



MODULE 3: HOW TO END SESSIONS WITH ADULTS

So, now we know how to begin sessions, how to have prompts, and now we go, “OK, how do we end sessions?” because sometimes it may feel weird, and we don’t know what to say or what to do. So, the way that I like to end sessions, almost always, is I go, “OK, (as it wraps up), it seems like we’re finished building for today, and you’ve really worked hard, but I need to know, is there anything that needs to be moved, changed, taken out, or added before we leave the tray?” And sometimes the client will go, “No, it feels good.” But oftentimes, since that client has processed and done a lot of work, they will take out something that maybe have been a troublesome area, or they’ll move something around to represent kind of where their psyche is at that moment. So, I allow that client to do that.

Now people often say, “How long are your sandtray sessions?” So, for me, what I usually do, is with my clients I have 50-minute sessions. The first maybe 10 minutes, about, are kind of a review, catch up on what’s going on, see where homework was from the last session. Then I go, “OK, well you remember how we talked about that we’re going to do a sandtray today. Is that ok?” And, I always want to get permission, because I’ve had clients go, “I just don’t think I’m ready to do a sandtray today. I don’t know if I can do that.” That’s fine. That’s no big deal. But almost always they go, “Yeah. OK.” Then, that leaves me about 40 minutes to do the sandtray. And I find that that’s plenty of time.

Now remember, in the processing of the sandtray, that’s often where the play therapy, I mean the talk therapy stuff, is going to happen. So it’s during the processing that the client will start really talking about what’s going on with them. So, again, it’s not just build, talk two minutes, and then end. It’s usually build (maybe 5-10 minutes), discuss (20-25 minutes), and then leave 5 or 10 minutes at the end to wrap it up. And, again, that’s rough numbers, but that’s usually how it works with my

SANDTRAY SUITE

sessions. And so I'm betting it's going to work kind of the same with you. And that gives you kind of an idea of what to expect and kind of gauge where the client is as well