



HOW to Actually DO Sandtray Therapy

Welcome to Module 3. And so now, you have a really good understanding of what you need to do sandtray therapy, all the materials, and sand, measures, and all that good stuff. You also know why you're doing it, what happens to the brain, how this is such a powerful method. And so now we're going to go into what a lot of therapist struggle with no matter if they are a Betty, Ivy, or an Annie. Sometimes therapists get really stuck with this processing part. Ok, how do I talk to other clients about this? What do I say if they don't give me anything? All those things that will trip you up sometimes in session that we're going to take away all of that. So you're going to get guidelines, you're going to get directives, some techniques to really help you deepen the therapeutic process. So again, what do we want to do? We want to increase that confidence and keep building and building and building through the sandtray success path. So now, I want you to hop into that first video and I will see you then!