

Jenny's Wash and Wear Questions for Sand Therapy
From the Art, Sand, Dreams and Drama Residential 28 /29 March 2009

1. Instructing the client:

Choose some objects from the collection that says "Pick me..... to you".
Arrange the objects in the sand pit after organising the shape of the sand.

N.B .It is very important that the counsellor does not put their hands in the sand tray or touch the objects that have been placed by the client at any time during the session.

2. Gestalt Dialogues with objects

If the objects were to speak which one would speak first?
What would it say?
Would it say anything else?

Would any of the other objects answer it? Which one would?
What would it say? Would it say anything else?

Would the first object answer? What would it say?

Which object would speak second?
What would it say? Would it say anything else?

Would any of the other objects answer it? Which one would?
What would it say? Would it say anything else?

Continue with all objects that have been set out.

3. Sectioning of the Sand Tray

Is there any natural division between the objects in the sand tray?
Where is/are the dividing line/s?
What does it/do they represent?

4. Meaning

Does all this have any meaning for you?
What does it represent to you?

5. Changes to the Sand Play.

Are there any changes that you would like to make to the arrangement you have in the sand at the moment?
Can you tell me the significance of these?

6. Dismantling the Sand Tray.

At the end of the session the client is invited to dismantle the sand play and replace the objects they used in the collection.
The counsellor does not touch the objects.