

The left side of the slide features a decorative design consisting of several vertical stripes in shades of light brown and tan. Overlaid on these stripes are several solid brown circles of varying sizes, arranged in a vertical, somewhat scattered pattern.

COUPLING IN THE SANDTRAY

Using Sandtray in couples counselling work.

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ACKNOWLEDGE

- Acknowledgement of the unseeded territory that we reside on.
- New Westminster
- Qayqayt First Nation (qiqéyt)
- Means resting place. River people.
- Coast Salish
- Indigenous people of the pacific North Coast.



BREATH WORK

- Opening with breath work....Arriving.
- Trying something new.
- Feeling like you (with).
- Pausing at the voice telling to do more.



HISTORY OF SANDTRAY

- A quick background and acknowledgment of sandplay therapy history.
- Sandplay therapy was developed in Switzerland in the late 1950's by Dora Kalff, a friend, colleague, and student of the Swiss psychiatrist C. G. Jung.
- Kalff's method integrated three foundational points:
 - Lowenfeld's World Technique
 - Analytic Psychology of Jung
 - Eastern contemplative traditions

(M. Kalff, 2013)



HOW DID I GET HERE.....

- History with BCPTA.
- Agency Work.
- Family Systems.
- Love Languages.
- Emotion Focused.



SAFETY

- There needs to be safety within the relationship to a point i.e., no abuse, violence.
- Trust with the therapist to do an ‘unconventional’ modality.
- Back to the breath...
Witness and not thinking to much about end result.



THERAPEUTIC PROCESS

- “The body often contains emotional truths that words can too easily gloss over.”
— Esther Perel
- Identifying where you are in the relationship. Circle sandtray.
 - Dynamics elicited
 - How did you interpret your partner's choices of items they put in the tray?
 - Would you change anything?
- Individual representations of self .
 - “When a couple starts therapy, often each partner has very little sense of his or her own self in and out of the relationship. The work developed during therapy involves encouraging a greater awareness of what each partner brings and contributes to the relationship, and the use of the sand tray can perhaps be understood as an alchemical vessel to contain the transformations that may occur in the marriage during the therapeutic process.” (Albert, 2015)



CASE EXAMPLE

- Michel and Shelly (Substitute names).
- Referral presented as parenting support.
- What brought me to doing couples sandtray work.
- Why I decided to use this modality over other forms of talk therapy.



THERAPEUTIC PROCESS

- Understanding each others Love Language's sandtray.
 - How do you receive love? How do you give love?
- Past experiences of love i.e., childhood
- How do you resolve conflict? Where did you learn that?



THERAPEUTIC PROCESS

- “Individuation within marriage is an ongoing process and requires that each partner develop the ability to reflect on his or her own subjective states. When unknown aspects of each partner are evidenced in the sandtray and during the sandplay process, and observed by both, this can create the opportunity for a greater understanding of a sense of self within and outside the marriage.” Hewison (2003)
- What we have learned about each other?
- Tools for success. Joint sandtray again.
 - What changes do you feel your partner is asking for?
 - What changes can you make before the next session?



CLOSING

- Depends on movement, understanding, integration and goal made.
- Is there movement between each partner that will allow goals to be made?
- What were your original goals?



DISCUSSION

- Lets talk.....
- Questions/Concerns/Comments/Ideas/Thoughts.

