

**SANDTRAY WORKSHEET**

Date: \_\_\_\_\_

Session # \_\_\_\_\_

Photo: Yes      No

Client's Name: \_\_\_\_\_

Prompt: \_\_\_\_\_

Title of the tray: \_\_\_\_\_ Wet: Yes      No      Dry \_\_\_\_\_

Description of the tray:      \_\_\_\_\_ organized \_\_\_\_\_ chaotic \_\_\_\_\_ peaceful \_\_\_\_\_ aggressive \_\_\_\_\_ violent \_\_\_\_\_ depressed  
                                          \_\_\_\_\_ healing/helpful \_\_\_\_\_ open \_\_\_\_\_ closed \_\_\_\_\_ secretive/buried  
                                          \_\_\_\_\_ other (describe \_\_\_\_\_)

Miniature figures chosen:

People: \_\_\_\_\_

Animals: \_\_\_\_\_

Vegetation: \_\_\_\_\_

Buildings: \_\_\_\_\_

Fences/Signs: \_\_\_\_\_

Cartoon/Movie: \_\_\_\_\_

Fantasy/Spiritual: \_\_\_\_\_

Household Items: \_\_\_\_\_

Landscape/Natural: \_\_\_\_\_

Other: \_\_\_\_\_

Describe client's verbal and affective expressions during tray construction:

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Describe the story (metaphors/themes) about the tray offered by the client:

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Summarize discussion of tray:

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Conceptualization of process:

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Plan/Referral:

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Counselor: \_\_\_\_\_ Date: \_\_\_\_\_