

SANDTRAY THERAPY SESSION SUMMARY

Date: _____ Session # _____ Photo: Yes No

Client's Name _____

I. CLIENT APPROACH: Underline all that apply

Ease / Difficult—getting started	Able / Unable to be fully engaged	Use of Miniatures:	Use of Time: All / Part
Determined / Hesitant	Internally / Externally driven	Avoided:	Use of Space: All / Part
Purposeful / Non-purposeful	Verbal / Non-verbal	Held / Caressed:	Use of Water: Yes / No
Other:		Placed, then removed:	Number of Scenes: _____

II: OBJECTIVE: Underline all that apply**A. Sandtray Organization:**

Empty Excessive
 Open Closed/Fenced
 Action Static
 One Idea Several Ideas
 Rigid Realistic
 Organized Disorganized/Chaotic
 Unpeopled People

B. Miniatures Used:

People: _____
 Animals: _____
 Vegetation: _____
 Buildings: _____
 Fences/Signs: _____
 Cartoon/Movie: _____
 Fantasy/Spiritual: _____
 Household Items: _____
 Landscaping/Natural: _____
 Other: _____

C. Significant Verbalization during Building Scene:**III. ASSESSMENT: General Impressions / Clinical Understanding****A. Themes:** Underline all that apply; describe how theme was shown through miniatures & arrangement. Circle predominate theme.

Conflict / Violence:
 Aggression / Anger / Revenge:
 Death / Loss / Grieving / Abandonment:
 Secretive / Buried:
 Power / Control:
 Helpless / Inadequate:
 Empty / Depressed:
 Safety / Security / Protection:
 Relationships:
 Spiritual:
 Other:

B. Prompt

C. Discussion of Tray

Title: _____

D. Conceptualization of Client and Client's Progress:**IV. PLANS / RECOMMENDATIONS:**

Counselor: _____ Date: _____