

SANDTRAY SUITE

MODULE 4: HIDE & SEEK IN THE SAND

Many times, with little clients, what they will do is to want to play hide and seek and bury things in the sand. So, if that happens, again, we are going to look at that as kind of an attachment exercise. And if they are saying, “OK Ms. Amy, I want to see if we can find it.” I’m going to go with them, but again, I’m going to do the whisper technique and go, “OK, where do I need to look?” Because, as you know, if you’ve ever played hide and seek with little kids, especially in the sand, if you go and look in the wrong. . . they’ll go, “No, no. Don’t look there. Look over here!” So, again, I try to get them to direct me as much as possible and let them, again, be in control in the sandtray, so that whatever needs to come out, whatever is going on in their brain can without me getting in the way with whatever my needs are.

So, again, if you see that they are trying to play hide and seek in the sand, that’s fine. And, again, it’s actually an attachment exercise. So, if you see that happening you can have an inner, “YAY” that they are inviting you into their world. And, they may do it session after session after session. That’s ok. I would go with it because they’re trying to feel safe enough to where maybe they can process other things or be with you in a way that is sometimes maybe otherwise a little more scary.

So, again, don’t shy away from hide and seek and celebrate it when it does come up.