

# SANDTRAY SUITE

## Module 3: Nondirective vs. Directive Sandtrays

As you learn about sandtray, you will hear me talk about nondirective vs. directive sandtrays. So, I want to give you an understanding about what each is. So, in nondirective sandtray, all that you're going to be giving the client is you say, "Make a tray about your world." And usually when I do this for my clients I say, "I want you to make a tray of your world. There's no good or bad, right or wrong, and as you build it I'm just going to be sitting here quietly and you let me know when you're finished." And I said, "Take your time. It's ok." And that's really, again, and open-ended, nondirective.

Now, in sandtray, not sand play, sandtray, we have what are called directives. And all that means is you give the client really a direction to go with the sandtray. So that could be, "Make a tray about your school. Make a tray about your family." And because we know that when we provide that free, unprotected space, that neuroception of safety that happens in the sandtray, the brain will go where it needs to go. So, you're just giving your client a different starting point when you do a directive rather than a non-directive. Neither are right or wrong. They're just different ways to work with clients in the sandtray.