

# SANDTRAY SUITE

## MODULE 4: JOINING YOUNG CHILDREN IN THE SANDTRAY

What happens, oftentimes, with littles in the tray is they want you to join them in the tray. So they will often start building or putting rocks in the tray, or something like that. And they will go, “OK, Ms. Amy, you come over here and you do X, Y, and Z.” They want you to join them in the tray. Oftentimes, I consider that progress when they’re wanting me to do that because, again, they feel safe enough to let me into their world. And I will put my hands in the sand. I will work with them once they have invited me into the tray. Don’t shy away from that. Again, I see that as a sign of progress, again, if the child feels safe enough to invite me into their world.

Oftentimes, what will happen as well, is it’s kind of an attachment exercise, is that they are trying to, you know, again, see are you safe. And we will be talking about this in the next video as well, about the hide and seek that you often see. But again, do not shy away at all when the client invites you into the tray. Go there with them. One other thing that I do want to say about that is that I want to make sure that you guys know to not take over the session if that happens. Sometimes it’s easy to kind of slip into maybe that mom role, or teacher role, and to try to move the miniatures in a way or direct the play in such a way. What will happen is that when they invite me into their world, into the sand, I do the Terry Kottman Adlerian Whisper Technique. I’ll go, “What to I need to do now? What do I need to do now?” And then, because I want them to know that they are still in control, although I’m entering their world. So, again, I want to encourage you to hop into the tray if they invite you, but still let them be the “boss.”