

Kim: (silence)

Kim: We were going to dance. You're [crosstalk 00:09:42] a much better dancer than me.

Riley: I'm not.

Kim: Okay, music.

Riley: Oh, tat was nice.

Kim: What?

Riley: She cut if off right when you did that.

Kim: Oh, when I did that, we practiced it. [inaudible 00:09:55] Okay. Good morning, everyone. We're super excited for ... Oh, I need a microphone so you can hear me better. I'll put it in the middle. We're super excited all of you are here for day two, workshop two. What's it called today?

Riley: No More Head Desk, Know How to Help Your Client Every Time.

Kim: Every time.

Riley: Every single time.

Kim: Yes. Well, we're super excited, and we loved, loved seeing all of your worksheets from the first day, from Monday. And we loved seeing your pretty faces with them. It really helps us to put a face with a name, and I feel like we get to know you better, so keep them coming for after today. And we'll give you ... Does it say the hashtag on there, or are we going to tell it to them?

Riley: Yeah, the hashtag today is, #SandtrayAnswers. It's on the last page of your workbook.

Kim: Sandtray answers, so super excited. Before Amy comes on, we want to announce a few winners. The first one, let's start with these two. These we did a scavenger hunt.

Riley: Scavenger hunt.

Kim: And we never announced this winner. So we actually picked two of them. So I want to announce the first one, Riley, I'm going to let you announce the second one. And they're going to win \$50.

Riley: For Amazon.

Kim: Amazon. I mean I don't know about you, but I could buy some stuff. So first one, we have Laura Wood. And I'll tag y'all in the Facebook group. Laura, and then-

Riley: Ashley Le Faye.

Kim: Ashley Le Faye. So y'all each win \$50 Amazon gift card. And then we want to go ahead and tell you the winner of the people who shared this from Monday. And I told Riley this this morning, I love picking winners, but I hate it, because I'm excited for the winner, but it makes me sad I can't pick all of you to win something. But alas, we had to pick just one. So [Ree 00:11:49] ...

Riley: Brehm?

Kim: Brehm?

Riley: Brehm.

Kim: B-R-E-H-M. You are the winner of \$100 Amazon gift card.

Riley: And everyone will have another chance today if they fill these out and post them again.

Kim: Yes. And then I think Amy's announcing a winner later for all of you that are on today. So I think that's it. I feel like we should play your walk up song, Amy. Do you have a walk up song?

Riley: She's going to make her own walk up song.

Kim: Just sing it? You want us to sing it?

Amy: No, that would be scary.

Kim: That would be scary. I don't know about y'all, but in baseball, my son has walk up songs when he goes up to bat. So Amy is going to have a walk up song.

Riley: Oh, this is a good one.

Kim: I'm going to pass the torch.

Amy: I do love me some Spotify. All right. So let me get miked up so you guys can hear me. So excited for today. We had an amazing response from Monday, even though we had some text snafus, because that happens sometimes. But got it all figured out, was up at 1:00 in the morning figuring it out. So you guys got what you need, we figured out, we got back up plans for today. So if anything goes wrong, we still got you. Because again, remember guys, I've told you, I keep saying that. I'm a person, and so sometimes I don't do everything. Things happen. So I appreciate you guys being so patient and so amazing.

Amy: We've got the best community ever. So we've got almost, well, we hit over 3,000 this morning signed up for SandtrayWorkshop.com. So yay, okay, before we get started, give you just a little bit of what we got going on here. Is people who are already members of the Sandtray suite, which I'll be telling you about Friday, which is our online membership program, we've got a big map, and we were going and putting everybody who's all around the world who is already members. So we can't wait to even put more push pins on our map where, and again, [inaudible 00:13:53] people from Germany, Sri Lanka, we've got Australia, Trinidad. We've got three from Trinidad. Tons of Canada folks, of course all over the US.

Amy: So again, wherever you're watching from this morning, welcome, welcome, welcome, because Riley makes fun of me when I say that. But hey, whatever. All right, so today let's get started here. We're going to talk about no more head desk. You might be wondering, what's head desk? It's when you put your, it's oh my gosh, I don't know what to do and I'm so frustrated. And yeah, I just don't feel like, it doesn't matter what I do. So we don't want you to feel that way. So know how to help your clients every time. I'm going to give you three of my most used, most beloved techniques in order to help you do that.

Amy: So again, we're here to help you transform into a more confident, connected therapist, and all through the power of Sandtray. So just like with your clients, it's really not you that does the work, it's you being the guide to help them live their best life. That's my job. That's all I'm here to do, to raise my hand and be the guide to usher you towards the amazing therapist that I know you want to be and can be. So how we're going to do that is through the power of Sandtray. Now if you recall from video one, from Monday's video, I told you my story about how Sandtray really saved me as a therapist, because I was on the fast track to burnout.

Amy: I don't think I'd be a therapist right now, honestly. I'd be like selling cell phones or something. I don't know. Because I was, talking about head desk, I was there all the time. So what I want is that, again, that transformation for you. So this is why I get up and show up and do all the things, because I know your life can be different and amazing just like mine is now. Okay. So before we start, hop in to write these three techniques. Remember, if you've missed video one, you guys have the recording for that, so you can go back and watch any time. You're going to want to do that, because that's where we get into really the nitty gritty details of the why behind Sandtray.

Amy: So when I designed this whole week and these different workshops, I wanted to start with the why so that when you know the why of what's going on in the brain, then it's way easier for us to plug in the how and the what, which is what we're going to be talking about today and Friday as well. So again, if you missed that, make sure you go back and watch that. Another thing is that the videos are only going to be available until Sunday night at midnight, and then we take them down forever. So you want to make sure that you watch them. Okay. So we've got three techniques that help you gain confidence in your transformation. One, we've got the jack in the box. Two is the you and me tray. And then third is the I see you tray.

Amy: So again, [inaudible 00:17:04]. What happened when you have techniques that work every time? You have confidence. You never have to wonder what am I going to say, what am I going to do. You get to know whatever happens, you got this. And that's why I use Sandtray all the time, because I never have to be like oh crap, I don't know what to say. What's going on? What should I do? With my littles or my adults. I've got a tool that I can use up and down the age spectrum, developmental spectrum, that works no matter what. So I don't have to be super, super smart, because I'm not. So I'm here, again, the guide to help you be a more confident you.

Amy: Okay. Let's talk about number one here. This is the jack in the box. Some of you guys who may have been following me for a little bit may know the jack in the box. If you do, consider this a refresher. If not, you're going to love this. This is the technique that I use so many times with my own clients. Now you

might wonder, why do we call it the jack in the box? Because when you use it, like the jack in the box, you know how when you crank it, crank it, and then you're kind of surprised every time [inaudible 00:18:16] works? It's the same way with this. You're like okay, I know this works, it works all the time, but then when it does you're like, ooh. This is really cool.

Amy: So that's why we call it the jack in the box. Okay. So again, why do we call it the jack in the box? Because we're surprised. So what is the jack in the box technique? It is a solution focused technique in nature. So for me, I was trained in CBT a lot, but then also as I began my journey as a therapist, I really picked up a lot of solution focused theory, a lot of solution focused technique. And because Sandtray is a natural, wonderful hybrid to help us do that, it helps us be really amazing. Because in Sandtray, we use the language of the client so much, and that's what solution focused wants to do too, is that solution focused theory posits that when we can change the language of the client, we create a new reality.

Amy: And that's really, again, goes in so well with what we know about Sandtray as well. So here's what we do with the jack in the box technique. Oh my gosh. Why is that doing that? That's so annoying. Sorry. Okay. So here we have a jack in the box technique. Hang on just one second. Let me see. Again, live, guys, so let me see if I can turn that off. All right. Nope. It's Instagram. All right. I don't know why it keeps doing that. Okay. Sorry about that. It's the man. So we're going to ignore it and we're going. Do you know what it is? No. Okay. We'll just keep going. It should stop.

Amy: All right. So the jack in the box technique. Ugh. Do you want to see if you can get it figured out, Jimmy? All right. I'm going to keep going. So here's the explanation. Here's what you do. So first, you've got a non-directive tray where ... And when I say non-directive tray, all that is, is you ask the client to make a tray about their world. No right or wrong, good or bad. Directives are when you give them something to say. So you give them something to do, something that is going to help them, say, make a tray about school, make a tray about your family. That's directive. Non-directive is you make a tray about your world. No right or wrong, good or bad. So that's what you're going to do at first.

Amy: Did we get it fixed? Hopefully. All right. Thank you. Okay. So then you're going to process it as normal. So you make a non-directive tray, they build it, and then you're going to process it. Now, this by the way is something you're going to use with maybe your tweens, teens. Not little kids. They don't really build trays like this, they build it very differently. But a lot of you guys ask about how to use tray with older kids and adults, so this is one of those that's going to help you do that. So non-directive tray. Then you're going to process it like you would normally. Then when you're processing it, what I want you to do as a therapist, is you're going to look for polarities.

Amy: And this is, Steven Armstrong talks about this a lot, in that this versus this. You see this a lot, especially in the beginnings of Sandtray. When I said beginnings, of when a client starts working it. Because when they come to see us, what happens is, they're trying to get somewhere, but they can't. So maybe they're trying to quit smoking, but they're not there yet. They're trying to have a better relationship with their spouse, but they're not there yet. So there's really this push, pull, this yin, yang that happens a lot. And you'll see that in the tray oftentimes.

Amy: So what you want to do is, again, while you're processing these, you want to look for polarities. And oftentimes, you'll see something where they want to be. And maybe it's a church, or it's a happy face, or something. It doesn't have to be super abstract. But what you want to do then, is after you process it, you want to go okay, so if you could put anything in the tray, and I have lots, I say, "I have lots and lots of miniatures. You see all these miniatures. So what I want you to do is go over to the miniatures, pick something, one thing at least. If you want more than one, that's fine, that's going to help you move forward just an inch towards where you want to be."

Amy: That's all. That's all we want to be. It's not going to solve over night. We're not going to do all the things. One thing that will help us do it. Now why you want to do this with the miniatures is because when you use the right brain, remember it doesn't get to talk. It doesn't get expressed other than words and images and different things like that. So when you're allowing the right brain to come online, all kinds of creative solutions occur, which that's why we want the client to use the miniature. So what will happen is they'll go over there and they'll go, "I don't know." I get you don't know, because if you did, you wouldn't be here.

Amy: Because the left brain, remember it goes, I don't know. I don't know what to do. That's fine. I said, "But just give it a chance. Just go over there to the miniatures. If you don't find anything, that's okay. But I want you to try." So they'll go over to the miniatures and they'll look, and they may just [inaudible 00:23:58]. But then they find it, and they're like, oh, okay. And they put it here. Maybe it's a paintbrush, or maybe it's something like that. And then what? So then they're like, okay. I just did this last week with a client. She had where she wanted to be versus where she was now. It was a non-directive tray exactly like the jack in the box.

Amy: And I said, "Okay. What's one thing that you can do within the next two weeks to help you move towards this happy, healthy home that you want?" She said, "I could paint my bathroom." Okay. Well, let's find a miniature. So she had, like I said, a paintbrush. That's her homework, then. So it's something she's created that doesn't rely on me, and it's because for us, we could say, "Oh, just journal or this or this." But that all comes from us. If it comes from the client, from the internal part, they're going to have a whole lot more chance of following through with that. And then they're going to be, say something that's doable for them.

Amy: Because what may be doable for me isn't necessarily doable for them. So again, it cuts out the guess work for you. By the way, [inaudible 00:25:12] that client, she did paint her bathroom, and started painting a different part of her house too. I mean, she did it and then some, and was super, super proud of herself. And that's something that I wouldn't have come up with on my own. But because I used the jack in the box, she was able to see progress in a way that meant something to her, and then it helps us really speed therapy along as well.

Amy: So you may be wondering, okay, what does this look like? So this is a session. This isn't an actual client session, but this is my best friend Rebecca. You guys heard me talk about her in session one. I talked to her Saturday and she said, "I feel like I'm your Gale." And I was like, "Maybe, but whatever." Anyway, this happened several years ago. She did not know what was going to happen. I just

had my video guy, I said, "I want you to film this," and just again, this wasn't scripted or anything. Rebecca didn't know what was happening. But this often is very much like what happens when you use the jack in the box technique. So I wanted to show you guys this video.

Rebecca: Okay, so I decided to do a tray around the New Years so far. So over here represents the beginning of the New Year. You can't see it, but there's a compass over here. Just really excited, all very positive about beginning the New Year. And these are some goals I set for myself, which I realize now I probably bit off more than I can chew, but this was I wanted to learn Spanish. I downloaded an app to do that. I'd like to read more. I have a long list of books I want to read. I wanted to take time and pray and meditate, which I had not been doing lately. I downloaded an app to read the Bible in a year, haven't even started it. Go to church regularly, and fully participate in my home congregation, and I joined the gym so I can lose some weight and get in shape.

Rebecca: So all of these are really good and I'm really excited about them, but I find that there's this tremendous barrier of time between my joy of the New Year and actually connecting these two. I did it for about a week, I just can't do it consistently because I feel like there's just not enough time to get it all done. It's really very frustrating.

Amy: So you've done really well with identifying what is keeping you from moving forward into this wonderful, beautiful life. So I know I probably tried several, several different things so far, but it probably sounds like nothing really has worked. So I want us to try to do something a little bit different, and I want you to use the miniatures. You can see all these different miniatures. And so take your time and see if you can find one thing that may help you move just even a little bit forward where you want to go. And I'll just be sitting here, and you let me know when you're ready.

Rebecca: Okay. I can do that.

Amy: So tell me a little bit about what you picked here.

Rebecca: Well, as I was explaining my tray to you, a couple things stood out to me. One was the clock that I had in here was so huge and so overwhelming that I couldn't even see the compass. I couldn't even see the way I wanted to go. And I guess, and this was a little bit more hopeful in that there were paths that can hopefully get me there. But the only thing I saw was this ginormous clock. And I guess I began to feel like it had more power than it needs to have. I don't know if all of these are realistic. It's a nice idea. It's an aspirational goal. But I think one of the things that'll help me at least feel a little bit more peace about it, if I can remove some of the power that the clock has had and make it a little bit more reasonable, put a smaller clock in the middle.

Amy: So it sounds like nothing was going to have to really, really majorly change in your outward world, but how you perceive is going to make a huge difference. Because even when I look at this tray now, it looks much more connected and much more hopeful. And I wondered if that's how you're feeling as well.

Rebecca: I do. I still feel like I've got to make some decisions about what's realistic and not realistic. Maybe I can go to the gym, but I'm not going to look like this, so I can push myself a little less and just plan on getting in shape. I may learn some

Spanish, but I'm not going to master the language in a year. But maybe I can just get down some basic vocabulary. And instead of reading the entire Bible, maybe I'll just read it more, to kind of give myself a little bit of a break about ... There was just a lot of intensity around all of the things I was telling myself I had to do or I should be doing, and around the power of the clock that was keeping me from it.

Amy: Right. So you were able to really figure that out for yourself just by doing the process of [inaudible 00:30:34].

Rebecca: Yeah. Exactly. I walked into this being very anxious and overwhelmed because I just felt like there was not enough time to do it all. And I realized part of that fear is just living in my head.

Amy: That's pretty powerful.

Rebecca: Very. Very. I feel like I have new hope, and I kind of know what direction I need to go in now.

Amy: So amazing, powerful stuff. Again, that's exactly how it often goes during your sessions with your tweens, teens, adults. So again, when we allow the right brain to do its thing and express itself, answers come when they're not available to the left brain. So this is again the power of the jack in the box. So maybe you're wanting to see, okay, what about this with a teenager though? Because Rebecca's an adult. She's very well spoken and things like that. But how does this work with teenagers? So I'm going to show you. Here's a case study. I'm not going to go into the huge background of this client, but this was about the second session that I saw this client.

Amy: At the time I saw her, she was 13 years old. What I actually did with her, is I actually gave her a directive, because she was really nervous about the Sandtray. So we did the jack in the box with a directive, which is completely fine. But I gave her a directive. I said, "Show me what school is like for you." So then what she did, she and her best friend, and she said, "Here's all the bullies." So that's a pretty powerful image. So again, then you're going to process it like normal. So I was like, "Well tell me more about that." So she really went on to expand on what the bullies felt like and how they were, against she and her best friend.

Amy: And so I ask her, I said, "Okay, so," again, the jack in the box. "What would be one thing, one miniature that you can put in the Sandtray that would help?" And she picked the Jesus figure, which I was shocked by because one of the things she and I had talked a lot about is that she was really struggling with the faith that she grew up in. But she picked the, and again, it's something that I wouldn't have chosen for her, but she did for herself, so it was very, very powerful. So when she put that, I said, "Okay, so." She said, "Well, if I pray, Jesus will help," that kind of thing.

Amy: So what's going to happen then? She said, "Well, the bullies won't have as much power, and then me and my best friend will be able to stand up more and not be like these frightened characters that you can see here." And so again, this is all during the processing of this session. And so then I was, "Okay, so then what happens? When you have more power, and Jesus is able to come in, then what happens?" She put the peace here. So she goes, "And then we'll feel better.

We'll have more peace." I was like, "Wow. That's amazing." So again, what was her homework? To really explore how she was going to use her faith to handle the bullies at school and use that as a coping skill.

Amy: Again, that came from her. I would have never gone there with her, because from what she had told me before, she was really struggling with this. But she says, "It's going to look different," is what she pretty much told me, "from what I grew up in. But I still have that." So again, we were able to elicit solutions where there were none previously all through what the client's words are, which is very traditional solution focused. Okay. So let's jump to technique number two. And this is what I call the you and me tray. There's two variations of this. I'm going to walk you through two different ones that I use both ways. So hang on here. I use this a lot in dyads.

Amy: So this could be with a couple, a teen, tween, and their parents, whatever, but this is very helpful if you're working with more than one person in the same tray, especially if they are in relationship with each other, such as our parents and teenagers or couples or whatever. Okay. So we're going to set some guidelines here, boundaries, whatever you want to call, to remember about the tray before getting started. This is what I tell, when I do this, I set these boundaries, these guidelines, before we even start because I know that when I have a person who's in a dyad who they're in therapy because of the contentious relationship they have, I've got to set some boundaries and some guidelines before I put them both in the tray, or it'll blow up in my face, and I've had that happen before.

Amy: So again, ask me how I know. Okay. Number one. You can only move the miniatures of another person with permission. Because what will happen, is you get a really big personality, maybe of a wife, and she will start moving all the things of the husband, or vice versa. Well, no, you don't get to do that. That's not here. Or the child, parent, so you can only move the miniatures with permission. When one person is talking, the other person will listen and be respectful. Now here, you will often have to really operationalize what that is. What is listen and be respectful? Because that may look very different for me as it does for another person.

Amy: So maybe we want to outline some of those for each client to really get, what does listen and respectful sound like for you? And to really, you never want to take anything for granted, especially when you're going to put a dyad in the Sandtray. So if any of the breaking of the rules or boundaries, whatever you want to call them, occur, such as yelling, disrespectful behaviors, the session will cease with a plan from the therapist about what happened and how to make it better, with the goal to get back in the Sandtray. Because sometimes when you put two people in the Sandtray, you stir up all that right brain trauma and all the conflict, and it starts coming up to the surface.

Amy: And sometimes we may have to take a break and step out of the Sandtray, and that's where we as a therapist come in and we take over the session, and we'll help deescalate the conflict and help them understand each other. But the goal is always to get back in the Sandtray. So with boundaries, we have to have consequences or it doesn't matter. So this is really the consequence of the ... So we do all that before we even get the Sandtray out so that everybody knows. Which again, ask me how I know.

Amy: Okay. So with this directive, you're going to split the tray into three different parts. You can do it with a ruler or just a line in the sand. I just do a line in the sand where I have a third, a third, a third. Okay? So this is the first version I'm going to tell you here. So both the parent, and I'm going to use this just an example of the adolescent. Will place the miniatures in each part during this version. Okay. So in the first section, both need to place the miniatures that represent themselves and how they are now. Now, this is the difference though with this. What I want them to do though is to represent not just them, but how they see themselves in relationship to that person, and how it feels to be in that relationship with that mom, if we're talking about a parent, a mom and a teenage daughter, I've done this with a ton of times.

Amy: And so that is going to be the first part. In the farthest section, the very opposite, both place representations, miniatures, of how they want life to be in the future. So what do they want their relationship, what do they want for themselves ... If this, it's kind of a miracle question, remember we're doing solution focused stuff today. So if this works exactly how you want it to, what's that going to look like? Do that in the opposite part. Now for the last, you still got the middle section. I'm going to show you a picture of what this looks like. Both will build in the middle tray of one thing they can both do, or one thing that needs to happen to get to this world they want.

Amy: So again, this is why we started with the jack in the box, because you can use this in all different ways. So I will use this a lot in the you and me tray for sure. So let's think about a little bit how this is going to work, and we'll come back to that. Okay. So here we've got a you and me tray. So I recreated this. This is a tray that a 13 year old girl did with her mom. And so this was how their relationship was now. How they saw themselves, what the relationship felt like with being in relationship with the teenager, the teenager did it, and the mom. If you can see that, there's a lot of abstract kind of thing, because mom was really, really involved in doing this. The girl kind of did it begrudgingly, which happens sometimes.

Amy: So mom said it felt like she was always on a merry go round, and she never got much done, never got any, a place that really hurt her heart, that she and her daughter were having such difficulties. The daughter was a cheerleader, so she put her cheer because that was her thing that she did. This daughter put this angry face because they fought a lot. This is what she, I think, yeah, she used this for herself, the 13 year old girl did, that she was tangled because although it was a step mom entangled, she felt like her mom kind of always kept her away. And this is her mom put this, is that she feels like she's always trying to bring her daughter back.

Amy: So again, very telling tray. Not super surprising. So on the other end, this was harder for my folks for sure, is what's it going to look like if this works? What's that going to look like? So mom, again, was kind of the leader with this, so she immediately had a cross. She wanted them to go to church together. She wanted them to be able to have that relationship that they did when she was younger. And then daughter put this happy face. Remember, she's 13, so we haven't really gotten into abstract thought as much yet. So it's not surprising that there's a happy face here. And then the mom said she wanted to go on cook outs, wanted to camp like they used to. And this was the daughter. She said that she wanted to be left alone and watch TV.

Amy: Again, not super surprising. So the challenge though was having them come together and make is that what is realistic and what can occur if a certain action were taken. So the middle part here is what can we put in here that will get us one step towards this future that we want? So what they did, is when they were talking, they both really liked to do art things together, like Pinterest and stuff. So they put that in there. They also really like music, like musical stuff, and then they have an upcoming beach trip. So what the things were here had to do with spending time together. And this is what you'll see a whole lot with these relationships. Oftentimes they want to be seen and heard.

Amy: And so what we had to do is to really develop, and my job then was to go, "Okay, guys. So what do these have in common? They have in common time. So what can we do to be seen, felt, heard, with each other?" So it doesn't mean that it's going to automatically look like this, but when we can start developing these relationships in a concrete way, then change can happen. Because otherwise, what happens is mom will go, "Well, I just want to spend time with my kid." And she'll go, "No you don't. You just want to gripe at me all the time." Well, then you can see how that would spiral into fighting.

Amy: But when I say, "Okay, I want you to choose something that would help you guys move towards this goal, then what's something that you can pick?" And that's where they landed. So then their homework was to, okay, I want you to do one Pinterest project together. It was amazing, right? So the other iteration of this, and I'll go through this a little quickly, because it's very similar, is that this is that you have each person in the dyad do their own part of the tray. So this was actually a tray that I did with a mom and a 16 year old girl. So the directions are is to make a tray about how you view yourself in the relationship. But the difference is, is that each person has a side.

Amy: So you're not making a preferred future. So this was mom's side, this was 16 year old daughter's side, and how she felt, how you view yourself in the relationship. So then mom said she felt like she was a mother, that's one of her big identities, but she also said she felt like she was a pocketbook. Church was very important to her. This is actually a well. It opens up, and she said, "I feel like it's never ending, this being a mom stuff, because I don't know how to parent this 16 year old girl." She also, one of the things that they constantly butted heads about was leaving for college. So that was something that was brought up a lot.

Amy: "And beware," she said, "that I never know what to say or do. So I'm always beware, because at any time my 16 year old can become this person I don't know." So that was very, very telling. And so again, she got to talk about her. Then it was daughter's turn to talk. So again, 16 year old, it's not very surprising. She said, "If you would have had a computer, I would have put it there," because that's something, she's always on her computer. But she said, "I'm nervous. I'm scared a lot. I don't know what it is. I do want to go to church, but I don't want to do it like what mom says." She wants to travel a lot. So you can see how these two things are kind of connected here.

Amy: But she said, "Mom doesn't want me to. I feel like she wants me to stay a little girl a lot." She really liked Hunger Games back then. She liked music, and of course money was something that's important to her. So again, during these, it's the job of the other person to be quiet and to remain listening, and not to hop in. That's really, really hard for some people, but that's really their jobs, to be

seen and to be felt seen and heard. And then in the middle then, you do kind of the jack in the box, like what we did with the other one. Choose one thing that's going to help move you towards each other. So for this, and again, you can see these same things really come out.

Amy: Mom picked the cross, that she wanted her to go to church with her once every other week. Okay. So maybe we're not going to be all the church going like we were when she was younger, but maybe it's going to be every other week. They also really like to binge watch TV shows together, and that's something they had not been doing. So that's what daughter picked here. But if you can see, and this is actually something that I chose, and I asked them if it's okay if I can put this in. But you can see it's a time, like an hourglass. Because I said, "What I see here is time. You guys both want time with each other." And by [inaudible 00:47:36] session, mom's crying, and girl's a lot less defensive. And so it began to be solutions, again, where some were not. And that's the you and me tray.

Amy: Okay. So now let's talk about three. And this is the most controversial technique for sure. For sure. Because it breaks the conventional rules of Sandtray, but for a reason. And one of the things I want you guys to know, is you've got to know the rules before you can break them. Because if you're going to break rules, you want to do it for a reason, not just willy nilly, that kind of thing. So you only use this after you've been working with a client for a while. So just FYI, this is absolutely not something you're going to be doing the first or second session. So this is called the I see you tray.

Amy: So with solution focused therapy, we assume that we know the client very well. And if you guys remember what percentage, 67% is due to the relationship. So again, remember, we've been working with this client for a while. I often do this at discharge even, near termination or discharge. And again, we're going to work on using the language that we know the client has used. They're going to feel felt. All these amazing things are going to happen when we use this technique. So we can say, and we can do a lot more things than we would normally, when we have that cocoon of unconditional and positive regard. So think about it as far as your best friend. She can probably say more things to you than some stranger off the street, or a colleague or whatever, because you know that she loves you, and you have that unconditional and positive regard, so she may be able to go to a different place than someone else.

Amy: Same with your client. When you've been working with them for a while and they know you and you know them, then you can do things that you wouldn't otherwise do in the first part of this relationship. So again, I see you tray technique number three. I say, "Today, we're going to do something different. I'm going to be the one in the tray." And they kind of go, "What?" And I'm like, "I know. It's going to be weird, but I want you to go with me." So again, in this I see you tray, we, the therapist, are the ones building the tray for the client. We're doing it for the client while the client is sitting there. It's amazing. So let's talk about why. Before we get into what, let's talk about why.

Amy: One, if you guys remember from video one, we talked about GABA is released when someone feels felt. What is GABA? It's the same neurotransmitter that Xanax works on. So it's a braking system in the brain. It just calms the system down. So when we can provide that for our client and we really allow them to feel felt, it repairs brain trauma. And again, it has a calming effect on the whole system. So another thing that you want to do when you talk about,

you're going to use the same language, such as the miniatures, as your client has used throughout the session. So you join their world in order so that you can create a new one, because you're seeing them, you're feeling felt, and then all of a sudden when you join them, it becomes a new world than what it's been before.

Amy: Because they see themselves differently. And when you see yourself differently, you see the world differently. So again, this is powerful, so [inaudible 00:51:39] we have to be responsible when we're using Sandtray at all. Because as we know, Sandtray's just not a willy nilly, let's just put some sand and let's get ... No. No, no, no. It's a powerful technique that we have to learn how to do with our clients, especially when there's trauma involved. So this is why you need training, you need to make sure that you know what you're doing before you show up and just start doing some of this.

Amy: So again, I say, this is powerful, but the good news is, I've got tools to help you learn how to do this. And I'll be talking more about that Friday and next week for sure. So don't worry, I'm not leaving you on your own. Okay. So why do we need to have a relationship with the client? So they can trust what we say. One of the things I want you guys to do when you do this is, I want you to use it as a journey, meaning that where they were oftentimes when you first saw them, versus where they are now. So you're going to highlight different things. You're going to highlight then versus now, where you were at the beginning versus where you are now.

Amy: You're going to highlight agents of change. And what I mean by agents of changes is things that they have done in their life to help them move along. Because again, when we are in a different place, we oftentimes just kind of take for granted, like oh yeah, well I'm here. This is just what it is. No, there's a lot of work that goes into getting you where you are. Like when you graduate, oftentimes we'll graduate and get licensed and all that, and maybe we've been practicing for a few years, and we kind of forget sometimes all the things that we had to do, the hurdles we had to jump through in order to get where we are. Same with our clients. So we want to highlight that.

Amy: If they began to exercise more, put an exercise box there. If they began to use better communication, put a talking person. Whatever. So you want to develop those skills. We want to highlight the positives. We don't do that a lot as adults for ourselves, but we want to do that for our client. And again, the other thing you want to include here is the future of where you see them. So where you see them going. So again, this is why it's important. If you do this I see you tray, I like to do a journey so that you can incorporate all these different things. Especially, again, if I'm doing this at a termination session, or if they're getting ready to discharge, I want to show them where I see them going.

Amy: So when we're talking about this, I want you to really think about what it feels like to be truly heard, to be seen and heard. It's really a gift. [inaudible 00:54:29] doesn't happen in our everyday life. Everybody's busy. We all have our stuff. Everybody has their agenda. And that doesn't mean that anything's bad. We're all just trying to get through life, get our own needs met the best we can. But in therapy, that's how we are different, that we show up without an agenda. We show up with unconditional and positive regard for the only reason that we're there is to help that client be the better version of themselves. So

when we can do that in the Sandtray and show the client how we see them, oh. I get chills just thinking about some of these sessions when I've done this.

Amy: So again, Sandtray isn't just a one and done. We have to have respect for the power of working with clients with the whole brain. So when we have respect for the Sandtray and we know how to use it, and we use some of these powerful techniques that we've talked about, what will happen is that progress will really leap forward in ways that never, ever, ever happen with just talk. And I tell people, when they say, "Why do you do Sandtray?" Well, I do it because my people get better faster, and I go way deeper with them than just through talk therapy. So it's kind of like, why not? Why would you not do it?

Amy: So what are we going to do now? What's coming up? So now I gave you the three things. If you remember, we have our jack in the box, the you and me, and the I see you technique. And then in video one, we talked about the neuroscience. So you have the why, you know the what, and then in video three, we're going to talk about the how. So video three, which is Friday, it's going to be a little bit different and I'm really excited about this, because I've never done something like this before, so hopefully. And this is because it comes from what I've been listening to you guys over the last several years.

Amy: A lot of you have asked me over and over and over, "How do I get to be like you?" And I'm like, "What do you mean by that?" Because there's a lot of things you probably don't want ... But anyway, they mean to know your stuff, to be confident, you come in. And I was like, "Well, there's this, then there's this, then there's this." No. So that's not helpful. So what I've done, is I'm giving you a map, and I'm going to walk you through everything you need to know, do, say in order to be a confident Sandtray therapist, to be that person that walks into their Sandtray room and knows, hey, I got this. Or any therapy space. I got this. So I'm going to give you a map, and we're going to walk through, then I'm going to give you a PDF of the map, of everything you need.

Amy: And then as a bonus, part of the map, and this is kind of to give you a little preview, is we talk about what skills you need. So there are certain skills that you need in order to be a confident, effective Sandtray therapist. So one of those skills, just one, and there's a bunch, but one of those skills if you need to know how to read the tray in regards to themes. So what I'm doing as a bonus, is I've pulled out six of the most common healing themes that you see in the tray, like how you know when a client's getting better. And I'm going to walk you through each of those and show you pictures about okay, what does it look like when the client starts getting better. And you're going to be able to take those home and implement that in your practice as well. So I'm really excited about Friday. Oh yes. Okay. Thank you, Kim.

Kim: You're welcome. [inaudible 00:58:17]

Amy: So number one. What I need you guys to do now, complete your action sheet. You guys hopefully have printed this out. If not, you're taking notes, you can type it in the computer, whatever. Just like you did before, post a picture of you with the completed action sheet from No More Head Desk. And I want you to use the hashtag #SandtrayAnswers. Because remember, the more you share it, the more times you get entered to win. And we'll be giving away another \$100 gift card from Amazon. Who doesn't want that, right? Do you know how

much stuff I can buy ... I do buy off of Amazon? Kim was like, "Do you know how many pairs of sunglasses you have?"

Amy: I'm like, "Yes, because Amazon gets me on the sales." Anyway. Okay. So that's what I need you to do before next time. Print off your action sheet, take a picture, tell us your aha moment. So tell us your biggest takeaway and how you plan to use these techniques. But now what I want you to do, is I want you to go ahead and do this in the comments now. Tell us right now, tell us your biggest aha moment. And so Kim and Riley are in the other room. They're going to be going through the different aha moments. And whenever, just in a minute when we pick the winner, we're going to mail you guys a set of Pretend Professionals.

Amy: So we have these in all of the different Sandtray spaces we have in our office, because they're the occupations guys, and they're really, really good and they stand up, they're very sturdy. We also have a family, it's an African American family, which sometimes if you've been collecting miniatures at all, you know sometimes it's harder to find non-white representations of our clients. And so this is also amazing, and they hold up really, really well. So we're going to mail whoever wins just now, just like we're getting ready to mail the tray for Monday, we're going to mail you some miniatures, and we'll probably put some other cool stuff in there too. So just FYI.

Amy: So then Friday, what's going to happen is you're going to get a complete map of what it takes to be a confident Sandtray therapy, plus a bonus training about the six things you need to know for how you can tell when your client's getting better. Okay. So let's see. Once you understand this stuff, and you understand themes, and you understand what's going on in the brain, it feels like you have a magic decoder with your clients. Who doesn't want that? Remember those magic decoder rings. That's exactly what we want. So why would you not? Why would you not show up and get this amazing information? Put it in use with your clients. Everything I've written is that I want you to use it today, tomorrow, whenever, with your clients, and let us know how it went.

Amy: So again, we want you to have that magic decoder ring for sure. So let me see who's winning our miniatures. Let me step in, and we can announce the winner of all you amazing people who are on live. So one second. [crosstalk 01:01:49] Oh. Where? oh. Well, does she know who she is?

Kim: That's her name on there.

Amy: Okay. Amy S. Amy S. So whoever is Amy S. on the chat-

Kim: If there's two Amy S's ...

Amy: If there's two Amy S's, we'll figure it out. But Amy S, I want you to email us, support@SouthernSandtray.com, where we need to send your miniatures. And then we'll get them mailed off here pretty soon. But in the meantime, if you're not Amy S, you still have a chance to win a \$100 gift card from Amazon. Remember, complete the action sheet, post a picture of it, use the hashtag #SandtrayAnswers because that's how we search and how we figured out who gets entered to win. And if you do it on Facebook and Instagram, you get entered twice. Okay. So I think that's it for today. Thank you. You guys are amazing. I love all your energy, all the stuff that we've done, and you guys

know, in the free Facebook group, we have over 6,500 therapists now from all over the world.

Amy:

So I can't wait to see the way that you are changing and you're going to change your clients' lives through Sandtray therapy. So again, you are in the right place. We're going to work on transforming you, and you're going to be the best version of a Sandtray therapist possible. And I will see you Friday. Oh, one more thing. Tomorrow, 4:00 Central Time, we'll be doing another Q&A. So we will be pulling out all of the questions you guys asked today, and if you have more questions, just send us an email. And I will be on tomorrow in the free Facebook group at 4:00 answering all the different questions. So don't worry. I'm still here, I'm still going to be answering questions. So because again, without answers, it's often hard to know what to do. So again, don't forget, tune in tomorrow, share, tag, win. I'll see you guys Friday. All right. Bye.