

YOUR "NO FAIL" SANDTRAY THERAPY SCRIPT

We've known sandtray therapy is powerful for years (since the 30's) but have only fairly recently realized WHY it's so powerful. We now can peek inside the brain with fMRI's and understand how our brain processes information. Information is processed first with pictures and THEN words and linguistics are attached to it. This makes sense if you think about it- we can process images WAY before we can words developmentally.

I bet if you think about, this still happens. Ever seen a picture that affected you a certain way in your body and mind but struggled to put it into words? That's because information is processed first with pictures and images in the right part of our brain and this information may never get moved to the left part of the brain (where words happen).

The right side of the brain is where all of our early trauma lies as well as our feelings and emotions. Seems like the right side of the brain is where the big meat of the therapy stuff lies doesn't it? AND - you get one other HUGE benefit- when you show me your world in the sand, I understand more about you and will then be able to help you get better faster.

I know, it may seem a bit kooky or weird but I promise it's all grounded in science. The next time you come see me, we will be in the sandtray. Here's my prediction you will realize all kinds of things that you didn't know where linked by doing a sandtray. It helps your brain work together better and also helps me as a therapist understand your world better so I can know how to help you get better faster.

So what do you think, are you willing to give it a try?

