

A close-up photograph of a sand tray. The sand is light-colored and has several handprints made in it. The handprints are arranged in a line, with the fingers pointing towards the right. The lighting is soft, creating gentle shadows that emphasize the texture of the sand and the shape of the prints.

A SAND TRAY EXPERIENCE

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LET'S PLAY





LET'S

PROCESS

WHERE DID THAT "PULL" COME FROM?

- ✘ Lowenfeld
- ✘ Jungian perspective
- ✘ Many perspectives or theories are being used with sandtray



BASICS

✘ Sandtray

- + Traditionally rectangular 24" X 30" and 3"- 4" deep, made of wood or plastic, painted blue on the inside

✘ Why?

- + the eye can easily visualize the entire sandtray, blue on the bottom can be seen as water, blue on the sides can be seen as sky



BASICS



- ✘ However,
- + Sandtrays can be found in many sizes, shapes, and colors



BASICS

✘ Sand

- + Traditionally, the sand used is a small grain, white sand that has been baked to kill allergens, microscopic life forms, etc. (available at ToysRUs)

✘ Why?

- + The white sand provides a clean slate upon which the client can project their preconscious content

BASICS



✘ However,

+ The sand that is used is widely varied in texture, color, moisture content, etc.



BASICS

- ✘ Sandtray miniatures arrangement

- + displayed on narrow shelves, typically only one miniature deep

- ✘ Why?

- + Each miniature is equally available to the client, taking away the arrangement of the miniatures being part of the reason a client selects a particular miniature



THE BASICS

- ✘ However miniatures are held:
 - + In baskets
 - + In piles on shelves
 - + In cupboards
 - + In plastic containers
 - + Under sandtrays, over sand trays, in open areas, in locked cupboards, and combinations of any and all of the above



LET'S PLAY



CREATION OF A SANDTRAY

✘ Client Instructions

- + Hold an event, a feeling, and/or a thought in your head or your heart while
- + Walking through the tables and looking at the miniatures.
- + Pick up any miniatures that seem to speak to you or strike a chord with your thoughts or feelings and when you have as many as you need or want
- + Return to the sand tray and place them in (on) it.

CREATION OF A SANDTRAY

✘ Counselor Instructions:

- + The most important thing you do while your client is building their sand tray is: BE PRESENT
- + After your “client’s” sandtray is built, turn over one of the papers that has questions on the back.
- + Because this is intended to be a simple experience, I am asking that you use only use the questions on this page and simple, reflecting statements to
- + 1) provide a safe environment for your “client” and
- + 2) help your client explore their interpretation of their sandtray.



LET'S

PROCESS

LET'S PLAY



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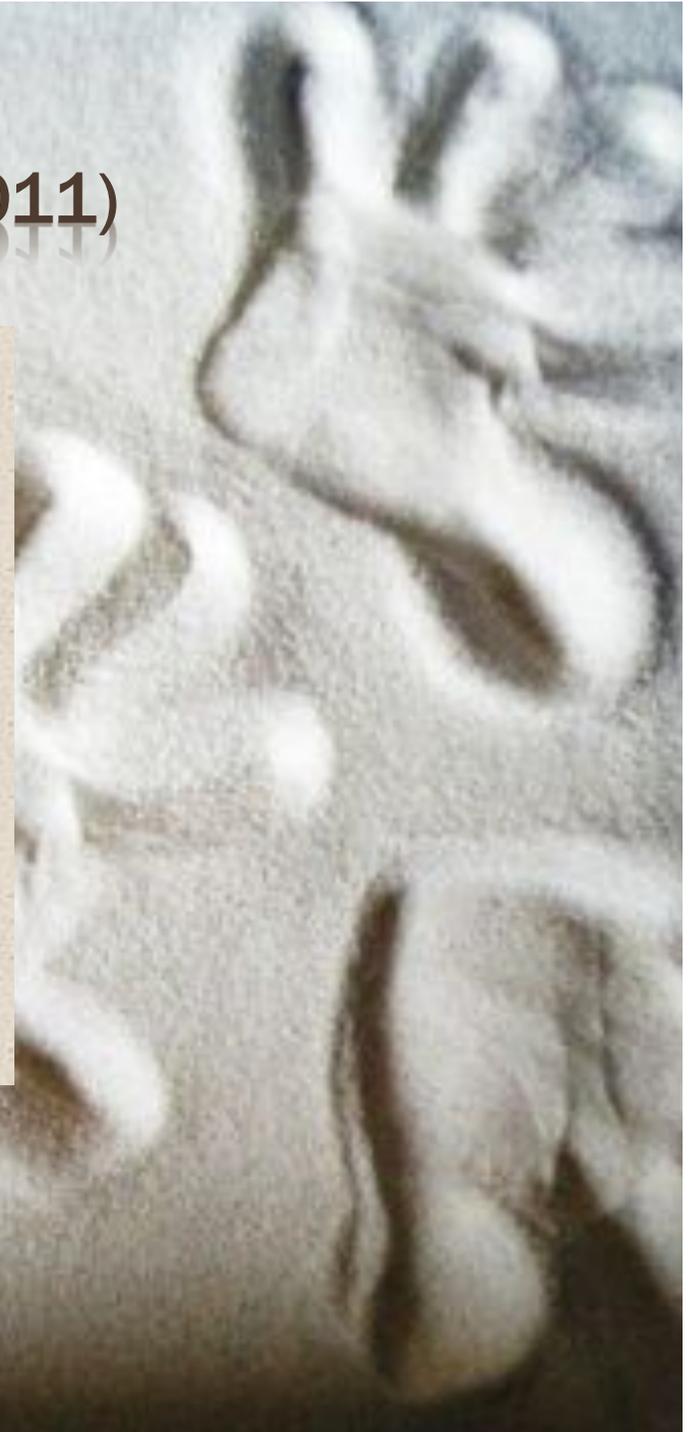


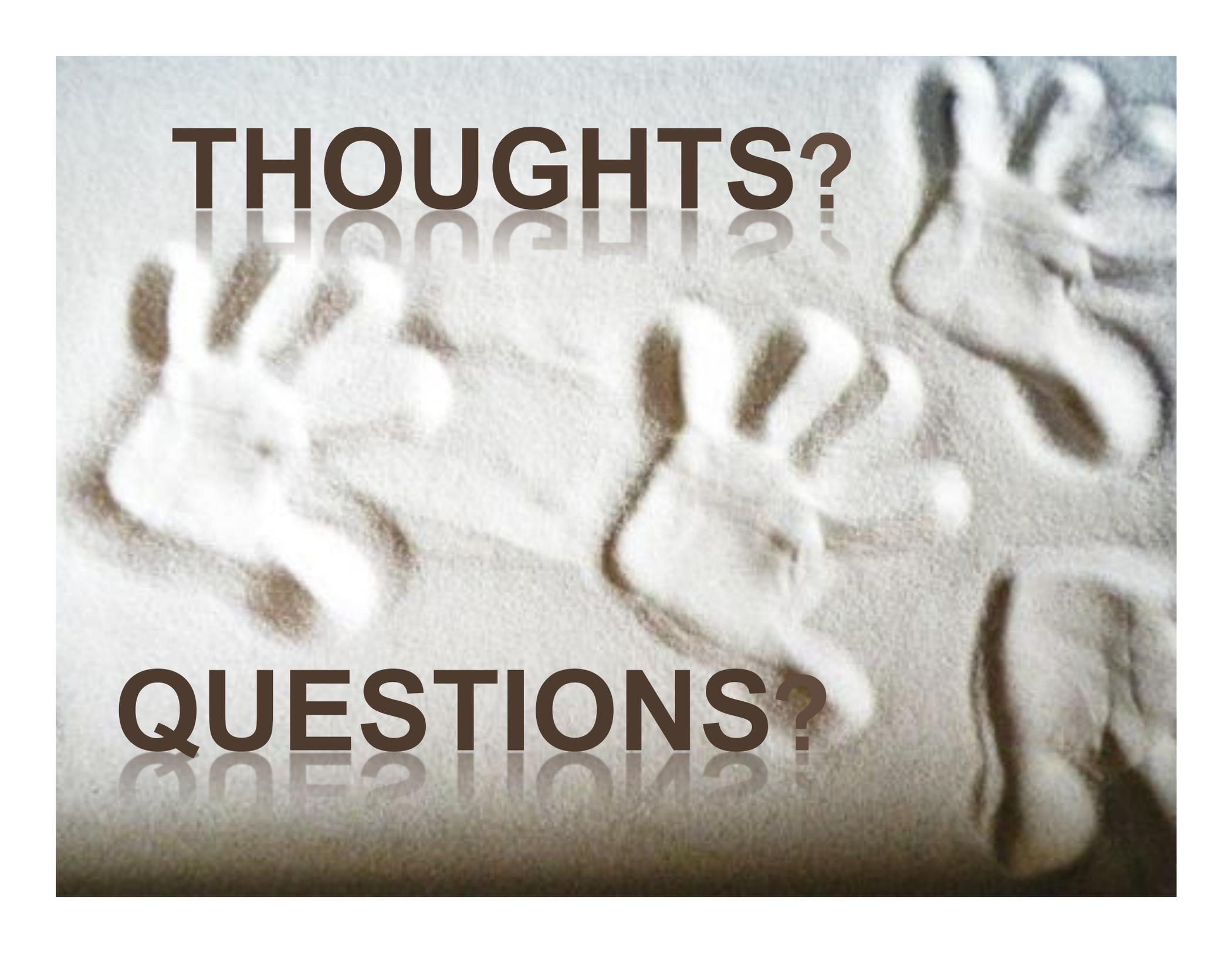
LET'S

PROCESS

STEPS (HOMMEYER & SWEENEY, 2011)

- ✘ 1. room preparation;
- ✘ 2. introduction to client;
- ✘ 3. creation of the sand tray
- ✘ 4. post-creation processing
- ✘ 5. sand tray cleanup
- ✘ 6. documenting the session



A photograph of footprints in sand, with the text 'THOUGHTS?' overlaid in a large, bold, dark font. The text is slightly blurred and has a reflection effect below it. The background shows several sets of footprints in the sand, with some being more prominent than others. The overall tone is contemplative and questioning.

THOUGHTS?

QUESTIONS?

REFERENCES & RESOURCES FOR FUTURE EXPLORATIONS

- ✘ Eberts, S., & Homeyer, L. (2015). Processing sand trays from two theoretical perspectives: Gestalt and Adlerian. *International Journal of Play Therapy*, 24(3), ppg. 134–150. [good overview of how different theoretical orientations will guide counselor's work]
- ✘ Homeyer, L., & Sweeney, D. (2011). *Sandtray therapy: A practical manual* (2nd ed.). New York, NY: Routledge.

- ✘ Kestly, T. A. (2016). Presence and play: Why mindfulness matters. *International Journal of Play Therapy*, 25(1), pps. 14–23.
- ✘ Schadler, G., & De Domenico, G. S. (2012). Sandtray-Worldplay for people who experience chronic mental illness. *International Journal of Play Therapy*, 21(2), pps. 87–99.
- ✘ Sandplay Therapists of America
 - + <http://www.sandplay.org/>