



## **SANDTRAY DOCUMENTATION WIZARD – CHILD VERSION**

Name of Client:

Date:

### **TYPE OF TRAY**

Directive Tray

Nondirective Tray

List Directive:

### **THERAPIST**

Processed

Reflected

Summarized

Tracked

Returned Responsibility

Reflected Emotional Vocabulary

Highlighted Positive Choices

Used Limited Setting with the Sand

Noted Differences When Building

Provided Positive Identification for Client

### **CLIENT**

Age Appropriate Behavior

Behavior was Consistent with a Younger Child

Moved Sand Around without Miniatures

Used Beach Toys for Moving Sand and Building

Built a Tray with a Linear Story

### **DURING THE SESSION:**

Talked to Therapist and Asked Questions

Was Silent

Narrated Movement in the Sand

*With Sounds*

*Without Sounds*

Intervals of Talking and Silent

## **TYPES OF MINIATURES USED**

Animals

Farm      Wild      Household Pets      Sea Creatures  
Snakes/Spiders      Dragons

Vehicles

Fantasy Figures

Violent      Peaceful  
Royalty      Animated Figures from Media

People

Mother      Father      Children

Death Symbols

Religious Symbols

Nature

Rocks      Water      Weather      Vegetation

Houses

Food

Abstract Items

Treasure Chest      Cages      School

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

Dumping in the Sandtray

*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*

## **THEMES OBSERVED IN THE SAND CONTINUED**

Fences in the Tray

Keeping the “Bad” Out

Protecting the “Good” Guys

*Often consistent with high anxiety or need for protection*

Groupings in the Tray

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

Shark with Open Mouth

Item in the Mouth

Mouth Empty

*Often consistent with abuse*

Treasure Chest Buried with Predator

*Often consistent with abuse*

## **POSITIVE PROGRESS IS OFTEN INDICATED BY**

More Linear Story Telling

More Static Trays With or Without Abstract Symbols Present

Less Time Changing Story Lines

Use of Just One Tray

Building in the Sand (Rather than on the floor or other surfaces)

## **PROGRESS OVER TIME**

First Session N/A

Tray is:

Consistent with Improvement in Mental Health Symptoms

No Noted Changes in Themes

Consistent with Regression

Consistent with Play Appropriate for a Younger Child

Other Changes to Note Over Time: