

SANDTRAY SUITE

YOU'RE HERE! WHAT TO EXPECT IF YOU'RE BEGINNING...

(8 minutes)

Hi! Welcome to the Sandtray Suite. I'm Amy Flaherty and I'm going to be your guide over the next several, several months and maybe even years about all things Sandtray. So I want to tell you a little bit about what you can expect from me and my team now that you joined the Sandtray Suite.

So, one of the things that we have created is what we call the Sandtray Success Path, that you will be able to see just to the right of me. And, there will also be a download underneath the video as well, so you can see the Sandtray Success Path. Now as you can see, it is a circle, because as you know, and if you are new to this thing, you will know, that success in Sandtray is ever evolving...being that you learn something, and maybe you get some new miniatures, and then you learn something new, so that's why again it's a circle. Wherever you are on your Sandtray path, you will be able to hop in.

So, as you can see, there are five stages to your Sandtray Success Path that you will be going in order and we have set this up, again, to make sure you are implementing, and that you have the knowledge that you need to be successful in the Sandtray process wherever you are.

Ok, so before we get to the five stages, I'm going to talk about three different types of people that we know have in our Sandtray Suite right now. And we have just lovingly nicknamed these three different type of people different names, just so that we can remember them. OK, so the first type of person that we have, and this maybe you, is what we call the Beginner Betty, or for short, we call, the Betty. And these are folk, who maybe they learned about a sand tray through a conference they went, they maybe experienced themselves in therapy and they're just really new to all this and trying to get their toes wet. And that's honestly one of the best places to be because now you can have this awesome pool at your disposal, especially like if you're in graduate school. It's something I wish I would have had in graduate

SANDTRAY SUITE

school. It would have saved me a lot of blood, sweat, and tears for sure. So again, we have Betty, and maybe that's you.

Now, secondly, we have what we call Intermediate Ivy, or Ivy. Ivy for short. So, what is an Ivy you may ask? I like to think of these folks who have some working knowledge of sand trays, maybe even use it in their office. They've been to a maybe a one or two day workshop, read some books, know that there's definite power in sand tray, but really want to go deeper, and do get stuck at times, especially like if they have to explain it to other people, or maybe wonder like, "Why does this work?" or maybe they want to work with a sand tray using a different population. So that's what we call the Ivy. And again, maybe that's you!

So lastly, the third type of person that we have in our Sandtray Suite is the Advanced Annie, and the word Annie for short. Now, if you're an Annie you're probably a registered Play Therapist. Maybe you're a Certified Sandtray Therapist like from my program, or another one. But you've been in the Sandtray world for awhile and you know it's awesome, and again, you're just wanting to go deeper and really figure out how to grow yourself as a person and your practice. And again, that's a really good place to be as well because what happens with our Annies is they end up being mentors, they end up being even more successful in their therapy practice because they already have a foundation and they can just keep building and building, and building. Now the important thing is, is that no matter where you are in this journey, everything in the Sandtray Success Path will still apply to you. And I will be giving you definite pointers that if you are a Betty, Ivy, or Annie, how to look at the different courses and how to think about what you're learning, depending on what stage that you're in.

So, let's briefly, before we hop off and get into the good stuff here. . . Let's talk about what the five stages of the Sandtray Success Path are. So first, we have Module number one, and that is the, really the basics, the stuff that you need. This is where we talk about miniatures, different types of sand, tools, why sand tray's awesome, the history of it, that kind of thing. So, again, when you think about it, that's the stuff everybody knows. And again, maybe you're an Annie and you've

SANDTRAY SUITE

got all this figured out. Go back and watch these videos because I'm betting you're going to learn something that maybe you didn't know otherwise. So that's module one.

Module Two is what we have the "Why", and this is the neuro-science and what happens in the brain with Sandtray Therapy. Because again, we not only need to know what stuff we need, we need to have an idea of why we're doing this. And if you do that, then you will never get stuck in using Sandtray Therapy, or even have that, "Why am I doing this again?" feeling.

So, then we go to Module Three. This is the How. This is the processing part. So now you know you've got the stuff, you know why you're doing it. Now we're going to figure out how to go deeper, what to say in session at the beginning, middle, end. All that stuff you need to know about really to make your Sandtray sessions most effective.

Moving on to Module Four. Then we are talking about children in the sand tray. This is going to look very different than it does with other adults or adults who have abstract thoughts. So we're going to give you tools that you need, ways to think about it, tracking, reflecting, all those kinds of things that are very very important when working with littles in the sand tray.

And then lastly, we've got a module which is all about adults in the sandtray. But then again, it could be really difficult at times to begin to think about working with adults in the sand tray and you often times get kind of scared off. And, we do not want you to do that because for me, my most powerful sessions, hands down, have been with adults. So, we're going to give you tools about how to do that with couples, families, adults, all those kind of awesome populations that you can think about working with and expanding your sandtray practice.

So, again, hop in wherever you can. I want you to definitely join the Facebook group because that's going to be how you're going to get the most out of this, is not just learning the skills, but implementing the skills, and then connecting and sharing your wins because we always, always, always want to celebrate the wins

SANDTRAY SUITE

here at Sandtray Suite. So, we're here to support you, and also we want you to share all your awesomeness. So make sure you join the Facebook group and introduce yourself, even tell us if you are a Betty, Ivy, or Annie, and just a little bit about you, and how we can serve you. So, again, I am so excited that you are here. And now, I am going to click over and I am going to be behind the screen and I am going to give you an exact walk-through of all the different parts of the Sandtray

Suite so we can make sure, again, that you are getting the most out of your experience here. Alright, I'll see you on the inside.