Adults

“Psycotherapy enables you to create a coherent narrative so that you can both understand your past and evolve in the present.” Dr. Daniel Siegel

Children

“To play it out is the most natural self-healing process in childhood.” - Erik Erickson

Adolescents

“The kids who need love the most will ask for it in the most unloving ways.” Robert Shaw

Why don’t we add this to the sand tray for adults?

“Sandplay allows a movement within the client that is profound. It identifies unspoken issues and brings solutions. Sandplay is for everyone. Children love it and adults marvel at it. “ Mary Garvan – *Sandplay Australia*

Add this to part about Sand tray for adults

**How Does Sand Tray Therapy helps? SWITCH THIS OUT FROM THE ONE USED FOR KIDS TO THIS FOR ADULTS**

People think not only in words but in images. The use of the sand and miniatures activates this nonverbal manner of thinking, allowing the client to express images, emotions, perceptions, and conflicts about which they may not be able to talk. New solutions to emotional struggles can be experimented with through the "play."

FAQ

How can putting miniatures in the sand tray help?

The meaning of the work in the sand tray emerges as the client shares the world with the therapist. Through the use of the sand tray, emotional struggles which previously were not conscious or could not be talked about are brought into awareness so that they can be understood and resolved. An increased capacity for self-expression, self-awareness and communication can be developed through the use of sand tray.

**Who Can Benefit from Sand Tray Therapy?**

Sand tray therapy is also a powerful therapeutic tool for adolescents and adults, with whom it can be used along with verbal therapy. Working in the sand tray allows clients to move to a deep level more quickly than they might when relying on words alone. One might compare the world created in the sand tray to a waking dream.

When can Sand tray Therapy be especially effective?

Sand tray therapy particularly helpful with adults and teenagers when they are "stuck" in verbal therapy. Using the sand and the miniatures can open the way to feelings which we have been unable to reach by talk alone. For people who tend to rely too much on their intellect to the exclusion of their emotion, struggle with perfectionism, have a history of trauma or loss, or have unresolved family issues, the use of the sand tray can be especially effective.

TAKE SAND TRAY VIDEO OFF ON ADULTS SAND TRAY I didn’t have time to find anything before my next client sorry. I’ll be done at 4:30.

“Often the hands will solve a mystery that the intellect has struggled with in vain.”

Carl Jung