

Sandtray Therapy

Overview:

Participants in this course will spend two days learning about the history, theory and practical aspects of sand tray therapy. Although some time will be spent exploring a variety of sand tray approaches, the primary model being used in this experiential workshop will be the Sand Tray World Play approach developed by Gisela Schubach DeDomenico. Participants will have opportunities to explore sand tray as a treatment modality from the perspective of the client, as observer and as therapist. The workshop will include a combination of prepared readings, lecture, audio/visual materials and small group work.

Learning Objectives:

- 1) Identify the history and theory of sand tray
- 2) Understand when and how to use Sand Tray
- 3) Identify how to set up for sand tray work and what materials to have available
- 4) Identify the Sand Tray World Play approach developed by Gisela DeDomenico
- 5) Engage in group sand tray and identify how to create a group sand tray experience
- 6) Identify how sand tray can be incorporated into individual, group, and family therapy