

Sandtray Therapy

An Introductory Course with Practical Applications



April and May 2015

Was this training day:

Relevant?

Very. Will use this in my work with both young people/children and adults.

Yes – very important for my role.

Exceptionally relevant. This course will really inform my therapeutic practice in very significant ways.

Yes, a real sense of understanding the current dilemmas and expectations and how to use sandtray within this.

Very relevant to my work and what is taking place within childrens' sessions.

Yes, in terms of working with children, in different settings, practicalities, theories and ideas.

Helpful?

Karen comes up with answers to everyone's questions which always astounds me. Very practical.

Very – refreshing in some areas; brand new in other areas.

Yes, very much so. I was not confident in working with Sandtray before this course, even though I wanted to. I now feel equipped to use it to enhance the therapy I offer.

Extremely, well timed and paced to maximise effectiveness.

Yes! Have learnt some new, more structured ways to introduce Sandtray and encourage the childrens' potential.

Yes – both in terms of sand tray approaches, building therapeutic relationship within sand and general reflecting on practice with clients in play/games/drama etc.

Stimulating?

Extremely. Thought-provoking and a fantastic tool for getting the scenario out there for client and therapist to see issues, unconscious elements, solutions – it goes on.

Yes – there is always so much to explore and share.

Incredibly stimulating. This course has made me think converse, interact, listen, react and given sensations. The time has flown by!

Yes, stimulating to think about my own journey and to allow others to share and find similar obstacles and potential solutions. A non-threatening environment.

Deeply – exercises, activities, quotes, imagery. A lot on 6 part story making on Days 1 & 2 - a bit too much for me, but maybe as I use it a lot already.

What did you like most or find most useful? What will you take away and use?

I have already invested in a Sand tray and started my collection of objects to use which is very thought – provoking. The list of objects required in with the handouts.

I need to review all the material to be able to answer this – understanding liminality and why meaning making is so important?

I will use all of it I believe, nothing felt out of place. There will be many aspects that I apply such as the screening, the six part story, the games of excavation, the sensory aspects, the portable tray, the range of “toys” to offer etc. The list goes on.

All the helpful insights peppered in between the practical exercises, the chance to use the sandtrays. Have grown brave in encouraging young people to experience the sand.

Exercises that were ‘led’ in Sandtray as really illustrated that a springboard can be used in the same way initially, but the style with which the water is entered is unique.

‘Assessment’/reflection after tray work eg. use of space/events etc. I liked the screens in terms of possible frameworks for reflection. Turn taking/hiding. Shared trays /linking.

Combination of experiential integrated with theoretical perspectives. Lots of skills/ideas that will be put into practice.

What could have been better?

Nothing. Lunch was great and venue also very good. Thank you.

It might be interesting, if the participants are willing, to look as a group at the sandtrays we've made – going around from tray to tray and thinking about some basic questions. We could ask about them – without getting specific answers (or any) just ways of understanding them.

I genuinely don't feel this could have been improved. There were times I could have been in the activities/experiential parts for longer, but I don't think I'd have learnt any more if I had.

Any other comments?

The handouts are very helpful to provide signposts to further reading. Karen's knowledge of the subject and her background is astounding. I love Karen's ability as a trainer to make any questions you ask seem reasonable and not silly. Depths of knowledge is endless and invaluable.

Thank you. This course has made me feel excited about the therapy I offer and given me new and exciting (yet gentle) tools to increase the range of communication for my clients.

I have learned so much from these 4 days – from the facilitators and group members. It felt like a very shared experience. Thank you.

Thank you for an inspiring course with a wonderful group – it will continue to grow my ideas. Will you do a follow on ..?