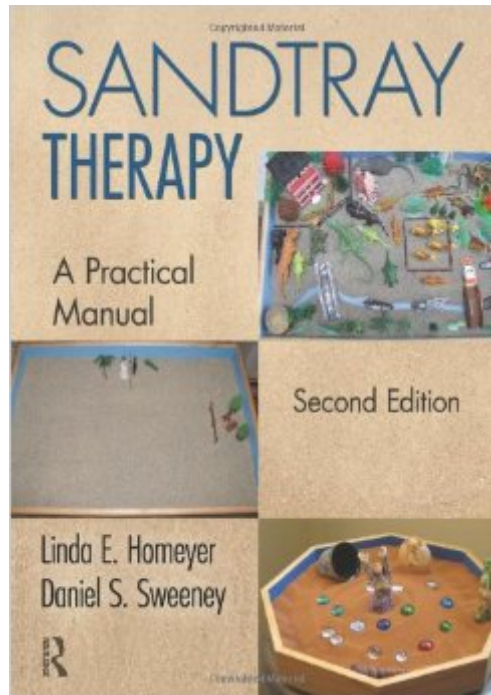


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# Sandtray Therapy: A Practical Manual, Second Edition



## Synopsis

This new edition of Sandtray Therapy is an essential read for professionals and students who wish to incorporate the use of sandtray therapy into their work with clients of all ages. All aspects of this therapeutic technique are explored engagingly and in detail. The authors describe how to select appropriate types of sand, put together a sandtray, and develop a collection of miniatures for their clients to use. Their six-step protocol guides beginners through a typical session, including room set-up, creation of the client's sandtray and the therapist's role, processing the sandtray, cleanup, and post-session documentation. New chapters discuss group sandtray therapy, working with couples and families, sandtray therapy and psychic trauma, integrating cognitive and structural techniques, and a review of the relevant research. Numerous photos of sandtrays and miniatures are provided, and case studies illustrate how to carry out an effective session. Appendices offer sample forms and handouts, as well as a detailed bibliography to help readers make the most of this innovative and creative therapy practice.

## Book Information

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## Customer Reviews

I have purchased many therapy books which would be presented as practical manuals only to get quickly lost in theory, thus leaving the reader wondering how this technique is actually supposed to be implemented in clinical practice. This book, on the other hand, is exactly what it is presented as, that is, a practical manual for sand therapy. The authors make it clear that this book by itself is far from providing training for the implementation of sand therapy, said this, the books provides a great

introduction to the subject of sand therapy by giving a down to earth review of how sand therapy can be integrated in clinical practice. Given the very reasonable price of this book and the remarkable quality of the manual I would highly recommend it to clinicians who are starting to look into applying sand therapy or that just want a fresh outlook on the subject.

This book is amazing! The information is concise, accurate, descriptive, and easy to understand and apply. I am on a journey to learn more about Sandplay Therapy which differs from Sandtray therapy; however, this book has really helped me to further grasp and respect the fundamental differences between the two approaches and techniques used. I love the this manual offers a shopping list for the beginner therapist, a vast amount of case studies, many pictures of actual client trays, and descriptive and in-depth explanations and examples of various approaches you can use with this technique. Whether you are a Jungian or CBT or any kind of helping person (who practice with a theoretical approach)interested in helping more people overcome trauma, abuse, or other hurt(s) & pain BUY THIS BOOK! You will learn so much and have a better sense of how to apply it for the hurting people in your practice. I know you will enjoy exploring this technique with this book! Enjoy your growth spurt!

This is a book that presents the use of sand and selected minitures in a theraputic environment. This method is used for children and adults. Once one learns the technique, it becomes an additional modality to help people. Counselors, social workers and psychologist will profit from reading this book and taking additional classes in how to use sandtray therapy. I highly recomend reading it.

I really loved this book that I used for the sand tray course I was taking. It uses great examples for ways to use sandtray for all ages, and even gives a guide for starting to collect miniatures. This is a must-read for those that are interested in sandtray and may not know how to start. It also has progress note samples in the back, along with case studies. :)

Linda Homeyer has done an outstanding job of presenting the nuts and bolts of sandtray therapy with this book. If you have to choose one book to purchase on this topic, this would be it. Well-organized and information and worth the price.

This is a great book! It explains everything you need to know to get started with Sandtray from

different types of trays and sand, miniatures checklist, and how to get started. I highly recommend this book!

This is an excellent book. Very helpful and easy to understand. I have used techniques from this book multiple times now and really feel that the process has benefited my clients (especially my traumatized child clients).

I have been interested in sand tray with all ages. Although this book is not a thick book...it is full of wonderful information on how to set up a sand tray, types of miniatures to use, the stages of sand tray construction with the client, and how to help process a sand tray with a client. I have referred to it many times as I use sand tray with elementary children in a school based setting. One of the most helpful things in this book was how to evaluate a sand tray. For example, if a sand tray is 2/3 empty of miniatures it is considered an "empty world" which may be indicative of an unhappy world or a world in which the client wishes to escape. This book also has examples of how to document a sand tray which I found very useful when I need to recall what the client did in session. I am happy this book is one of my resources!

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