



**SPLIT BRAIN PATIENTS REVEAL THE POWER OF
SANDTRAY THERAPY**

5 minutes

When we have trauma that happens, and when the trauma happens then the person doesn't have a safe person there with him or her, which, again, usually happens if trauma happens you most of the time aren't able to just have a safe person who is there with you. So, when that happens, oftentimes the trauma does not get integrated to both sides of the brain. It will just lie in the body or in the right part of the brain. So, when we have a person who has severe trauma and has not been able to integrate that, been able to talk about it, with their left-brain, using their left-brain, they often act like a person who has had split-brain surgery. So, let me tell you a little bit, if you aren't familiar with what split-brain surgery is. When we have someone who has epilepsy, what doctors will often do to decrease the epilepsy seizures, symptoms will cut the corpus callosum between the right and the left brain. If you guys remember, the corpus callosum is what will allow the two parts of the brain to talk to each other. So, then what happens is the person who no longer has a functioning corpus callosum will not be able to get information on either side of the brain. So let me tell you a little bit about how this works. And, again, if you guys remember, what comes in from our left eye gets processed in our right hemisphere, what comes in from our right eye gets processed in our left. OK. Knowing that, if we have a person who has this split-brain surgery, what happens is, if you show them the word "face" on the right side, and because it is processed in the left, and you ask them what they saw, what word they saw, they'll be able to answer the word face, because the left part of our brain, if you guys remember processes things, it's the language center, processes things verbally. Now what is interesting here, if you have the same word that is only available to the right hemisphere, so they only flash it in the left part of the screen, and it's only available to the right hemisphere, which you remember the right hemisphere doesn't have a language center and you ask the person what they saw, they won't be able to tell you. BUT, what is super interesting here is if you say, "OK. Well, take your left hand and draw what you saw." They will often draw a picture of the

SANDTRAY SUITE

word that was flashed on the screen. And you ask them, “Well, why did you do that?” And they’ll say, “Well, I don’t know.” Or, they may give you some random answer like, “I was just thinking of a happy time,” or something which isn’t really what is causing them to draw this. So, what does this have to do with trauma? So, before I . . . we get to talk about what this has to do with trauma, I have a link that you guys are going to be able to watch of the person who has actually had this corpus callosum surgery and what this looks like and maybe some of the conclusions that the doctors are able to draw. So, just take a minute, watch the video and I’ll meet you right back here.

[Watch video.]

So, now that you’ve watched this video, which is AMAZING. I’ve watched it a ton of times and I’m always really blown away that you can see how when a person has trauma that using the hands in sandtray will often bring up things that they often weren’t able to call up into being with just words. So what this looks like in the sandtray is you’ll get adults or kids, but it’s really, really, really good when you’re able to get adults in there and they’ll say, “OK. I just want you to make a tray about your childhood.” And they’ll use their hands to start building the tray and all the sudden they’ll start crying and being like, “Oh my gosh! I didn’t expect that to come out! What is going on?” And just be totally blown away. A lot of it is because now with the sandtray, you are allowing this person to express their right brain and all that trauma, when before it didn’t have a language to be expressed. But, when you use images, and when you use the sandtray, then all the sudden, magic happens and then when you’re able to see it in the sandtray and you have a safe person there who is processing that with you, then all the stuff the left brain gets access to it and you get better faster because you’re using your whole brain.