

SANDTRAY SUITE

KNOW THE WHY

1 minute

Welcome to Module Two—and this is the why, and the brain, and the neuroscience of Sandtray, one of my most favorite modules, for sure, because what this does, is it gives you even more confidence to know, that no matter what happens, Sandtray is a legit method, and then what happens, what works in the brain when the magic of sandtray happens. And so, we're going to be giving you lots of explanations of neuroscience from the polyvagal theory, to just simple right-brain, left-brain.

So, again, this is going to give you a really really solid foundation to understand why sandtray is effective and help you walk into your sessions with even more confidence. So, again, let's not delay. Hop into that video one.