a verbal level. It is therefore helpful to offer clients a therapeutic approach that enables them to process painful feelings and experiences without having to depend on words. Sandtray therapy is a very client-centered approach that facilitates the processing and shifting of deeply held beliefs and feelings in a powerful but safe and contained way.

This approach is based upon Sandtray-Worldplay Therapy, as developed and taught by Gisela S. DeDomenico, Ph.D. of Oakland, California.

For further information, please refer to the following web-sites:

www.sandtray.org

www.toysofthetrade.com/id39.htm