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Resources for Explaining Sand therapy

Explaining sandtray/ sandplay therapy in ways that clarify the process and its therapeutic power in addressing clinical concerns can be difficult. In my experience, most clinicians create their own explanations and handouts, which evolve as they grow in their own understanding.

Below are some internet resources for use in creating your own statement. None of these addresses much about the sensory soothing or neuroscience elements of sand therapy.

Always make sure to give proper reference for materials you use and be generous in sharing your own created versions with others.

http://www.intoblue.com.au/pdf/sandplay_info_for_parents.pdf - she has given me permission to use, adapt and share this handout.

<https://www.goodtherapy.org/learn-about-therapy/types/sand-tray-sand-play-therapy>

<https://www.verywellmind.com/what-is-sand-tray-therapy-4589493>

<https://www.corecounselingservices.net/our-services/approaches/sandtray/>

From my website: <https://innerresourcestraining.org/sandtray-training/>

Sandtray is an expressive modality for all ages that uses sensory and symbolic means to safely explore the full range of self and experience. It's a process difficult to fully comprehend in exclusively verbal, or even visual means; its power is revealed in the experiencing. The following quote is one of the best descriptions, it captures the key elements beautifully:

Sandplay provides an opportunity to process life experiences through a tangible, visible procedure which is both fun and intensely meaningful, both intimately revealing and symbolically concealing. The process of healing takes place while playing with the sand and figures, without the need for interpretation, verbalization or conscious awareness.

Linda Hunter, *Images of Resiliency*

