

SANDTRAY SUITE

MODULE 5: PROMPTS TO ADDRESS ADDICTION ISSUES IN THE SANDTRAY

When we're working with adults, oftentimes we see different forms of addiction and this could be food addiction; it could be drug, alcohol, whatever it is. But sandtray can really be a powerful way to talk and process some of these addiction behaviors, but then also what's behind that addiction behavior as well.

So, I wanted to give you guys a couple of prompts that was given to me by Bonnie Badenoch, when I went and trained with her in Portland a couple of years ago. So, these are very, very powerful and they can be used with addictions and also just general therapy, as well.

So, the first is, if you're having someone who is really struggling with the behavior, the addictive behavior, one of the things is you could have them make a tray about, ok, so if the cigarettes, or that alcohol or whatever could talk, what would it have to say? And, have them make a tray about that. That's one option.

The second option, the one that I use quite often, and I feel like is super, super powerful, is to say, "OK, if we took those cigarettes away, or if we took the alcohol away, what would you have to feel? Show me in the tray, what that would look like if you took away X, whatever it is they are struggling with. What would you have to feel then?" And again, when you're able to bring the right brain in with the left brain and really experience that in the tray, it can be super, super powerful. Now word to the wise, word of caution here, is that when you do that, I would not do it first session. Have them do a couple of sandtrays before you dive in because that can be a really emotional, very difficult tray to do. So, you don't want to scare them or have them become very dysregulated right off the bat. But again, super powerful way to work with addictions in the sandtray.