



SANDTRAY DOCUMENTATION WIZARD – ADULT VERSION

Name of Client:

Date:

TYPE OF TRAY

Directive Tray

Nondirective Tray

List Directive:

THERAPIST

Processed

Reflected

Summarized

Reflected Emotional Vocabulary

Discussed Themes in the Sand

Noted Differences When Building

Highlighted Polarities

Provided Positive Identification for Client

Discussed Progression (Over Time) of Trays

Noted Before vs After

Inquired About Bodily Feelings

CLIENT

Age Appropriate Behavior

Behavior was Consistent with a Younger Child

Moved Sand Around without Miniatures

Was Resistant to Building in the Sand

DURING THE SESSION

Talked to Therapist and Asked Questions

Was Silent

DURING THE SESSION CONTINUED

- Intervals of Talking and Silent
- Talked Openly and Told Story of the Tray
- Discussed Feelings Prompted by the Tray
- Had Emotional Outburst of Tears
- Was Withdrawn and Sullen
- Discussed in a Hurried Fashion During the Session
- Used Concrete Only Miniatures

TYPES OF MINIATURES USED

- Animals
- Vehicles
- Fantasy Figures
 - Violent Peaceful
 - Royalty Animated Figures from Media
- People
 - Mother Father Children
 - Bullies Divorce
- Death Symbols
- Religious Symbols
- Nature
 - Rocks Water Weather
 - Vegetation Volcano
- Houses
- Food
- Fences
 - Open Closed With Gate
 - Without Gate

TYPES OF MINIATURES USED CONTINUED

Abstract Items

Treasure Chest	Cages	School
Time	Drugs/Alcohol	
Other Addiction Symbols		Hobbies
Movies/Television	Medical	Clothing
Landmarks	Trash Can	Signs
Furniture	Boats	

Other Items:

THEMES OBSERVED IN THE SAND

Rigid World Rows in the Sand

Often consistent with high levels of anxiety and need for control

Chaos Miniatures Placed Closely Together in the Sand

Often consistent with feeling out of control within internal life

Lining of Tray with Rocks/Fences/Other Items

Before Building During the Building Process

Often consistent with need for protection

Empty World

At Least Half of the Tray is Empty

Often consistent with hopelessness and depression

Concrete Only Miniatures

Only Using Miniatures for the Exact Meaning of What They Are

Often consistent with emotional underdevelopment

(without presence of abstract object)

Fences in the Tray

Keeping the "Bad" Out Protecting the "Good" Guys

Often consistent with high anxiety or need for protection

THEMES OBSERVED IN THE SAND CONTINUED

Polarities in the Tray

Often consistent with feeling of being pulled 'X vs. X' feelings within client

Presence of at Least One Abstract Item in the Tray

YES

NO

Consistent with age appropriate behavior

Adolescents often have a mixture of concrete and abstract items in the tray

Groupings in the Tray

Often consistent with items that have similar needs or categories from client's viewpoint

Bridging

Often consistent with integration and connection between parts of self

Journey

Often consistent with hope for future and integration of past and present

Centering

Often consistent with progress in a client's life; client often feels more grounded and less anxious

Decrease in Fences/Barriers

Often consistent with client feeling more secure in life or within the self

Energy Spots in the Tray

Often consistent with improvement in mental health symptoms; client often views the world as more hopeful and is likely to have more energy overall

PROGRESS OVER TIME

First Session N/A

Tray is Not Consistent

Consistent with Improvement Over Time

Other Changes to Note Over Time: