

Sandplay Therapy For Adults

In a safe and protected space of empathy and deep listening, I encourage clients to let go of the conscious mind, and just touch the sand or create a picture in the sand intuitively with the symbolic figures. There is no right or wrong way to do it and no artistic ability is required.

Scenes created form a connection between your subconscious mind and outer world. You may find a story awakening within you that you have always longed to tell. It is soothing and healing to make a physical representation of your story that can be seen and touched, combined with the transforming effect of universal symbols as described by Carl Jung.

People often have inner conflicts about relationships, situations and decisions. Sandplay offers a way to concretize opposites leading to unifying solutions. How your story shifts over time can lead to deep unconscious healing, and help you discover your strength, resiliency and gifts, leading to more empowerment and creativity in the world.

*Discover the power of your dreams.
Discover the power of you!*

“Although my sandplay session was months ago, I still remember many aspects of the image that emerged as if it were yesterday. The value of play (which we rarely do as adults) is tremendous and the visual impact of seeing the scene you create grounds the self-exploration. I continue to think of my picture and draw wisdom from it. A lovely process. Thank you, Beverley.”



Beverley Rice-McLeod

BA Psychology, ECE, Therapist (CAST).
Member of CACPT

Over 20 years experience with children in early childhood education settings, as well as a background of working with children and adults of special needs.

Canadian Association For Sandplay Therapy,
Supervised Practice,
Member of the Canadian Association For
Child and Play Therapy

Transformational Bodywork

Dream work and Imagery

Certified Kripalu Bodyworker (Masseuse)

Registered Reiki Practitioner (CRA).

Telephone: (613) 257-4733, (613) 253-6544

Lotus Wings, 30C North Street, Perth, ON
or Whispering Cedars Healing &
Retreat Centre Carleton Place ON

www.handsnsoul.com,
beverley@handsnsoul.com

Sandplay Therapy



*Go on journeys in the sand tray and
discover new worlds of possibility!*

*Enabling healing and Reclamation of the human
spirit through discovery and compassion!*

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What is Sandplay Therapy?

Sandplay Therapy, a psychotherapeutic Jungian approach for children and adults was developed by Dora Kalff in the 1950s.

"Through spontaneous imaginative play in small trays of wet or dry sand, clients sculpt the sand and position miniature figurines and objects to create three-dimensional scenes. In the "free and protected space" of the therapeutic environment, these sand pictures express and mediate between clients' inner and outer worlds, and promote healing and wholeness.

Sandplay's therapeutic effectiveness in working with trauma has been recently documented in :Trauma Through a Child's Eyes, Levine & Kline; and Helping Abused & Traumatized Children, Gil." (CAST/ACTJS) Sandplay has also been recognized as a branch of analytic therapy by the International Association for Analytic Psychology.

What happens during a child session?

Upon entering the therapy room your child will see two sand trays in the centre, one for wet sand and one for dry with a watering container near by. Around the room many miniature figures and natural items are arranged in categories on open shelves or tables. Play houses and other floor toys are also available as well as some art materials.

The child will be invited to play in the sand or make a picture in the tray with the figures. It is a soothing way of expressing feelings with or without words. The figures are like tools of a language that are accessible regardless of level of development. The scene becomes the child's own story. The connection with sand and water, transforming universal symbols and the unconditional acceptance, and empathy of the therapist is profoundly healing. Over time the child finds resources deep within him to shift his inner and outer world, develop autonomy and form better relationships.

After each session the child leaves with an intact image of his sandplay scene and the therapist takes a picture.

Photographs are kept to assess the need for ongoing therapy and to track his or her progress.

A sandplay session is one hour in length and costs \$70.

Benefits For Children

Sandplay therapy can help children with many issues, such as night terrors, anxiety about school, loss of a loved one or pet, a move, divorce or attachment issues related to adoption. Sometimes behavioral issues have an underlying emotional component which can be resolved during therapy. Keys also may be found to helping the child in his environment



Play, Discover , Heal!

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