

Sandplay.

- Dora Kaliff - originator
- Jungian in nature
- Must follow exact sand tray sizing
- Must be a part of a professional membership organization called International Society for Sandplay Therapy (ISST) to call yourself a sandplay therapist
- ISST is guarded with their credential - it can be time-consuming & expensive to obtain.
- You can only call yourself a sandplay therapist after receiving certification from ISST
- No directives allowed
- Extensive use of archetypes and symbols in the work
- Limited or no interpretation in the tray

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Sandtray.

- Margret Lowenfeld - founder of all Sand Therapy work
- Open to incorporating several different theoretical orientation
- No sand tray sizing regulations - you have flexibility
- The professional membership organization is the International Association for Sandtray Therapy (IAST)
- International credential available through the IAST - where you can be recognized as a credentialed sandtray therapist (ICST)
- Allowed to use directives
- Some interpretation in the tray but still heavily relies on the client's inner world
- Flexible use of tray in multiple settings

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