

SANDTRAY SUITE

MODULE 3: 3 RULES FOR WORKING WITH ADULTS IN THE SANDTRAY

When we are processing, especially with adults, I want you guys to really remember three basic rules.

The first is, I want you to keep your hands out of the sand, especially, again, with adults. Now this is maybe a little bit different. Kids will often invite you into the sand. And we will talk about what that means and what to do when that happens. But, again, for adults, unless they invite you into their world, you keep your hands out of the sand, because that becomes very invasive if you put your hand in someone else's tray. It's almost like getting in their space and getting into their psyche, and that's not what we want to do. I was even trained, and what I do in my practice is I don't even put my hands in the air space above the tray. I point to "that there", or "this here" when I'm asking questions, or processing with the client, which leads us to the second rule.

So, when you are with a client, I don't want you to name anything before the client names it. Because, again, it may look like a turtle to you, but it may really be their dad or it may be boss, or whatever. It could be a billion things. So, until they name it, you don't name it. And that's why I say, "This here" or "That there", and they'll go, "You mean that turtle?" "OK. Yeah, that turtle." Once they name it, you can because you do not want to break that metaphor as much as possible because that power remains in the metaphor.

And then, thirdly, refrain from asking them why. A couple of reasons for this is that:

- (1) Why will set people up to go into the left brain. And oftentimes clients really don't know why they picked what they did, or why they're doing a certain thing, because if they could figure it out logically, they probably wouldn't be here. And then
- (2) Is it really kind of puts people on the defensive. "Why did you do that? Why'd you put that there? Well, they will often create an explanation just to satisfy you when they may or may not actually know. So, it just doesn't lead you anywhere if you use that why question.

So, those are just three quick rules that I want you guys to remember when you're processing these sessions with your clients.