

Amy: (singing)

Amy: All right.

Kim: Are we live?

Amy: Yeah, we're live.

Kim: Is this the microphone? We just have one winner. I'm going to let Riley announce it.

Riley: Wait, is it on?

Kim: Oh. Test, test.

Riley: We're here.

Kim: Okay. We're here. Welcome. Y'all, it's the last day of transformation week, and I'm sad, but I'm excited for what's to come. So we have a winner to announce. Oh, I forget, I'm supposed to be on this. A winner to announce for sharing the Sandtray answers from ... What was the day? Wednesday. So I'm going to let Riley announce it.

Riley: \$100 Amazon gift card goes to Valentina Valentina, #SandtrayAnswers.

Kim: Valentina.

Riley: So we'll tag you in the Facebook group to let you know that you have won, \$100 Amazon.

Kim: Yes. That's awesome. And we'll email it to you. So email us at support@SouthernSandtray.com, and congratulations. So y'all excited to get this going. That's all we have.

Riley: Yeah.

Kim: I felt like we had more.

Riley: Let's get right to the good stuff.

Kim: Okay. Amy. It's all yours. She's got her walk up song coming. (singing)

Amy: You guys are welcome. You're welcome. (singing) Okay. Thank you for indulging me with that. Okay. So yay, you guys are here for the last day. So excited, a little bit sad, I'm not going to lie, because we have been working for months to get this going. And so it's finally here, and we're wrapping up, but we've had so much fun with you guys. Again, we've been doing this for months, and really the last two weeks have been amazing. But just a little teaser, it's not going to stop. All right. So let's talk about the mind map, the six S's you need to be a successful, confident Sandtray therapist. Plus we've got a bonus that I'm going to give you six healing things in a Sandtray, things that you know you need to know when your client is getting better.

Amy: So let's hop into it. All right. So first though, you guys have amazed me at all of your participation, your kind words, your just aha moments. I mean, again, any time, I said this yesterday, I need a rush of dopamine or I'm feeling like oh my gosh, does this matter, what am I doing, I get on Facebook, and you guys show me. So thank you, thank you, thank you. So I'm going to highlight just a few things. This is Kristen Thorne. She talks about workshop one here. She'll "never forget the phrase that we heal right brain to right brain. Wow. Completely different way to frame how important the relationship is." So way to go.

Amy: We've got another one. This is from Ree. Her aha moment, "client borrow our nervous system to help them heal. So it's important we take care of ourselves," hence transformation week, "and left brain, right brain connection with Sandtray. Want to explore these further. Thanks for the training." You're welcome. All right. Here's workshop two. What are people saying about workshop two? Aha moment. "Sandtray helps the client get better fast and process deeper than just talk. The three techniques from today were great tools in the toolbox to be in the moment with the client and facilitate change."

Amy: Make sure, yep, it's on. Okay. So again, yes you guys are getting it! I love it! One of my worst fears is to do all this work and then you be like, I don't get it. What's what we want. All right, finally. This is from Pat. She's been using Sandtray, but have never heard the powerful technique of the I see you tray. If you're watching this and you haven't caught workshop two, go ahead and do that after ... If you're watching live, don't do it now, but they are linked above this video. If you see workshop one, workshop two, if you click on both of those, you can get straight to each of these workshops so you can catch up if you missed them. So she puts, "I plan to use this with a young client who will be terminating session soon. Thanks so much for sharing the information."

Amy: And I mean, I really had a hard time picking out some of the ones I wanted to share with you, because they're so many. So again, you guys rock. Thank you so much. Okay. So just recap here. Again, if you missed them, it is not too late. These will be up until Sunday at midnight. So again, click above me here. You'll see workshop one, workshop two. You can watch the replay. Those will be there, again, until Sunday at midnight. So what did we learn in workshop one? Neuroscience and Sandtray and you equals powerful results. And then two, we learned three new techniques that you can implement in your Sandtray session immediately.

Amy: Okay. Now I am super pumped about this. This is a brand new thing that I've discovered. And I wanted to show you guys. This is a mind map, a map that I'm going to show you of everything you need, the six S's to be a successful Sandtray therapist. Like that alliteration? You're welcome. So I'm going to pop back here, bring up that program, so just give me just a second. All right. All right, it worked. Don't you love it when technology cooperates? I do. All right. So here we go. How to be a confident Sandtray therapist. And I'm going to walk you through the six S's, everything you need in order to know what you're doing.

Amy: And why am I doing this, just to kind of help you guys understand? Because over the years, what I found is there are a lot of you guys who maybe you read a book, took a training here and there, but still don't feel like you know what you

need to do. You still don't feel like you're confident and all that. And so I thought, okay, well what if I tell people? What if I really help them understand everything they need? So this is where this is coming from. All right, so let's start here. One, you need self care. And hopefully you remember why we need self care, because if our house isn't in order and our mirror isn't clean off, it's really going to be hard for that client to borrow our nervous system and provide neuroception of safety.

Amy: So what is involved in self care? We want to have a life outside of work. And it seems kind of like a, I got that. No crap. But for a lot of us therapists, that's really hard, because we are in this job because we love what we do, and it's real easy to get sucked in. So we want to have a life outside of work. What are some things besides doing therapy notes that you really like to do? Okay. Knowing what gives you life. What is something that when you were a five and six year old that you loved doing, and you would do no matter what, and time just seemed to go away? For me, I like to read. At some point I got into painting and doing art stuff. So again, it's just all those things that are very important.

Amy: Another one is time in. Time to be quiet, time to be mindful, whether that's meditation. It could be walking your dogs. It could be all those things. And this may not say, okay, what does this have to do with Sandtray therapy? It has to do everything with Sandtray therapy because you are the most important thing in the room. Lisa Dion has said this about play therapy. I believe it's 200% true about Sandtray therapy. You are the most important thing in the room. So what you do outside of the room does affect what's going on in the session. So this is why we're starting here.

Amy: Time with friends. Even if it's those friends who are also therapists who kind of get your sixth sense of humor, we therapists, sometimes when we deal with the underbelly of life, we things are funny that other people don't get. That's okay. It's nice to have friends, people that you enjoy being with that aren't work related, or that you don't have to be on for. We want to have a healthy lifestyle. And you want to eat healthy and all that kind of stuff, but I'm also talking about getting enough sleep, not being super codependent for everyone, all those other things that you need to, watch what goes in your brain. Those are very important as well.

Amy: And then alignment of time with stated priorities. Now, this is something I have really been working on in 2019 for myself, is when I say the people who are important to me, my family and friends, are most important. Well, a few years ago, when I looked at where my time was going, that was false. Because my time did not, my time was work. So obviously that's not where my stated priorities were. So over the last year, I've really tried to not do as many trainings, to not travel as much for work so that I can be there for those things that are important to me.

Amy: So again, we want to say, oh, I don't have time. Well, do you? Or is it priorities? And when we have our alignment of time with our priorities, that is part of self care as well. And we don't have that cognitive dissonance that happens too, just feeling like oh, this isn't the life I want. Okay. So we got self care here. And don't worry, guys. I know I'm going fast through a lot of this. You're going to

get a copy of this after the training. So you don't have to worry about scribbling all of it if you don't want to. I'm going to send you a PDF of this exact, everything I'm going over. So again, no worries. You're going to have it, just do to whatever with to. You could print it out, put it somewhere, whatever you want to do.

Amy: All right. So we want to also go ... Remember, number one is self care. Two is syncing with clients for the S's. Because we've got to know how to be with our clients. So neuroception of safety, I'm not going to go super into that. If you are wondering that is, remember go back to workshop one. That's where neuroception of safety is. Non-verbal communication. Remember, below the level of consciousness, our clients will pick up on whether or not we're genuine and whether or not we are present with them. So again, this goes back to self care as well. Ability to connect, level one, level two skills. And what I'm talking about there is graduate school skills. And sometimes those are helpful to brush on. Reflective listening, leaning towards, being able to restate communication, not ask why questions. Those are the things that help us sync with clients that sometimes we take for granted.

Amy: For me, if I'm working with kids a whole lot, sometimes I'll go and just watch sessions with Gary Landreth to brush up on a lot of those skills and making sure I'm able to sync with my clients. Reading yourself so you know what is in another's. And this is mirror neurons as well. When we are able, and we'll go into [inaudible 00:16:53] self reflection here a little bit, but when we know what comes up in our own body, we can sync much easier with our clients that way. And then we also want to have experience. And this is where I'm talking about doing your own work. And again, we're going to hop over in self reflection too, is that we know what it's like to struggle. We know what it's like to deal with the hard things. Then that will connect with our clients.

Amy: Now for me, I have a lot of LGBTQ clients, especially my trans clients, who I love, amazing. But I had one of them ask me, "Why do you choose to work with us?" Because where I am in the Bible belt, it's not a super popular thing to be an LGBTQ ally. But that's something that really matters to me, so I don't care. If I go out of business, then I go out of business, because that's what it is. But anyway, I was working with one of my trans clients, and he said, "Well, why do you work with us?" So that's a good question. I said, "One of the things is, I know what it feels like to feel other and to feel like you're born wrong." So I'm not trans. I'm not in the LGBTQ community, but I can connect to that feeling of being born wrong.

Amy: And I've done a lot of my own work around that, so I can use my own experience to bring that up and connect and sync with my clients. So I don't have to have every experience under the sun, but I have to be able to look at my own self and to be able to go deep in order to really honor and hold that space with clients. Okay. So we got supervision or case consultation. Also important. And I think this is true for all of us. I had a professor in graduate school and he said, kind of a true or false. He said, "The best therapist is one who's been in practice for 30 years, or one that's practiced for one year?"

Amy: And of course all of us were like, "30 years." And he said, "Not necessarily." Because you could be doing 30 years of bad therapy. Which some of you guys

probably know people who've been in the game for a long time and you're like, how are you still doing this? So this is why it's important to have ongoing supervision and case consultation as well. So one of the things with this is we have to admit we don't know it all. As therapists, a lot of us tend to be divas, and again, I can talk about that because I am one. I am you. But we have a tendency to be divas about like we know it. We've had a graduate education, and what I know about trauma and blah blah ...

Amy: And that's fine. That's probably very well. But there are so many things that you don't know. And so the ability to admit, that's a good question, I will look into that, is huge. Another one, when you get this help with those tough cases to be able to seek out help, to have feedback. That's huge. Especially if you're going into private practice, or if you're at an agency where you're the only one who does this experiential type therapy, Sandtray, play therapy. Sometimes it's EMDR. Whatever it is, sometimes they're like, what? And you can feel really, really isolated, and you feel like you don't have any support, and why are you doing what you're doing.

Amy: So again, this is why it's important to have a community, which again, that's another S, support. We also want to learn from the best. For me, as I've been in this therapy career, been in part of the business world too, is that I try my best to learn and to seek out, pay money, show up, do whatever I need to do to learn from people I want to be like, and learn from people who are doing things that I want to do. And whether or not it is Bonnie Badenoch in Portland, she's amazing, whether it's Theresa Kestly out in New Mexico. I want out there and said, "I want to sit, and I want to learn from you." We want to see how others work with different theories or issues.

Amy: Because again, sometimes we can get locked and loaded into our own way of seeing things, and that is very unfortunate. Because I feel like so many theories are just different ways of skinning a cat. And sorry if that's offensive, but that's a Southern saying. So it's just different ways of looking at it. So we often have many, many things to learn from other people who've had different theories or issues or all kinds of different ways of doing things. We want to have an open mind and learn from, even if you go, okay, I don't think I would do it that way, but I completely get it.

Amy: We want to think critically about client issues. That's a huge one too. How are we going to think critically and really understand, it is not just that they're a bad person? It may be SES, it may be trauma, and to really come at it from grace. And when I say grace, I don't mean necessarily religion grace. Come at it from a place of, you're a person, and you're doing the best job you can with the tools you have. And so it's my job to help you have better tools.

Amy: Stuff. Sandtray therapists, we love some stuff, right? So let's talk about what stuff you're going to need to be the best therapist. You want a variety of miniatures. And this was on the Q&A yesterday, as far as a different variety of miniatures depends on really your population. But as you start doing Sandtray, you're going to collect, we call them ... What does my shirt say here? Miniature junkie. Yeah. I went to a training one time early on, and a lady said, "Hi, I'm Susan, and I am officially addicted to miniatures." So because we know that

when we get a variety, our clients can heal better. And maybe not better, but they have a better, different, wider vocabulary I guess is what it would be.

Amy: We want to select, not collect. So I was very, very guilty of this early on in my career. And so I'll have five billion different horses and sharks, and then just random stuff. And what I found is that I want to really be purposeful with what I put in there. It's not just the breadth. And Gary Landreth talks about this in play therapy, but I feel like it's very, very important in Sandtray as well. Sand, no you can have wet or dry. In Sandtray, we do not specify you have to have wet. In sand play, they do want you to have wet sand. What I like to do though, and this is best practices, how to be a confident Sandtray therapist, I recommend that you get Kinetic Sand, or Sands Alive to have in your Sandtray room, plus a dry sand.

Amy: It just helps so much if you're working with kids, adults. And that way you don't have to worry about mold or different things like that. So that's something I would definitely look into as well. Space for miniatures. When you start taking this seriously, and you are starting to be a confident Sandtray therapist, successful Sandtray therapist, you are going to carve out space, even in your room. Maybe you only have one room that you have for therapy. So what do I need to do to make space for my miniatures for my population? And people were asking about that yesterday on the Q&A. We've got a blog post that we can post in the Facebook group about the five tips for space deprived miniatures. Or there's also people always posting pictures of the ways that they make space for their Sandtray.

Amy: Because when you make space for it, you become more confident because this is important to you. And then we want to look at quality Sandtray. And this is quality sand and Sandtray. So I probably should have ... So one of the things I tell people, I say, "When you get serious about this, I want you to get a wooden Sandtray." It looks better, for one. It holds up way, way, way better than the plastic. I started off with the plastic one. It's fine. It's cheaper when you don't have a lot of money. But when you start being serious about this, and you can make them, you can buy them, whatever it is. And then I want you to get at least one quality sand.

Amy: And when I say quality sand, I like to order from Jurassic Sand. They're really my number one go to. They're most expensive. I'm not going to lie. But they are amazing with the types of sand, and it's antimicrobial and it's real sand. The second one is Sandtastik Sand, which is also good, but if you're going to get serious about this, you're worth investing in it, and for your clients. All right. So [inaudible 00:26:12]. We've got a support here, another S. Community support. You want to be around like-minded therapists. Because the people who we are around determine who we're going to be, and with the Internet now, it doesn't necessarily mean that it's people in your immediate vicinity.

Amy: It's who is in your head space. Because again, some of you guys go, "I live in North Dakota. I don't have therapists around me. How am I going to be around ... ?" That's the beauty of the Internet, right? So much things I've learned with therapy, in my therapy business, and then just marketing business, and business business, has been on the Internet. It's less expensive,

and then also I get to have the chance to learn from people all over the world. Why would you not want to do that?

Amy: Oriented towards growth. We want to be around people who are on the same trajectory. If you are with a lot of therapists who that's your community support who are burned out and hate what they do, that's where you're going to live too. But just as a FYI, when you start to up your game and you start becoming a different person, what will happen is that system will shift. And it will either shift up with you, or it'll kick you out, or you'll out yourself off the island. So just FYI, I've seen that happen a whole lot my re-certification people.

Amy: You want to feel like you are not alone. Isolation is one of the most horrible things that you can do to a person. I mean, think about when we go to prison. When we put people in prison, what is the biggest thing that we punish them with? Is isolation. And so we don't want to ever feel like we're alone. When I went into private practice by myself seven or eight years ago, when it was just me full time, it was really lonely. And thank goodness I had some online therapist friends that I could go to, because it would be days where the only people I would talk to would be my clients. And then I'd go home to my husband. And with clients, you know it's not a two way conversation, or it shouldn't be. And then your husband, he's great, but there's only so much he can do.

Amy: So it helps if you seek out people like you, either in person or online as well. You want to have trusted resources, people you can talk to. Also humor. We forget this a whole lot. Here at Southern Sandtray, we love to laugh. We do not take ourselves seriously as much as possible, because I think sometimes therapists get too locked and loaded into, what is okay, and we cannot, blah blah blah. And I'm not talking about making fun of clients. I'm talking about making fun of ourselves. Because we get way too serious about all this, because we are people. At the end of the day, we are people helping people.

Amy: And then we want to have validation, because it's really, and again, if you are one of those people who's in an agency setting, or again, even in a private practice setting, when you have a really good session, that's great, but oftentimes the clients aren't like, "You know, you changed my life. Thank you for showing up today and providing your nervous system for me." Nobody talks like that. And especially if you're in an agency setting, oftentimes they're just more worried about, what are you billing, what are you billing, what are you billing? And then it's not validating. So it's important again that we have community support.

Amy: All right. What else we got? We got self reflection. This is a hard one, guys. But this is one of the six S's you need to be a successful Sandtray therapist. Okay. Your own Sandtray work. What? We can actually put ourselves in the sand? That is not fun. But it is absolutely necessary. Your therapy practices. You want to think about, am I doing the best job I can for my client? Have I gotten stale? Am I just showing up? We want to have that self reflection. We want to read for understanding of ourselves. When I say, and if you're not a reader, listen to a podcast, watch YouTube, do something to help really, again, clean off your own mirror.

Amy: One of the things that I've really gotten into is the Enneagram. If you guys are Enneagram people, I'm an Enneagram eight. Kim's a nine, Riley's a two. And it's amazing to really help you understand yourself, because when we understand ourselves, we can understand our clients better. So again, we want to have self assessment. We want to really take stock of what am I doing well in and what I'm not. And we want to accept feedback from trusted sources. Brene Brown says, "We only want to listen to feedback from people who have earned the right to be in that position." So not the critics, not everything, but people who are our support, who we can go, "I'm feeling like I'm like this way." And we don't want somebody to just be a happy clapper club who are like, "You're awesome, blah blah blah blah." Which is great, but that's not super helpful.

Amy: But to be able to say it in a way to where it is understood and trusted. And again, the ability to tolerate silence. This is the second time this has come up. We don't do that very well in our society. But whenever you can tolerate silence in yourself, sit with your thoughts, that's a huge thing to start and continue this journey of self reflection.

Amy: All right, let's talk about skills. This is the last S here. So these are the things that you need to be a confident Sandtray therapist, successful, confident Sandtray therapist. One, you need to know the neuroscience. How the brain works. We covered just a little bit of that on Monday. Again, I teach two days of neuroscience in my ... I do a whole training about neuroscience, because you can just keep going in it. Processing prompts. You need to know how to process what to say. History of Sandtray, why you do what you do, how it came to be. You need to know how to work with adults. We also want to know directive versus non-directive, where do you fall in this spectrum, why are you doing what you're doing. What does it mean? When is it appropriate to use each of them?

Amy: We want to know how to work with small children, because it looks very different than working with adults. What to expect, what to say, how to read what's going on. We want to know how to document. That's a huge thing. Because you could do some amazing work, and if you don't know how to write it in a note, well then the insurance company, or if you get called into court, you're going to [inaudible 00:32:59] hot water. So we want to know how to document what we're doing as well.

Amy: We want to look at themes. And this is, you guys love the crap out of some themes. And we're about to dive deep into some healing themes. But let's talk about some of the things that you need to know about. So healing themes is what we're going to talk about today. We need to talk about connection, bridging, centering, integration, journey, and differing categories. Not going to go deep in it right here, because we're going to talk about it in just a minute.

Amy: We need to know about troublesome things. What are some things that we need to, if we see this, we need to be aware of? So rigid world, fences, if we have chaos, empty worlds, flat out theme. All right. So what other? We need to see what themes happen in little kids. We need to have moving ... Lots of times the kids have moving worlds. We need to be able to identify when is that age appropriate, when is that something we need to be concerned about. Lots of times little kids will dump, and again, when is that age appropriate, and

when is that something that we need to be concerned about. They will do hide and seek in the tray. What is the meaning of that? Stories with animals and metaphor. Again, that's very age appropriate, but how are we going to interpret what's going on with those littles?

Amy: Adolescents? What do we need to know about what happens in adolescence? Adolescents have very black or white thinking because of how their brain is set up. You're going to see emerging of one or two abstract symbols with your adolescents. Lots of times they have friend focus because their social life is very important. So their family's not going to show up as much, and know that that's okay. They also have very polarized thinking. It's very, again, black or white, but it's good or bad, I'm here or I'm not.

Amy: So that is quickly, everything you know you need to have in order to be the six S's to be a confident Sandtray therapist. Again, we're going to send you this bad boy, so you don't have to freak out of having to write all this stuff. So what I'm going to do, is I'm going to click back, get to the PowerPoint, and we're going to go through those healing themes this morning for you.

Amy: Oh. I love it when it works. Isn't that nice? Okay. So this is six themes that you're going to see when your clients start to get better. So I'm going to go through these, talk a little bit about [inaudible 00:35:47] and show you some examples of what it looks like for different ages. And again, what are some things that will start showing up for you. Okay. So this one, actually what I started with, is connection. This is what it looks like when it's not connected. And these aren't any particular trays. A lot of these I just pulled off the Internet whenever I saw different themes emerging. So again, these are just random trays. They're not anybody's in particular.

Amy: But this is what it looks like when they are not connected, no connection. But here, you can kind of see that things are start to be connected. So it is less this or this. It is when things start moving towards each other. You start being connection. So here you see, this isn't necessarily a bridge, but there's a part here that's connected here, that's connected, these different parts of the tray are connected. And that's really what we want to know. Because when our clients start to get better, at first what you will see is polarities, where they will be way far apart, or they're just kind of all over the place.

Amy: But eventually as they start getting better, they will start integrating. And we'll talk about that in just a minute, but they'll start connecting the different pieces. And with this, it's our way to handle cognitive dissonance. If you guys remember, cognitive dissonance is when what we do does not align with how we think, and that causes us to not feel very good. When a lot of our clients come in, it's really the reason they're coming in. So when you start seeing connection of the different parts of their lives, that's something you know that they're getting better.

Amy: This is connection, and it looks a little bit different. It's not quite as nice as the other one, but you can kind of see that there's different parts of this life that are, it's not this or this, that you have balloons that are next to the baby. Then you have hope. And so you can kind of see where it starts weaving in and out.

So when you see that connection, that connection piece, you know your client is starting to get better.

Amy: Okay. Let's talk about bridging. Now this is something that's super, super important. You need to have at least one bridge in your Sandtray collection if you're starting out. I have tons because I have bridges get used all the time, and different kinds of bridges. So again, I would highly recommend if you're getting started, and you can get cheap bridges. You can get them for like a dollar online. You can go to the fairy garden section, aquarium, all kinds of different things.

Amy: So here is a bridge here. So you can see a bridge, and it's the car going across it. And so that is a sign of hope. Because what do bridges do? They allow us to get to places that we wouldn't normally be able to get to. They allow us to go from point A to point B, that we wouldn't be able to otherwise. So it's a sign of hope. It's a sign of maybe there's a process to get there. So let's see here. This is another bridging here. You can kind of see that there is some, like if we're looking at this, looks like it would be a kid. But if you're looking at this, there is still this versus this, but there is a sign of hope because there's a bridge over here.

Amy: So any time a bridge shows up in your tray, you want to know that that is a sign of hope. And this is true for all ages. Little kids will put bridges in, your adults, and so any time I see a bridge, I'm like, oh, okay. We're getting somewhere. That's what we want. It's even better if they're in the center, like here. And we'll talk about centering in just a little bit, but we want to, again, see that there is a bridge. So again, if you're seeing bridging, yay, that's a sign of healing.

Amy: This is another one. So you can see this person actually used two different trays, and bridges the two trays together with a bridge. So that's completely okay too. And you can see how they're connected. Because when we have trauma that happens, you either get chaos or you get rigidity. And so when we start getting better, what happens is we're able to come into that integration state, like Daniel Siegel talks about this. And so we're able to connect the two parts and be a healthier person. And oftentimes, that's represented in bridges.

Amy: So let's talk about centering. All right. This happens with, again, all ages you'll see centering. This is actually one of my trays that I did several years ago when I trained with Theresa Kestly. And this is before I knew about themes and all of the different themes, but this was the last tray that I did after being out there for a week. And so you can see I didn't find my one that I first did, but the other one, the first one I did was pretty scary. It had all the things that you're not supposed to have, basically. The signs of troublesome. That was my tray.

Amy: So here though, you can see that I've got some centering here. There's a light, an energy source in the middle, that you've got differing categories, and we'll talk about this. But this was a much healthier tray, and this was, again, before I knew really about themes or any of that stuff. But when you start seeing things like that, and especially a nest as well. A nest is a sign of life. If you see a nest in the middle, that's exactly what you want to look for. Here are some more centering. You can see that we have a house in the middle. This would be an

adult. You have different parts to their life, but you don't have any necessarily fences or cut offs, and you definitely have a ...

Amy: So whatever's in the center could be one thing. It could be a cluster, but it is an idea or something that is focused in the center, and that is definitely something we want to address. Okay. We have integration as well. What is integration though? That's kind of a big word. So it's very similar to bridging, but without the bridge. That's some of the easiest way for me to look at it. So this would be something that is not integrated, because there's all kinds of different things here that goes boop boop, boop boop. But this is much more integrated. So you can see it looks like it's even sand, the rake, that you have different, even the hand has something in it, the things are coming together. They're using each other.

Amy: That is, again, integration. So you could very easily have a bridge here, but you don't. That's okay. But what we know is that, again, they are coming together. There is a sense of it's not black or white, that we ... Because most of us live in the gray, right? It's not good or bad. It's, yeah, less disorganized. You see less rigidity. This, again, would be more integrated, because you have different scenes here. I don't know if you guys can see this very well, but you've got trees here, you've got some centering here, you've got some vegetation here. So it's not this versus this. Again, not black or white. It's more gray, and it's more how we can use different parts of ourselves and different parts of the tray to bring strengths up.

Amy: Okay. Then, oh, this is another one here that we have integration. So again, you see, think of it bridging without the bridge, basically. So you've got different integration. It's not necessarily, you don't have centering here, but you have a path. You have a journey. And there are parts of the tray that are similar, but it's not all together yet, but it is very integrated. I mean, it's working towards integration. So again, think about bridging without the bridge.

Amy: All right, let's talk about journey. This is something you're going to see a lot. A lot as your clients get better. This could be a directive in and of itself, by the way, to make your own journey. So here is a journey here. You see that we've got a straight journey, all these different statues are in the middle. And so again, we're looking at it, something is leading towards something else. That's really what we want, because a journey is a sign of hope that there's a path, that there is something that is going towards something else. One of the most important things to know is that all of us have journeys. We never fully arrive. We're never like okay, now I am 30 years and I've got it all figured out.

Amy: I mean, if that's you, I would say you're maybe a little delusional a little bit, because none of us have it figured out ever. It's just we learn that, and then we mess up in another way. So again, don't think that the journey necessarily is going to be, and then I'm going to achieve nirvana. No. The client will say, "Okay, here I was here, and then here's where I go." And sometimes they won't even speak it. They're not going to say, "This is a journey." But when you start seeing that in the tray, that's something you want to go, oh, that's a sign of health.

Amy: What are we looking at here? A journey with paths. This is an adult tray, by the way. Kids don't make trays like this. Therapists make trays like this. Some of your adults will. But don't get concerned when you start doing trays and they don't end up like this, because this is more abstract thinking. But I wanted to show you guys an example of a journey. Here's another journey. You can see they've got rocks that wind, and it's a connection here, and it's a path. And maybe it's not all, because you still have maybe some death symbols over here. It doesn't mean that everything's good, but there's a way. Because oftentimes with our clients, they don't even know how to get from A to B. That's why they're coming to see us.

Amy: So when you start seeing their right brain come out and showing you journeys and showing you paths, that means they're starting to get better. All right, lastly. Differing categories. So since the 50s, we have known, like Bueller when they did projective tests, that if you had only a certain, a small number of the major categories. So major categories would be like vehicles, vegetation, people ... I'm blanking. Fantasy figures, those kind of things. If you only had a few of those things, it could be a sign of emotional underdevelopment, or depression. So when we have different types of miniatures, that's something that we want to go, oh, that's really good, because we're using different parts of the brain. We're not so stuck.

Amy: Here is, you can see, even though there's a fence in the middle, you still got a saxophone, you've got a brain, monster, but you're using different categories. So what you would not want to see is that if you have an adult and all they build with is monsters or trucks, something like that. The exception to this is if you have little kids. They will build, they'll be a family or horses or something like that. But even when they start getting older, they'll start having a cage. Maybe they'll have a fence. Maybe they'll have locks. They'll have the queen and the king and a dog and different things. That's what you want to see.

Amy: Even look at all these differing categories here. And we've got centering here, you have vegetation is always good when that comes in. Even if things aren't, again, it's not happy, healthy, everything's oh my gosh amazing, but when you start seeing different types of miniatures come in, that's what you want. It's a sign of healing as well. Even this. We've got centering. We've got some fantasy stuff, some abstract, some vegetation. This is a sign of a healthy tray.

Amy: Okay. So what time are we at? All right, we're making pretty good time. Woo hoo. The six S's of successful, confident Sandtray therapists. Skills, self care, support, self reflection, stuff, and syncing with clients. And there we go. You've got this. Remember, I'm going to send it to you, so you don't have to freak out about not having it. Okay. So I have just the thing that I want to give you to tick off all the boxes that we just went through. Skill, self care, support, self reflection, stuff, syncing. So here's the deal. If you want to be a successful, confident Sandtray therapist, you could do one of two things.

Amy: So you could start reading blog posts, take a class here or there. Maybe you've already done that, maybe you haven't. That's completely a path to go down. You could read some books, try to talk to people on the Internet, get in Facebook groups, whatever it is. That's one way. But I know, ask me how I know kind of thing, is that that will often lead you, it will take way longer, and you'll

get way more frustrated. But that is an option. The other option is to have a path here that can lead you and give you all these different things. And that's where I come in. Okay?

Amy: This is what my people who train with me call me. The Sandtray Yoda. Not a name that I gave myself. It's often even not a very pretty picture. But that's where, what do you think of Yoda? He's the guide. That's what I am. I'm the Sandtray guide to help you know how to get across here. So how are we going to do that? I want you to join me in the Sandtray Suite. So real quickly, I'm going to show you how the Sandtray Suite, which is an online membership program of learning Sandtray, and how it ticks off all those boxes. So [inaudible 00:50:50], let's go at syncing with clients.

Amy: So we get relationship building in the tray, you are going to get encouragement, and we want to really help you go deep and know yourself so that you can have those skills of connecting with the clients. Whether that be through processing prompts that I give you. I have examples of trays, all kinds of different things of how I work that you're going to know how to sync with your clients. We also have self reflection, where each month, and oftentimes, we will have prompts to do your own Sandtrays, and then we give away prizes for those who actually did the Sandtray and put it in the Facebook group, and had the challenge. We also have challenges to grow.

Amy: I give you lots of techniques to help with your self reflection. And then we often have honest, vulnerable interactions, because we want to protect the Sandtray Suite to be a very helpful, and sometimes when things don't go well, you can talk about it. Now, one of the things we don't do in the Sandtray Suite is talk about trays, because we can't put that in a public forum. But we've got an answer to that coming up soon for you guys. We've also got skills. And now we're talking more about where I teach you the five core modules, things that you need. The how, what, why, and then also how to work with kids and how to work with adults. We also get new teachings each week. You get new monthly deliverables. You get to learn from guest experts all over the world.

Amy: So it's not just me. Remember that's one of the things, is I say you need to learn from people you want to be like. So it's not just me talking all the time. I bring people in, because I don't know everything. And then we're always giving you handouts, cheat sheets, guides, anything to make your life easier. Stuff, we're going to tell you must have miniatures. Another thing is that if you join the plus program, we send you miniatures that I hand select, and then I use in my Sandtray, so that you don't have to spend time searching for all those, but you get those mailed to you if you join the plus.

Amy: We tell you how to do smart shopping for miniatures. Remember we want to select, just not collect. The best options for your population, and different Sandtray choices, to walk you through if you're getting started with, do I do a plastic, do I do a wooden, what do I put on here, what kind of sand do I have? We also have supervision and case consultation. And when I say, so it's case consultation, meaning that I give you feedback. So we have [inaudible 00:53:34] where I get on there every month, and sometimes more depending on how many questions we have. If you have a specific question, I'll hop in and answer that in the Facebook. So that's a way to get consultation with me.

Amy: We have a monthly Q&A with our guest experts, like next week we're going to be going live with Paris Goodyear-Brown, and her talking about her trauma play model and how that integrates with Sandtray therapy. We have carefully developed modules that help you move along. We also have self care. So again, in our miniatures boxes that we mail out with our plus program, you get, every time we put a self care item in that. By the way, I'm really excited about this, we're sending out all the miniature boxes to our existing members. Oh, you've got one from last time? The new one? Well, I can't show people.

Kim: Just the outside.

Amy: The outside. So this is what they'll look like. This is the miniature boxes. We recently redesigned this. And I'm not going to show you what's in here because everybody needs a surprise, but it's amazing. So this is full of miniatures, and we include one self care item that is just for you. Because again, it's very important. We also like to do quotes. We do self care days to prompt you, what did you do on your self care day? Community support. So here's where we have an online community. We have a Sandtray, that is just for Sandtray Suite penthouse, and that's for people who are part of the Sandtray Suite, and they get a separate group apart from the free group where you get all of the stuff, and you get more interactions with me and my Q&A people, and again, like-minded encouraging Sandtray therapists.

Amy: So I want you guys to think about this as the Netflix of Sandtray therapy. So you can binge watch all these. You can do it in your car. Because the videos themselves are small. They're not very big. So you can tick that off and feel good about yourself. Here's the Sandtray Suite success path. So again, remember I gave you those stones to help you get from point A to point B. This is how you're going to do it. And it's five modules that you get. And so even after you complete the modules, you still get more things. Because remember, every week we give you a new resource, we have a new Q&A, we have something.

Amy: So when you're finished with these, you still get stuff. So we have the basics, we have explaining the why, we have mastering the Sandtray process, we go navigating children the tray, and then creating confidence with adults. So the modules are made up of about seven or eight different videos that we also transcribed all the videos, so you guys have that to download, because we know some of you guys don't have time to watch, or you just want it to print out or whatever. That's available as well. And then as you go through these modules, you're going to share your success with like-minded therapists.

Amy: So remember, create a support community, that's what we want. So again, what are you going to get if you decide to join? And by the way, this isn't available for right now. I'm not selling you anything today. It's not open yet. I'm just here telling you how I've got something that can help you move forward. So this isn't really a sales pitch, because I don't have anything to sell you today. I'll tell you when you can buy it, but not today. All right. So what you get is more confidence, more community, more clarity, and you get it in a way that matters to you.

Amy: So you are on your terms when you can learn with the people who you are most passionate about. So you can sit in your pajamas, watch the videos, learn Sandtray, without having to go anywhere, without having to schedule out time. You get to do it on your own pace. Now there's some of you guys who say, "That's great, and this is going to be the end of our road together with the transformation week," and that is completely fine. I show up to serve you. But there's some of you guys who are going to want to use this week as a springboard into becoming even more of a transformed therapist and a more confident Sandtray therapist. And how you're going to do that is through the Sandtray Suite.

Amy: So you might be going, okay, Amy, how much is this? Sounds great. It's a lot of stuff. How much is it? There's two different levels. We have the Sandtray Suite, which is where you get all the modules, all the online, all the learning, and that's \$35 a month. If you get the Sandtray Suite plus, which is where you get one of these big bad boys every three months, plus you get the done for you technique like I gave you guys before, the I see you technique. Those you're going to get in addition. Then also what I've heard from my community, a lot of them are interested in going into private practice, or they are in private practice, and so I give you business tips as well in addition to these boxes.

Amy: This is by far the most popular option. So just FYI, when you join, these come out next month. So you'll be getting these as soon as possible. Okay. So it opens Monday morning, July 29th, at 6:00 AM. 6:00 AM is when the email goes out. So that's when the enrollment opens. So how do you join? Also when you join, you get a free miniature ... This has hair on it. Miniature junkie shirt here, just like I have. Actually, the ones now are gray, but you'll get that mailed. Anybody who joins, you get one of these free just sent to your door. So these are super popular. People love sporting their miniature junkie-ness, #MiniatureJunkie. So you're going to get that. Everybody just gets that as a bonus for joining.

Amy: So what I want you to do is to check your email Monday morning, and the link's going to be there to enroll. But this is the thing. Two things. It's only going to be open until Thursday at midnight, Thursday at midnight, and then we close it down for a while. And the reason we do that is because what we've learned over the years is that it's real, real hard to have something to sell and serve. And so if we have it only open for a little bit, and then we can shut it down, then we can really shift what we need to do and say to our members who decided to join us. So that's why we only open it and close it every so often. So I'm not sure when it's going to be open again. We haven't really decided.

Amy: But it is, yeah, we want to really be able to focus on our members, so I don't know when it's going to be open again. But one of the things I wanted you guys to know is that I do have a fast action bonus. And this is something that's only coming up only for those who sign up in the first 24 hours. Because I really believe in this transformation stuff, and I really believe in the power of Sandtray. What I want to do, is I'm going to be teaching you Brene Brown's work on shame resiliency courage and how it can be fused with Sandtray to transform yourself and your clients.

Amy: So again, it's a two hour live training that I will be doing. And I haven't decided exactly the date. It'll be around the second week of August. So again, this fast

action bonus, this is only available during the first 24 hours. And then after that, it goes away. And I do this because I'm a Daring Way trained facilitator, so I can use Brene Brown's stuff and be able to teach it to you guys in relation to Sandtray. So what do you need to do now? You need to get ready to join us for Sandtray. Here's two of our amazing members. We got Maureen and Amy Bradley. This was actually the Sandtray Summit. But these ladies I had never met before the Sandtray Summit, but we always have amazing time.

Amy: So I want you to get in on the fun, join people like Amy and Maureen, and get to have a community from really all over the world. So now, again, a few things I want you to do. I want you to download the worksheet, print it off, use the hashtag ... What is the hashtag? I can't remember what the hashtag is. What is the hashtag for today? I can't remember. My brain's ... #SandtrayThemes. I'm pretty sure it's #SandtrayThemes. #SandtrayThemes, take a picture of yourself with this amazing worksheet. Isn't the hashtag-

Kim: #SandtrayThemes.

Amy: #SandtrayThemes. And again, you're going to be entered to win a \$100 gift card that I will be announcing Sunday night on our Q&A, four o'clock. And so you have now until Sunday night to print it off, tag yourself, tell us your aha moment. So that's what I need you to do. Check your email Monday morning. I'm going to be on the Facebook group if you want to submit questions. If you have specific questions about Sandtray Suite, email support@SouthernSantray, and that's the best way for us to get those questions answered for you as quickly as possible. But regardless, if you have questions about today's training or anything, I'm going to be on there four o'clock Sunday on the free Facebook group answering your questions before we open enrollment Monday morning.

Amy: Okay. So we have our winner from today's live training. And this time, I'm going to be sending you guys Jurassic Sand. Yes. You remember I told you Jurassic Sand was the most amazing sand? So I'm going to send you some for your Sandtray. And so the winner, drumroll please, Cynthia [Rivias Romas 01:03:56] Yeah. So Cynthia, she needs to email us, and so we can-

Kim: She's in Odessa.

Amy: Oh, she's in Odessa? Okay. Odessa, Texas. So send us your address so that we can contact Jurassic Sand to get them to send you some of the premium sand that they have. So you guys are amazing. Thank you, thank you, thank you for going on this journey with me and up leveling yourself through transformation week. And again, some of you guys, this is going to be the end of the road, which is completely fine, but I hope many of you want to keep going with us through the Sandtray Suite. So we'll have lots of stuff coming next week. Remember, Sunday four o'clock, I'll be announcing the winner for the \$100 Amazon gift card and answering all your questions on Facebook live.

Amy: One other thing. If you have missed any of the other workshops, you can catch up any time this weekend. We're going to have binge Sandtray marathon this weekend, so you can watch all three videos. And I can't wait to see all your aha moments, your pretty faces tagged, and hopefully you'll win the \$100 gift card I'll be announcing Sunday. All right. I think that's it. You guys have a wonderful,

wonderful rest of the day, and again, you're amazing, and I can't wait to see all of the positive ripple effects that happen because you decided to take time out of your day and your life to up level yourself so that you can help your clients transform as well. So again, thanks, thanks.

Kim: Woo.

Amy: Oh my God [inaudible 01:05:44] You're cracking me up.

Kim: It's the end of transformation week.

Amy: It's the end of transformation week.

Kim: Let us know how you've been transformed [crosstalk 01:05:49]

Amy: We can't wait. We can't wait. The mailman is coming to get all the boxes. Okay. All right. We will see you guys soon on Facebook, and hopefully next week in the Sandtray Suite. Bye guys. Is it delayed? I don't know. Ask Jimmy.