



Guidelines for Processing Trays

Now in this section, I want us to talk about processing. This is really where the rubber meets the road and where many therapists start getting kind of freaked out about, “Oh my gosh, what do I say now? How do I talk about this? Do I say the right thing? Do I talk too much?” So, in this section, I’m going to give you some really good guidelines to know what to say, when to be quiet (that’s one of the hardest things for us as therapists to do), and then, also what it looks like with little clients as opposed to what it may look like with adults. Now, just as a little preview here, when we’re processing the tray and working with little clients, what it will look like is non-directive play therapy, meaning you’re doing a lot of tracking, you’re doing a lot of summarizing. And again, we’re going to be going way deeper in that in the children’s section of this whole course. But, at the same time, just know that you’re not going to be able to do a lot of traditional processing like you would with an adult with little clients. But again, it doesn’t mean that it’s not working, but it does look a lot like non-directive play therapy in the sand. So again, as a little preview here, when we’re talking about processing with adults, it’s a lot of reflection again. But, they’re going to give you more of a tour of what the world is. They’re going to be able to tell you a little bit more symbols and give you usually a little more feedback and the verbal world than little ones will. But, what I really want you guys to really remember is even if you do all the processing right and you have all these really really good tools, sometimes sandtray sessions you may wonder, “What’s happening? Did anything even happen? Or Why did I do that?” But remember the magic of sandtray and the power of sandtray lies in that right part of the brain, in the non-verbal part of the brain, so even during the session when you are processing with your adults, or your kids, they are getting a lot more than what we’re saying on the surface. So you can rest easy to understand that the magic is happening, the power is happening, regardless of what’s going on on the surface, and regardless of you saying the magic right words. But, just to help you feel more confident, and help you

SANDTRAY SUITE

understand how to work in the sandtray with all ages, we're going to go through and give you some really good hands-on tips and techniques to process these trays with all of your clients.