

SANDTRAY SUITE

MODULE 2: RIGHT VS. LEFT BRAIN

Real quickly, I want to make a video just dedicated to the right and the left part of the brain because we talk about this a ton when we talk about why sandtray works and why it's important and how it is different than other just talk therapy. To understand this, we need to think about how your brain has two different sides. You may have learned this other places, but again, it's always helpful to have a refresher.

So, we have the left part of the brain that is very analytic. It looks at the world through good, better, best. It is driven. It is in terms of what is practical, what is strategic, again, what can we control, what is accurate. It's very concerned with that. And, Ian McGilchrist, he wrote this phenomenal book about the divided brain. And he says that the western world, 70% of us are left-shifted. This doesn't mean that we don't use the right part of our brain. It's not that at all. It means that how we view the world as adults is primarily viewed through the left part of our brain, is what we use. And, the left part of our brain also really like squares, likes linear lines which is very interesting, because all of my adults that I get, with the exception of maybe one or two, they like the rectangle trays, they don't really like the round trays.

Now as children we are right shifted. Now this change happens about age 11, is when you start seeing, again, the western world move from right to left. Now as children we will live in the right brain, which is concerned about context. It's concerned about the story. It's concerned about the experience. It also really likes circles, and round. It's drawn to those shapes, which is also interesting because I have a big round tray in my sandtray room and kids will build in that over and over and over and hardly ever will they go to my many, many, many square trays. Also, my teacher, Theresa Kestly, said that when she worked with the Navajo population they also really liked the round trays. It's interesting because

their culture views the world more of a circular, more of a right brained viewpoint than what we do in the western world.

So, again, we will be talking a lot about the connection between the right and the left brain. One other thing to really consider here and why this is important in regard to sandtray, the left brain is the language center. The right brain does not have a language center. The way it expresses itself is through images, pictures, even miniatures. It doesn't have access to any words. That's where the left brain is able to come in. So this will be very important to think about when we talk about how the sandtray works using how the brain is structured.