



MODULE 5: HOW TO DEEPEN PROCESSING WITH ADULTS

Many therapists, when they start working with adults, get really scared because they're wondering, "Oh my gosh! What's going to happen if these clients don't talk to me? What's going to happen if I don't have anything to say and we just sit there?" So, there's a couple of things that I want to give to you to help you not freak out and things to kind of do and pivot if that happens to you.

So, one of the things I often like to do is I go back to the body. And what I mean by that is say that you asked them to do a non-directive sandtray. They've built and then they go, "I don't know. This is my mom. This is my dad. This is who I am. I don't know. What else do you want me to say?" So, when that happens, and it will, is that I will (inhale) take a deep breath myself (exhale) and then I'll go, "OK, so when you look at this tray, what feelings come up for you? Where do you feel it in the body?" Because what that does is it allows the client to really drop back into their right brain and their body and tune in to what their feelings are coming up to them. If they say, "I don't know. Sad." "OK. Let's talk about sad a little bit more."

And, another thing that I may do, depending on what they're giving me, is sometimes they may get overwhelmed and they may just not know how to do a non-directive tray, and when that happens I will go, "OK. I get it. So, let's just take that one part about you being a dad, or that one part about school and let's do a tray about that." Sometimes I even do it in the same tray and it's ok. They often kind of need a little bit more direction and they need a directive to hang their hat on, to really understand how this works. So again, don't freak out if it happens. It's ok. It's ok to be silent, as well. Because oftentimes you get more freaked out about it than they do.

So, go back to the body. Take a few deep breaths. And then also, kind of figure out what you can do with some directives, as well. They aren't

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going to know. The clients aren't going to go, "Oh, she did a non-directive and now she's doing a directive. What?" Again, they are just in there experiencing it. And they're getting a lot more out of it than what you realize. And don't be scared off if they're not super verbal or they may not give you a whole lot at first. You hang in there. Again, the magic and the process is in that free and protected space that oftentimes verbal words just can't come to. So take a deep breath. You've got this. You can do it!"