

THE SANDTRAY EXPERIENCE:
COURAGE
IS CONTAGIOUS!
AND IT'S THE WAY TO CONFIDENCE.



TRAINING WORKBOOK



DAY 01

THE BRAIN ON SANDTRAY

How Sandtray Uncovers and HEALS Trauma



“LIFE SHRINKS OR EXPANDS IN PROPORTION TO ONE’S COURAGE.” –ANAIIS NIN

“COURAGE FACES FEAR AND THEREBY MASTERS IT. COWARDICE REPRESSES FEAR AND IS THEREBY MASTERED BY IT.” –MARTIN LUTHER KING, JR.

WHAT ARE THE THREE KEY POINTS WITH BRAIN + SANDTRAY HEALING?

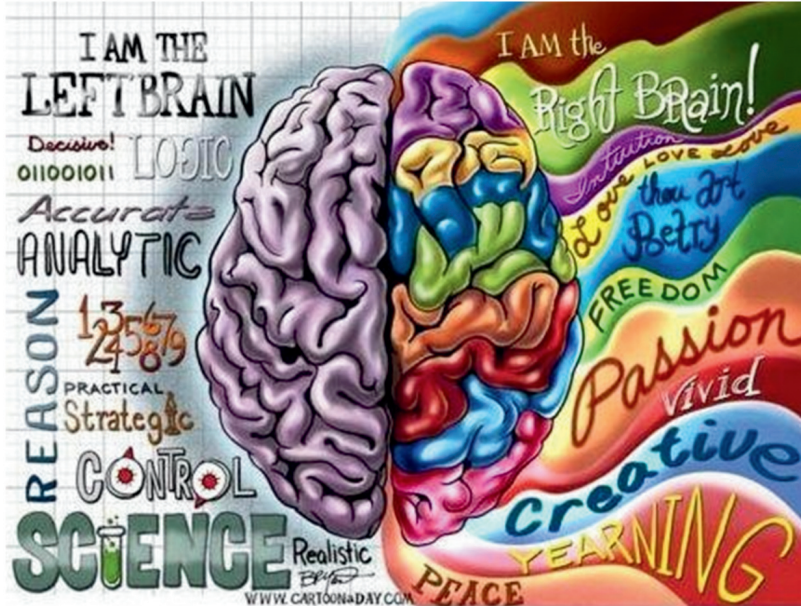
- 1. _____
- 2. _____
- 3. _____

NOTES

THE SANDTRAY EXPERIENCE:
COURAGE
IS CONTAGIOUS!
AND IT'S THE WAY TO CONFIDENCE.



RIGHT VS. LEFT BRAIN



_____ OF THE WORLD IS LEFT-SHIFTED

TRAUMA INFORMATION STORED IN THE _____

SANDTRAY BRIDGES THE GAP BETWEEN INFORMATION STORED IN THE RIGHT BRAIN (ONLY ACCESSED THROUGH IMAGES) AND THE LEFT BRAIN THAT HAS ACCESS TO VERBAL INFORMATION



IMPLICIT MEMORY AND THE SANDTRAY

BEHAVIOR IS DRIVEN BY _____ INFORMATION,
OFTEN IN THE FORM OF _____

IMPLICIT MEMORY TAKES THE FORM OF _____
OR _____

WHAT DOES IMPLICIT MEMORY LOOK LIKE?

- _____
- _____
- _____
- _____



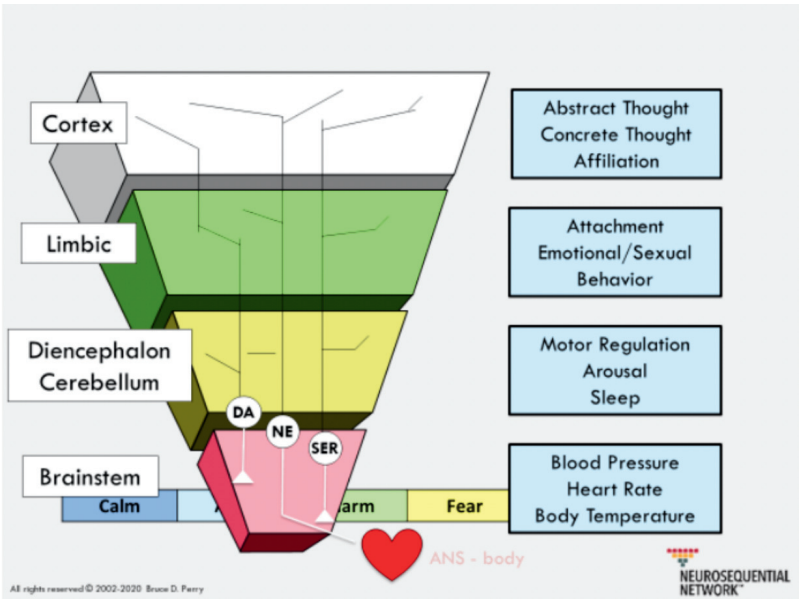
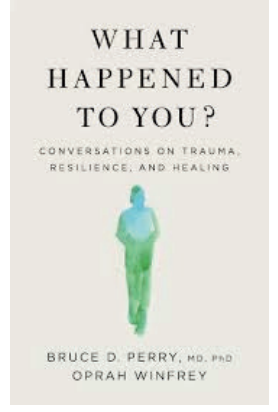
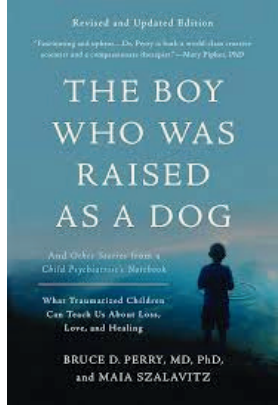
THE SANDTRAY EXPERIENCE:
COURAGE
 IS CONTAGIOUS!
 AND IT'S THE WAY TO CONFIDENCE.



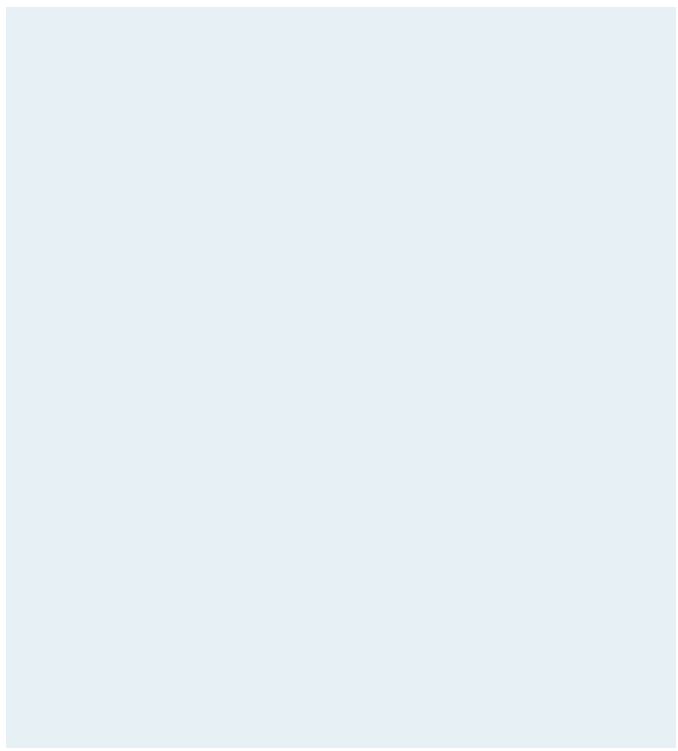
THE NESTED BRAIN + HOW SANDTRAY CAN HELP HEAL THROUGHOUT THE ENTIRE BRAIN

BRUCE PERRY, MD.

CREATOR OF THE NEUROSEQUENTIAL MODEL OF THERAPEUTICS

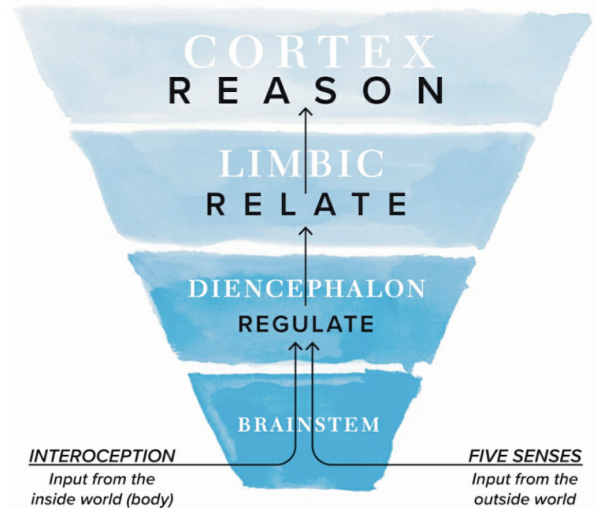


NOTES



NOTES

SEQUENCE OF ENGAGEMENT



Our brain is continually getting input from our body (interoception) and the world (five senses). These in-

THE MAGIC OF SANDTRAY

CAN BE USED TO REGULATE _____

HOW?

- _____
- _____
- _____



ALSO USED (EVEN WITHIN THE SAME SESSION!)

HOW?

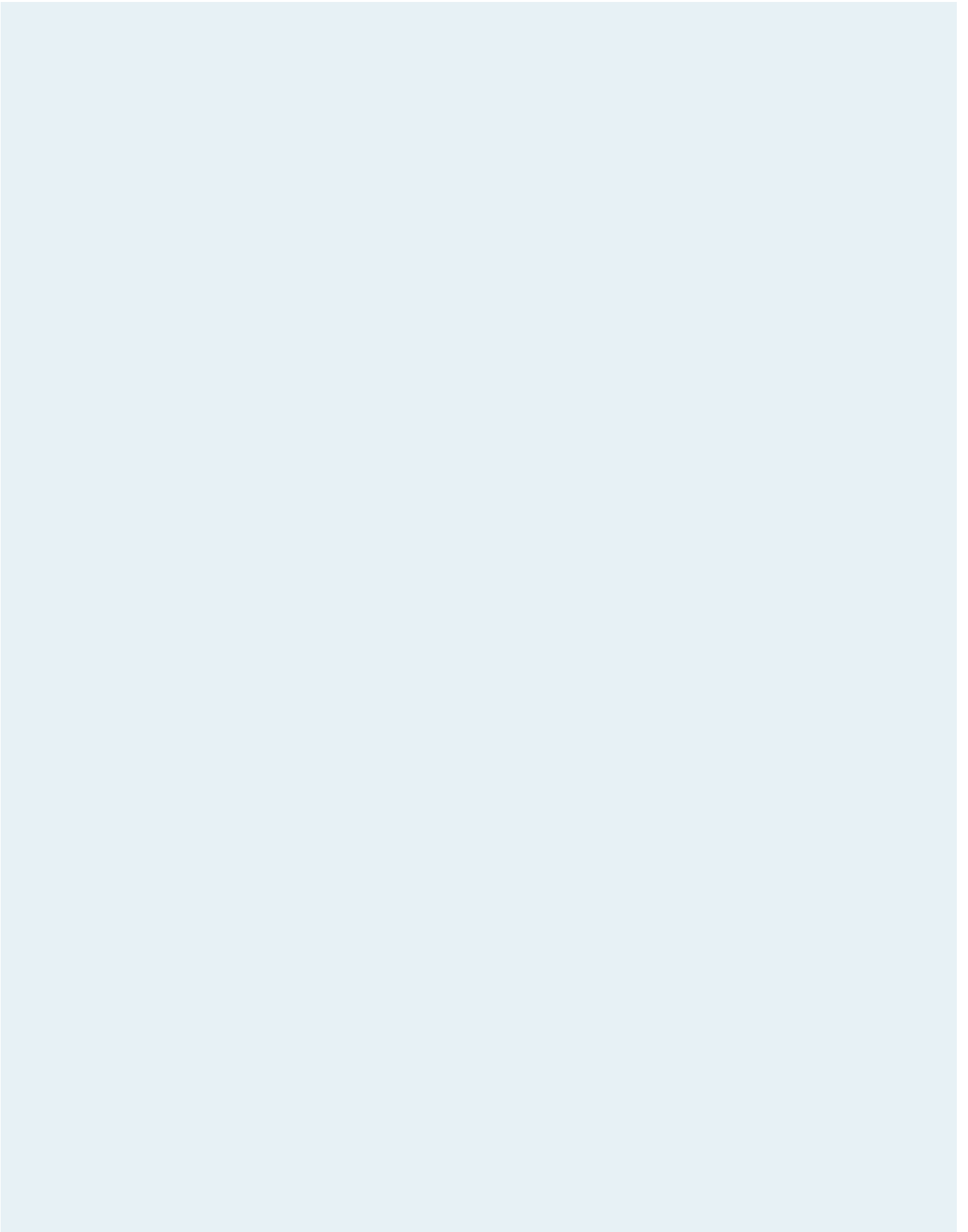
- _____
- _____
- _____

KEY POINT

NOTES

A large, empty rectangular area with a light blue background, intended for taking notes.

NOTES



TO DO

- COMPLETE TODAY'S FOLLOW-ALONG WORKBOOK.
- POST YOUR BIG AHA MOMENT IN THE FACEBOOK GROUP
- SET YOUR ALARM FROM TOMORROW 10 CENTRAL TO LEARN ABOUT HOW TO GET THE BUY-IN FOR SANDTRAY THERAPY.



DAY 02

SELLING SANDTRAY

**GETTING THE BUY-IN FROM CLIENTS AND
REFERRAL SOURCES**

**(OR HOW TO EXPLAIN IT SO PEOPLE DON'T LOOK
AT YOU LIKE YOU'RE CRAZY)**

KEY POINTS

1

FRAME IT AS _____

WHY? _____

2

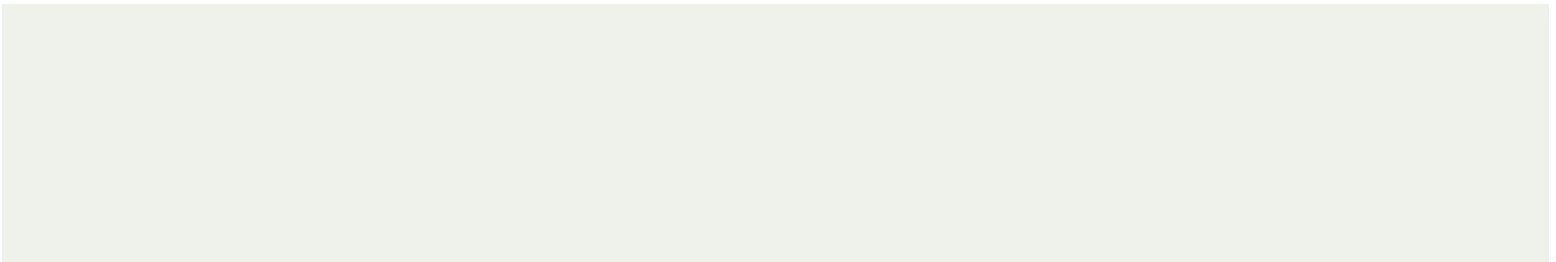
IT'S ONLY WEIRD _____

HOW? _____

CONFIDENCE-CREATING SANDTRAY SCRIPT

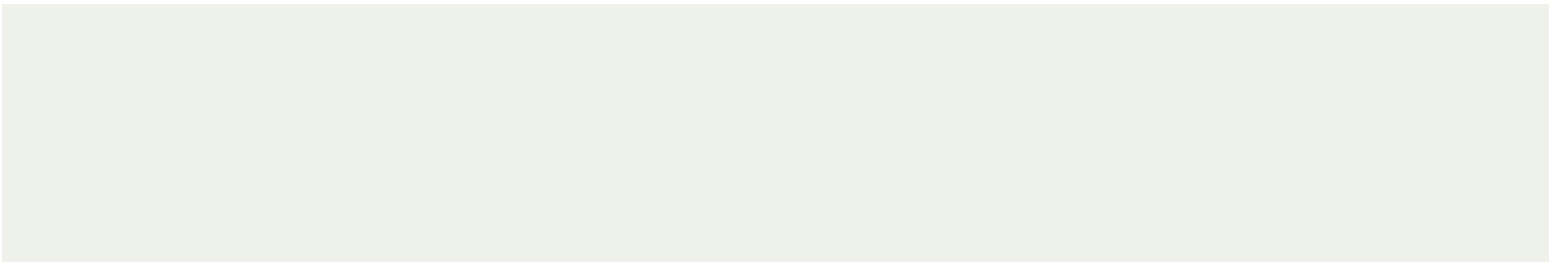
- WE'VE KNOWN SANDTRAY IS POWERFUL FOR OVER 100 YEARS - ESTABLISH THAT THIS ISN'T A FLY-BY-NIGHT THING; **IT CONTINUES TO BE POWERFUL FOR CLIENTS OF _____**
- ONLY RECENTLY HAVE WE BEEN ABLE TO PEER INTO THE BRAIN TO FIND OUT WHY - **INTRODUCING THAT THIS IS BACKED BY BRAIN RESEARCH - IT'S A _____ METHOD SO NOT SOMETHING THAT IS JUST "PLAYING IN THE SAND"**

NOTES



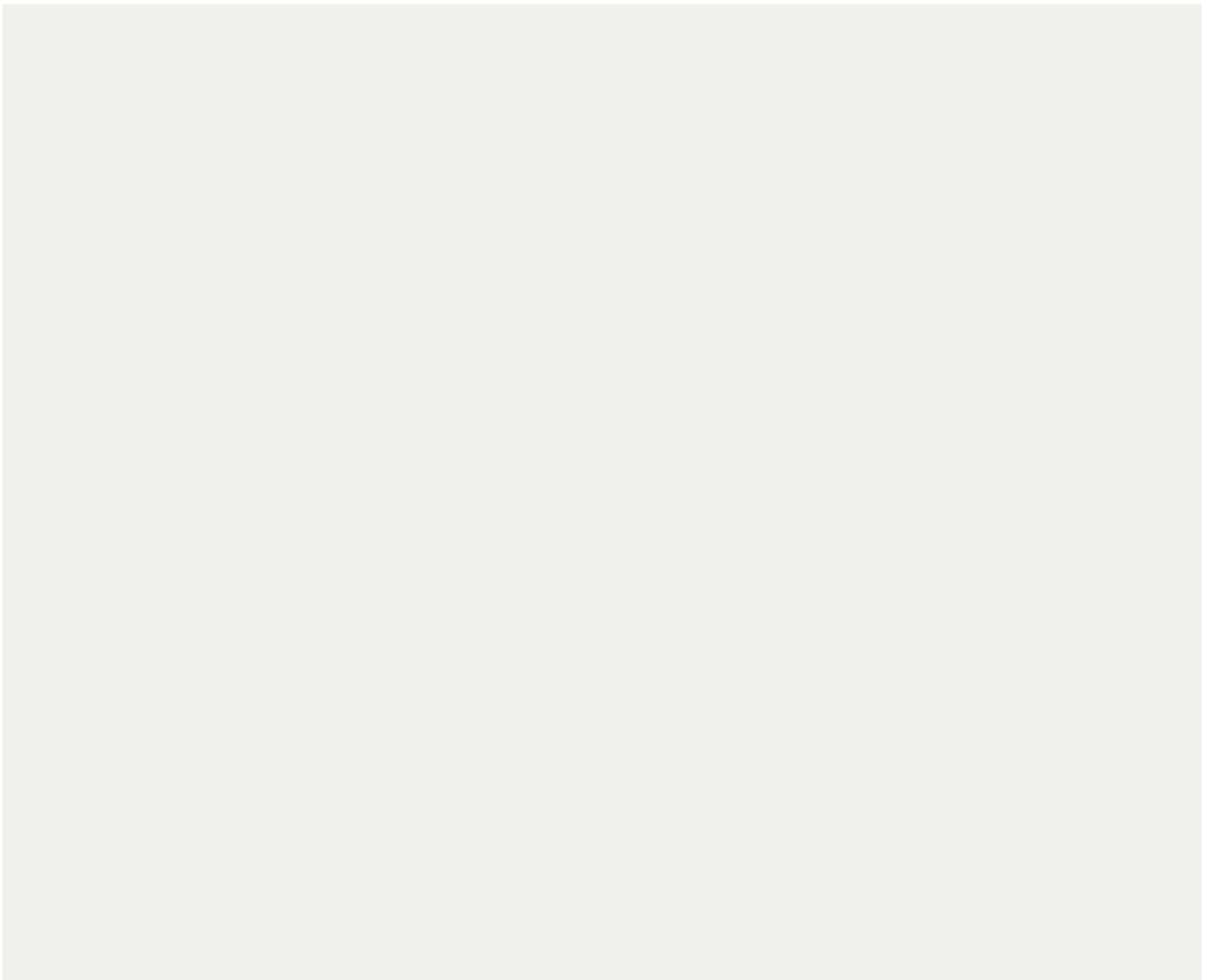
- INFORMATION IS PROCESSED FIRST WITH IMAGES ON THE RIGHT SIDE OF THE BRAIN, AND THEN WE ATTACH WORDS TO IT WITH THE LEFT. THINK OF A TIME WHEN YOU'VE FELT THIS - ART, A SONG, ETC - **ALLOWS THE CLIENT TO AGAIN GAIN MORE _____ AND CONNECT TO A TIME WHEN THEY HAVE FELT THIS THEMSELVES TO REINFORCE THIS CONCEPT.**
- SO MUCH OF WHAT RUNS THERAPY IS HIDDEN IN THE RIGHT PART OF THE BRAIN, WAITING TO BE REVEALED THROUGH THE ONLY TYPE OF WAY IT CAN COMMUNICATE _____ **AGAIN, THIS PROVIDES A FRAMEWORK FOR HOW SANDTRAY WORKS, INFORMING THE CLIENT OF WHY SANDTRAY IS DIFFERENT - IT COMES FROM THE ABILITY FOR THE RIGHT BRAIN TO FINALLY BE HEARD BECAUSE WORDS CAN'T ACCESS THE INFORMATION IN THE RIGHT BRAIN.**
- WHEN WE WORK IN THE SANDTRAY, WE GET THE RIGHT AND THE LEFT BRAIN TO _____ , ALLOWING YOU TO GET BETTER FASTER. - **WHEN WE SET UP THE BENEFIT LIKE THIS, YOU GET THE AUTOMATIC HEAD NOD - IT'S HARD FOR A CLIENT SAY NO THANKS, I DON'T WANT TO GET BETTER FASTER.**

NOTES

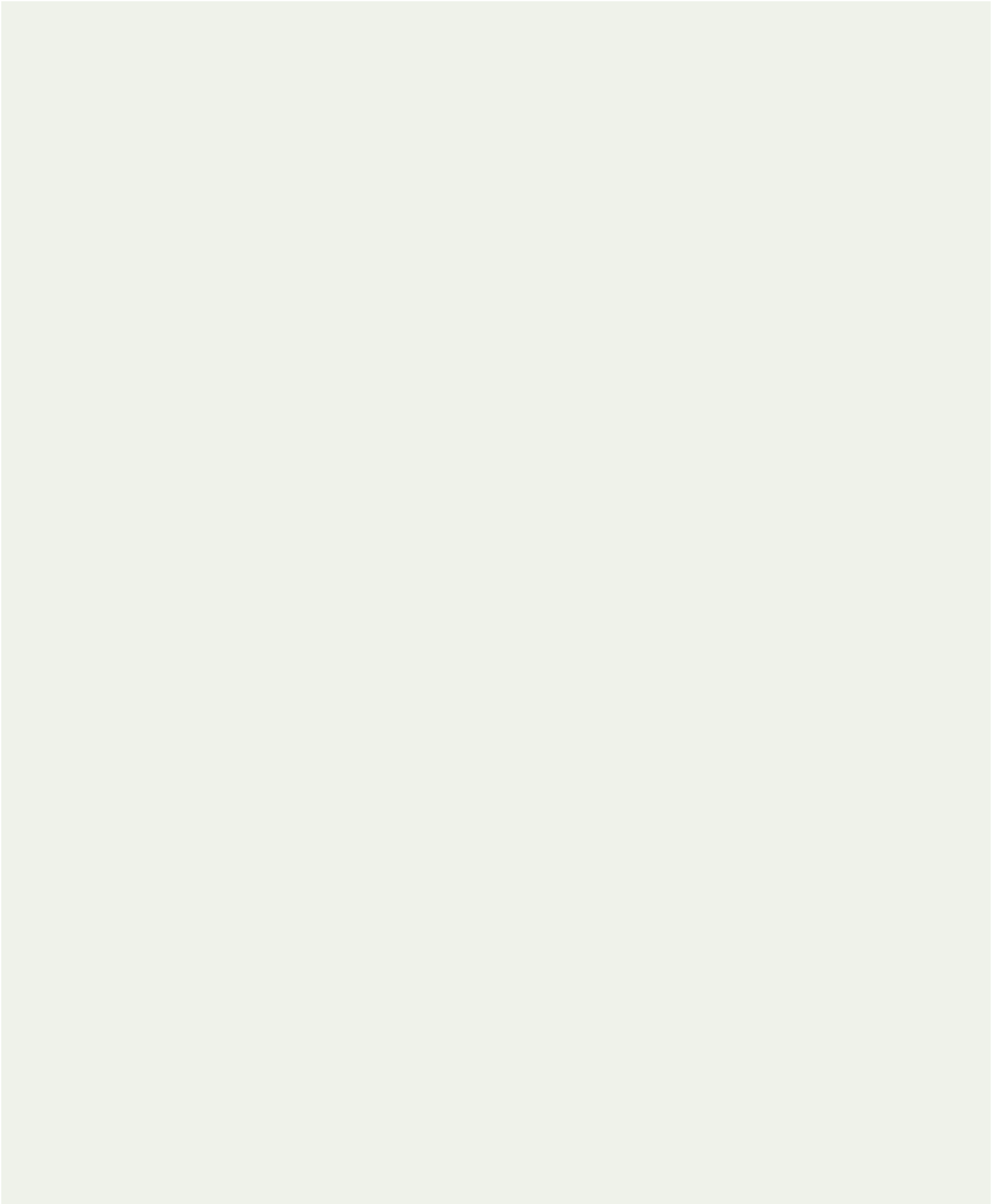


- SECONDLY, THE SANDTRAY HELPS ME AS A THERAPIST. WHEN YOU _____ IN THE SANDTRAY, I GET IT MORE. IT HELPS ME UNDERSTAND YOU BETTER SO I KNOW HOW TO HELP YOU BETTER, WHICH AGAIN HELPS YOU GET BETTER FASTER. HOW DOES THAT SOUND?
ONCE AGAIN, YOU'RE REINFORCING THE FACT THAT SANDTRAY BENEFITS THEM, ALLOWING THEM TO MAKE PROGRESS IN THERAPY MORE EFFICIENTLY AND DEEPLY.

NOTES



NOTES



TO DO

- COMPLETE TODAY'S FOLLOW-ALONG WORKBOOK.
- POST YOUR BIG AHA MOMENT IN THE FACEBOOK GROUP
- SIMPLY PRACTICE EXPLAINING THE POWER OF SANDTRAY THERAPY TO ONE PERSON!



DAY 03

**STOP WASTING
TIME AND MONEY!
KNOW THE MUST-HAVE MINIATURES**

3 TOP WAYS TO MAXIMIZE YOUR MINIATURES

1

BEST MINIATURES FOR YOUNG CHILDREN _____

BEST MINIATURES FOR SCHOOL AGE _____

BEST MINIATURES FOR ADULTS _____

2

KEY POINT: _____

KEY POINT: _____

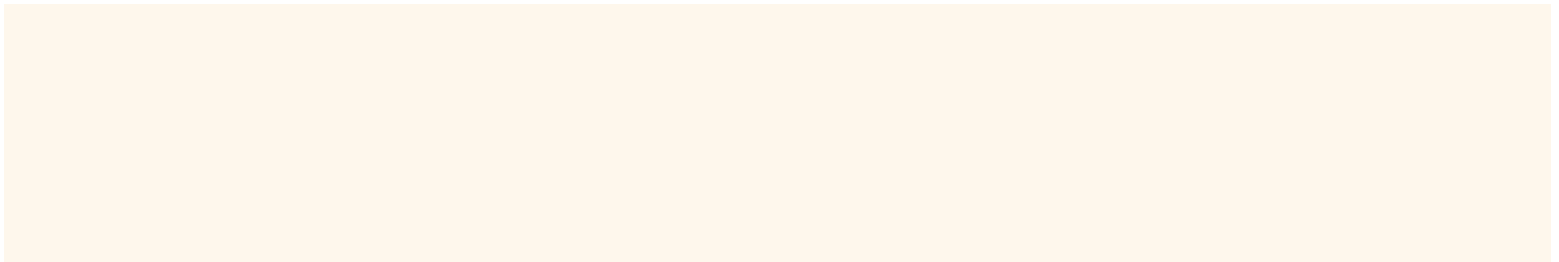
3

WHERE TO SHOP FOR MINIATURES: _____

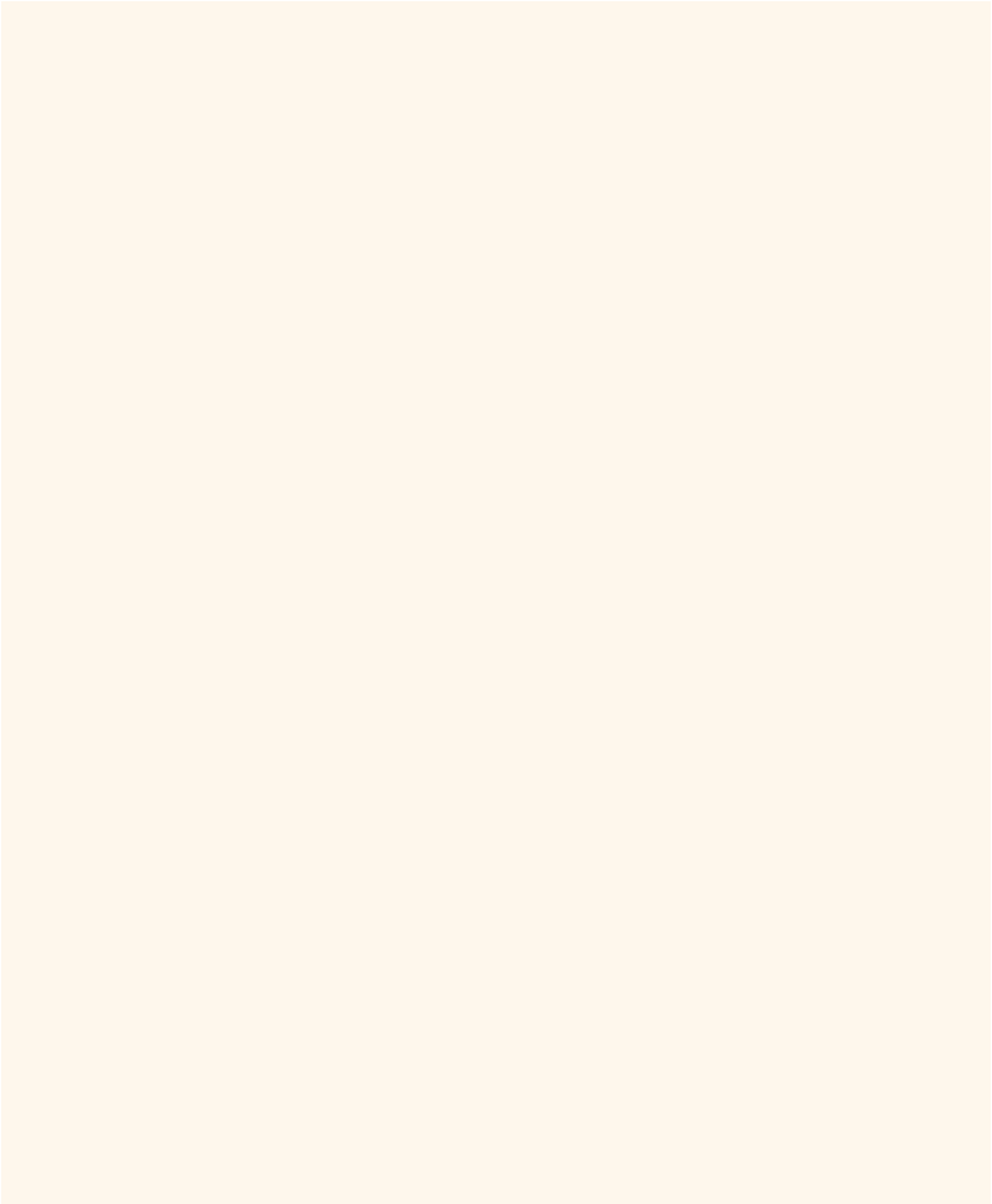
KEY POINT: _____

WE WANT TO _____, NOT _____ MINIATURES

NOTES



NOTES



TO DO

- COMPLETE TODAY'S FOLLOW-ALONG WORKBOOK.**
- DOWNLOAD THE MUST-HAVE MINIATURE GUIDE WRITTEN BY YOURS TRULY!**
- POST IN THE FACEBOOK GROUP ONE MINIATURE YOU FOUND AROUND YOUR HOUSE, AT A GAS STATION, OR SOME CREATIVE PLACE! IF YOU'RE BRAND NEW, JUST POST SOMETHING YOU SEE ONLINE OR AT YOUR HOUSE THAT YOU THINK WOULD BE A COOL MINIATURE!**



DAY 04

NEVER FEAR

KNOW WHAT TO SAY IN SANDTRAY

SESSIONS (EVEN WHEN YOU GOT NOTHING)

FIRST THINGS TO DO...

1

2

3

WAYS TO GO DEEPER WITH THE CLIENT

- WHAT _____ COME UP FOR YOU IN YOUR BODY WHEN YOU LOOK AT THE TRAY
- TELL ME WHERE YOU FEEL IT IN YOUR BODY
- I NOTICED YOU _____ WHEN YOU TALKED ABOUT X, TELL ME ABOUT WHAT WAS GOING ON FOR YOU THEN
- IT LOOKS LIKE THIS X IS HERE, BUT THIS Y IS _____
- I WONDER IF YOU NOTICED THAT AS WELL
- TAKE A DEEP BREATH AND _____
WHAT IMAGE OR WORD COMES UP FOR YOU NOW
- THINK ABOUT WHAT YOU'RE FEELING NOW VS WHAT YOU WERE FEELING WHEN YOU STARTED, NOTICE THE _____

WHAT YOU WILL NOTICE IS THAT YOU WILL USE THE MINIATURES TO ENHANCE WHAT YOU WOULD DO IN A REGULAR TALK THERAPY SESSION.

THE BUILDING PHASE MAY TAKE ONLY 15 MINUTES BUT THEN THE REST IS PROCESSING, ESPECIALLY DEEP PROCESSING.

KEY POINT: _____

PROCESSING THE TRAY AFTER THE INITIAL SURFACE PROCESSING MAY LOOK LIKE A TYPICAL THERAPY SESSION ON STEROIDS.

BUT HOW DO WE KNOW WHAT TO SAY?

YOU OFTEN SEE SOME AMAZING THINGS IN THE CLIENT'S TRAY AND YOU REALLY WANT TO KNOW _____

SO YOU ASK _____ BUT MAYBE THE QUESTIONS DON'T GET YOU WHAT YOU WANT TO KNOW OR MAYBE THE CLIENT JUST SHRUGS.

THIS IS BECAUSE _____ IS IN THE RIGHT BRAIN AND THE LEFT BRAIN IS OFTEN TRYING TO PLAY CATCH UP SO THE CLIENT HONESTLY MAY NOT KNOW OR IS AFRAID TO SAY.

WE ALL KNOW THAT _____ AREN'T HELPFUL IN TRADITIONAL THERAPY AND SANDTRAY IS NO DIFFERENT. WE WANT TO FOCUS ON HIGHLIGHTING DIFFERENT ASPECTS OF THE TRAY AND THEN _____ WHAT YOU SEE.

3 SIMPLE PROMPTS

1

2

3

YOUR JOB WITH THE SANDTRAY IS TO _____
AND ALLOW HEALING TO HAPPEN. **REMEMBER, THE LEFT BRAIN
IS THERE TO INTEGRATE NOT TO MAKE SENSE OF IT ALL.**

GO-TO PROMPTS

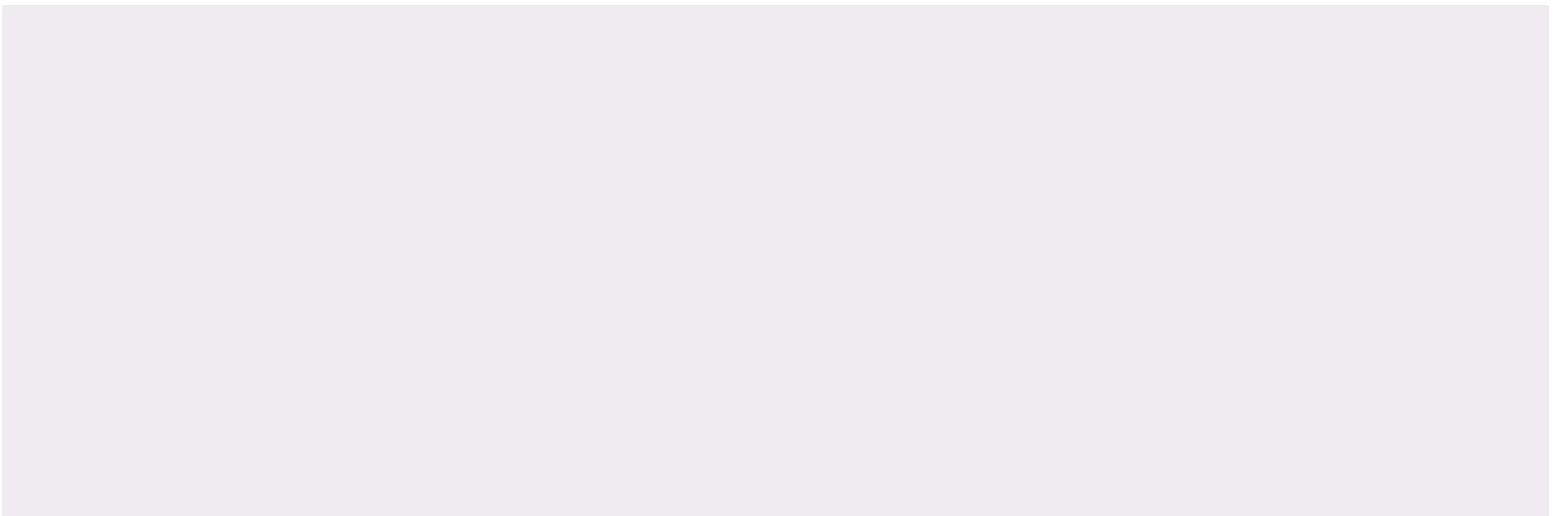
1

2

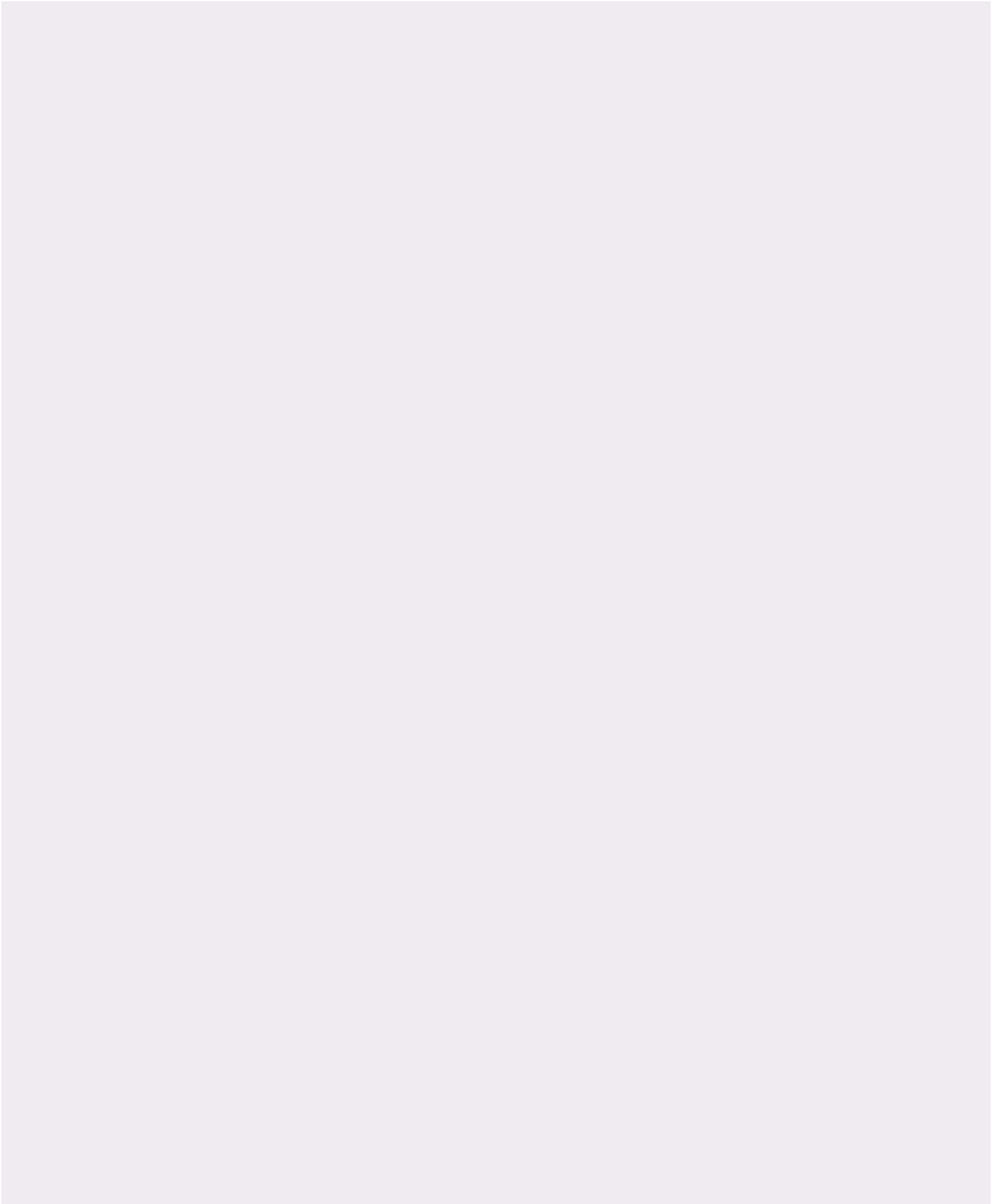
3

KEY POINT: _____

NOTES



NOTES



TO DO

- ☐ **COMPLETE TODAY'S FOLLOW-ALONG WORKBOOK.**
- ☐ **DOWNLOAD THE 16 PROCESSING PROMPTS**
- ☐ **TRY THE "BACK TO THE BODY" TIP IN ANY TYPE OF THERAPY SESSION JUST TO GET IT IN YOUR TOOLKIT!**