

Kim: Are we really live?

Riley: Are we... As you can see.

Kim: Riley was supposed to wear her Sandtray Workshop shirt, but she didn't. It's okay. We'll forgive her. So, we wanted to get on and oh, I can hear myself, answer a few of your questions. So, we're going to start here in just a few minutes. We want to make sure your sound is working. So, type in the chatroll, I don't think you'd do emojis. So, tell us if you can hear us right.

Riley: You should be able to hear us by now. If you can.

Kim: Yes, hopefully.

Riley: Make sure your volume is on, on your computer.

Kim: Yes.

Riley: Turned up, all that kind of stuff.

Kim: And if you're having troubles with the video, try a different browser x out, work to sign back in. Riley where can they find this?

Riley: We put the link to the workbook for this first training up in the chat. So just scroll up, you'll see Kim put the link in. If you couldn't find it in your email, you should be able to edit it on your computer or print it out, fill it out. You're going to want to do that because at the end there's a chance to win some good stuff. If you fill this out and show us, you filled out one after the training later on.

Kim: I'm excited. And someone that asked if they were supposed to fill this out before. No, this is to do as Amy is talking. So, we're super excited about all that, Riley did an amazing job with it. We also wanted to shout out a few of you because y'all been telling us where you're from and this just blows my mind, again how Sandtray has just, it extends barriers and cultures and everything. You are just coming from all around the world to train here with us so we're super excited. So, a few Idaho, Europe, Croatia-

Riley: Croatia.

Kim: Jamaica. That's awesome. United Kingdom. You want to say some.

Riley: We've got some people from Malaysia, Canada, Nova Scotia, California, New York, Texas, even some of our own Jonesboro, Arkansas have joined us today.

Kim: Yep. So let's see. It's 9:58, I'm going to... Amy said like five seconds ago, she was like, "Why don't you introduce me?" So, I'm like, So, how should we introduce Amy, with a song?

Riley: [crosstalk 00:02:11].

Kim: I'm just kidding, you don't want to hear me sing.

Riley: Welcome, welcome, welcome to the Amy Flaherty.

Kim: The Flaherty, whoop, whoop. Oh, I've got to give you your microphone.

Amy Flaherty: My microphone.

Kim: We did not practice this.

Amy Flaherty: Yeah, this is unfiltered, right?

Kim: Unfiltered.

Amy Flaherty: So-

Kim: Also sorry.

Amy Flaherty: One more thing.

Kim: If you have questions, tap it in the chatroll and Amy's going to answer them tomorrow.

Amy Flaherty: Tomorrow, yes. So, one of the things that we wanted to do is to make sure to adhere to the time restraints as much as possible. Because I know you guys are all super, super busy and you have clients and all this kind of stuff. So, I'm going to teach, teach, teach today and then tomorrow, what I will do at four o'clock central, remember that's Chicago time. I will be in the Facebook group answering the live questions. So again, the only people that will get recordings of this is that if you're signed up for sandtrayworkshop.com, but it's just easier if I can get on Facebook live and answer a bunch of questions, give a bunch of value because again, I'm here for you.

Amy Flaherty: So, Riley and Kim, I know went over the worksheets, and make sure you've got these handy dandy things. By the way, I'm just giving you a little preview here. We are going to be doing a giveaway during this. I want to show you what we're going to be giving away. And I'm not going to tell you what happens, how we're going to give this away. But this is an actual Sandtray. I use these all the time.

My husband built these. So, we're going to mail one of these bad boys to you, from, to wherever you are.

Amy Flaherty: So, I'll be telling you how you're going to win that. We've also got lots of prizes coming your way. So super, super excited that we're actually going to give a hundred dollar gift card to Amazon so you can buy all of the miniatures or whatever you need. So, I'm so excited. Thank you. Thank you. Thank you for being here. If you're watching this later, yes, way to go. You guys we've been working on this for months trying to up our game, make sure we get you the best Sandtray training possible from wherever you are.

Amy Flaherty: And so as we talk this morning, I'm going to start out telling you about me because I get this question a lot. And I know for me it helps me understand some... What people are saying, we going to water here, if they really know the story behind it. So, but first we're going to talk about unlocking the trap door, using the power of neuroscience sand and you to help your clients heal.

Amy Flaherty: So, this number, 67%. As everybody know 67%, what this number would even have to do with therapy, just curious, if you know, tap it in, give you a couple of seconds to tap it in to the chat in the bottom. So, this is a pretty significant number here and I want you guys to remember this number when you are feeling like I don't know what I'm doing. I don't have anything to say. All these kinds of things. So, lets think, what is 67%. 67% of the success in Sandtray or therapy, just therapy period, in your therapy sessions period has to do with the relationship, that is apart from techniques, presenting issues, therapist experience, any of that is two thirds of... When we can predict success has to do with how well you connect with that client.

Amy Flaherty: So, the magic of that is, is that we're going to give you techniques, I'm going to give you a tool that's going to help you do just that, plus we're going to be able to work with trauma and neuroscience and all this. But really what we want to do is to allow our class to feel safe, secure, and seen so that this 67%, we can lock in all that and of course add some extra there.

Amy Flaherty: So, many times it feels like we are burned out, like we don't know what we should do. Like we're just like, I can't see one more person. Or maybe we feel like we just don't know where to go. But I'm telling you, it doesn't have to be this way. And Sandtray is what's going to help you transform you and your practice. So, this is what the magic of this training is, is it's going to transform you and your practice. Because we're one of the same, right? We're therapist. We are the thing. We don't sell widgets. We are the tool that helps our clients heal. So, if we don't transform you, it's really hard to transform your practice.

Amy Flaherty: So, how do, We going to do this? We're going to do this through the power of Sandtray therapy. And this is something I know. Again, my Southern Baptist words coming out, I know that I know that I know. I know it because it's my

story too. So, why though? Why are we starting with neuroscience, before I start telling you my story and all this stuff? Why, why, why? Because once we know the why, then we can know the what and the how.

Amy Flaherty: Again, let's say that again, once we know the why, then we can know the what and the how. So, I'm going to give you an example, a metaphor of this that may seem kind of a left field. I get it. It's just kind of what came to my brain when I was thinking about this. So, this is just the inner workings of Amy's brain. So, this is a sewing machine. If you guys... Some of you young folks might not know what this is. It's a sewing machine. So for me, I know if I was trying to learn everything I can about the best way to be a seamstress. I don't know what the male pronoun of seamstress is seam person.

Amy Flaherty: Anyway, seamstress and so I often... It's going to work. I'm going to know how to fix this machine. I'm going to know how to work it if I know why it runs, I'm going to, okay the power comes up here this way, then this helps the needle go down and all this kind of stuff. Well then it's going to help me know what it can do, what it can't do. It's going to help me come up with creative new ways to do it. It's going to help me explain to people why it works and why they should come to me for other sewing needs. Well Sandtray is no different, when we know the why, the how and the what becomes way, way, way easier.

Amy Flaherty: So, tell you a little bit about me. Can I tell you the story so of course this is me [inaudible 00:09:22]. This was recently at our Sandtray summit, which was amazing, we had so much fun. We had about 230 or so of you guys who joined us in Atlanta. Also Sandtray summit 2020 is coming up soon. We are releasing that in the next couple of weeks to the big bad world. So, by the way because you're on this, I want to tell you it's going to be in Orlando at Disney so yeah, yeah. Anyway, details coming soon for that.

Amy Flaherty: Here, I am Flaherty. I'm an LPE-I, so that's a weird license. I know. For those of you guys who are in the states, so we get to license psychological examiner independent, it's a long word. It basically just means I'm licensed to the psychology board in Arkansas and it's a master's level psychologist. And an independent just means that I can practice independently. I'm a registered play therapist since about 2012 I think is when, and I'm also founder of the Southern Sandtray Institute.

Amy Flaherty: So, I want to tell you this story, but first I need something to help. Just one second. Hey, could you go on and get my purse for a second. I need to get some [inaudible 00:10:37] look through one of that. So, Kim is running and getting something a second. I need something to tell this story for you. This is my car here that I had. It's in the side pocket if you want to grab it to me. Thanks, please. [Spanish 00:10:55] thanks.

Amy Flaherty: See guys, this is live, right? Things happen. You're so lucky to get to see all the really behind the scenes. So, this is my car that I had when I graduated high school and then I went through college and then I graduated grad school. Because if you're anything like me when you're in college, grad school, you don't have a lot of money. So, I kept what I got when I graduated high school. So, this is a Mustang. It was a really cool car back in the day. And I'm not going to tell when because it kind of dates me.

Amy Flaherty: So, I remember my very first job that I had right out of grad school, I took whatever job I could because I had a thing called student loans that had to be paid back. So, my job that I took happened to be working with kids in a school. Now my graduate program was really good, but it didn't tell us anything about working with kids. So, yeah they kind of just threw me in there. So, the very first day I remember I was sitting in this car in the parking lot talking on this phone. If you guys can see it, do you guys remember this pink flip phone here maybe? If you were a female back in the early two thousands, you probably had one. Maybe it was bedazzled. Mine wasn't.

Amy Flaherty: But I remember talking to my best friend Rebecca on this phone in this car, my very first day outside the school. I'm going to let you in on just a little bit of how that conversation went. So, this is me talking to my best friend, Rebecca. Yeah, I'm here. Yeah, it's snowing, it's fine, but I don't know if I can do this. Yeah, I'm kind off freaking out. I don't know if I can get out of my car. What if they don't talk to me? What if I don't know. Yeah, no, I have to, I don't have a choice. I mean, I got student loans, I'm going to have to figure it out. I know, I know. I can do this. I can do this. Yeah, I'm just really glad you picked up the phone. Okay, well there [inaudible 00:13:12]. On this phone I was vulnerable. I said I don't know if I can do this. And it was scary, scary.

Amy Flaherty: Now what happened is yes I got out of the car, I went and I stumbled through, now several years went by and lots of times like this where I'm just feeling alone, feeling like I don't know what to do. I'm trying my best to help my clients [inaudible 00:13:54] try to find all the different things that I could have or to really use to help my clients. And I was showing up, we were making some progress, but I felt like there was just something missing.

Amy Flaherty: So, here you can see here, what's missing here. So yeah, there was something missing here, but I didn't know what, right. Because so many times you don't know what you don't know. So again, several years went by still doing my therapy stuff. I was now on this phone. Do you guys remember this phone? A lot of my kids in my playroom don't know how to work it. They like do this. But anyway, I was in this car, you worked for a few years, you upgrade your car, you get a different phone, but the conversation still went something like this that I want to tell you from again, letting you in on a conversation I would have in this car with my best friend, Rebecca will go something like this. Yeah. I'm sitting out here in front of the building. Yeah, the work building. I don't know if I can keep

doing this. I'm just tired and I'm worn out. I've got all the things, the workbooks, all that stuff. But yes, I know. I'm miserable. I know. Yes, I'm miserable, but I've got to keep going, right? I've got bills to pay and people to help. Yeah. Okay. Well, there's the kids, they're coming in for the group, so I got to get off the phone. Okay, well I'm glad you picked up. I'll talk to you soon.

Amy Flaherty: Again, different car, a few years along and in the Sandtray journey. I mean the care therapy journey, it's still feeling like something's missing. So, about this time I started to do my play therapy certification and during that play therapy certification, we had a weekend where we did a whole weekend of Sandtray and it was amazing. I walked in, this lady had all this room full of miniatures and I thought, "Oh, this is what I want to do." That weekend, what I like to call is my road to Damascus moment. Now, if you guys are familiar at all with that story, you know that when Saul had his road to Damascus moment, everything changed and he was a different person from then on.

Amy Flaherty: And so then I began to feel hopeful, I began to feel like maybe I could do this. I brought Sandtray back to my agency where I was working and started making all kinds of success with all my clients, all ages. And I really feel like Sandtray saved me and I thought, this is it. I want to give this to other people. And then also what was happening is that I thought people were coming to me going, "I want to get trained in the Sandtray stuff, where do I go."

Amy Flaherty: So, I live in Arkansas, which is the middle part of the country, and there's not a lot of the places here to get trained in this part of the country. So, I thought, "Well maybe I can do it. I love talking about Sandtray. I do it all the time. I know it's changed things. It's changed my practice." It really saved me as a therapist and it saved my practice. It changed everything for me. And I thought, "Okay, well again, this is what I've been looking for. This is what I'm going to do."

Amy Flaherty: So, I went out to New Mexico and trained with Teresa Kesley. I've been out to Portland trained to Bonnie Badenoch, everything with the intention of bringing it back here to Arkansas to give to everybody. So, this is why I'm online now talking to you guys because I want you to know that you have the tools to transform yourself. I'm just going to show you how to use them, that you can do this and that transformation, that power of transformation, that's what I want for you.

Amy Flaherty: So, what's my life like now? Now that I'm on the other side of this transformation. So, I get to help people like you from all over the world. I get to love what I do. I mean yeah, that I get to talk about Sandtray and like people pay me for it, what? Yeah, because like, my husband said talk all about Sandtray all the time for free to him. So yeah, it's amazing. I have a thriving group practice, this where we're filming today or I've got my five therapists here working with me. My husband recently quit his corporate job to be able to help me with the business and it's all through the power of Sandtray.

Amy Flaherty: So, I want that for you. You with your life as well. So, with Sandtray, with this transformation, again, it's way more than just playing in the sand. It's the ability to change yours and your client's life. So, not your life is going to be better, your client's life is going to be better. And I don't know about you, but when my clients start getting better, I feel better. I don't feel so burned out. I don't feel like, why am I even here? Because I've been in those sessions where session after session after session when you're just like I don't even know if I'm doing anything.

Amy Flaherty: And so again, remember we're going back to this metaphor of talking about the sewing machine that when I know the why, I can really understand the what and the how of all the things that sewing machine's going to do. So, again with staying with Sandtray, when we understand the why to what we're going to be doing today, we can understand the what and the how.

Amy Flaherty: So, before we dive in to the neuroscience of Sandtray, we start going into all the powerful stuff. What I want to do first is acknowledge you, because you have taken time out of your extremely busy schedule, which I know summer is super, super busy for a lot of us because we're trying to go on vacations and all the stuff, but you have taken the time out to go, "You know what? I am a priority. I want to learn this stuff so I can help my clients and then help me be the best person possible."

Amy Flaherty: So again, you're here. Yay, give yourself a pat on the back because again, you made yourself a priority. And I know as therapists we are the world's worst about doing that. So, congratulations to you and I want to add a sincere that you made it a priority. Okay, so let's get into the nitty gritty stuff of why you're here today and talking about this neuroscience stuff. Now, just as a aside, I do a two day live training where all I teach is neuroscience. So, I'm giving you the highlights here of some of the most important part to understand why Sandtray works.

Amy Flaherty: So, the three topics we're going to be covering today, divided brain, implicit memory and a polyvagal theory. So, let's get started here. Let's go to the left brain versus the right brain. And this is coming... I really learned a lot about this from Bonnie Badenoch, Iain McGilchrist, Daniel Siegel talks a lot about left brain versus right brain. Now, just a few things, it's important to understand about left brain and right brain. What I mean here is that it doesn't mean that if we're using the left brain our right brain goes silent, that's not at all. Is that the main way that we view the world is through one of the hemisphere. So, what Iain McGilchrist likes to say is left shifted or right shifted.

Amy Flaherty: So, in the Western world, about 70% of us as adults are left shifted. So, again, what does that mean when we do left shifted? We want to look... The left brain really likes good, better, best. It likes to look at the world through

achievements, there's black and white, there's logic, all that kind of stuff. As adults, we really like that, right? Because we can kind of hold onto it.

Amy Flaherty: Now when we're as children, what we do is we mainly live out of the right part of our brain. So, why this is important to talk about with Sandtray is, and especially trauma, is that when trauma happens, what will happen is it happens to our whole body and it will happen to our body. And what will happen is it'll travel up and oftentimes get lodged in that right brain and won't even have the chance to be encoded into explicit memories to have the access, the left brain doesn't have access to it.

Amy Flaherty: So again, we have all this information, especially when we have trauma happen that is over here in the right brain. It's laid down, it's there, but the left brain doesn't have access to it because this is important. I want you guys to really, really remember this. The left brain is the only one that has a verbal center. The right brain does not. The right brain likes to talk about... It likes to think about things through context. It likes wound structures, it like, let's look at the whole picture and it is the image center. So, what happens is again, when things get laid down and trauma gets laid down in the right brain and we use just words to help a client heal, it's oftentimes not enough because the words can't access what's happened in that right part of the brain. It can't get there.

Amy Flaherty: So, what happens is, so just to give you an example of what happens in therapy and what this looks like, you get a 40 year old man who has been through all kinds of trauma, maybe, no physical abuse. Maybe went to war, all kinds of stuff, but now he's successful. He's doing all the things, but he comes into your office and says, "I'm just depressed and I'm anxious all the time and I don't know what's going on." That is right brain language. He doesn't say, "I have many cognitive misattributions and I am trying to figure out how I can reframe this better." Nobody talks like that other than we therapists.

Amy Flaherty: So, again we want to meet the client where they are, which is that right brain language. So, here's where Sandtray comes and this is why I call it the trap door. Because when we can use images, which is what miniatures are with the Sandtray and we can bring those up through Sandtray because again the right brain is constantly scanning the environment, trying to feel like if it's heard, and we'll talk about that just a little bit more near acceptance safety. But when you are there and you provide the images, then the right brain can totally be like, "Oh here I can get heard." And so then what happens is that 40 year old man comes in, you put them in the Sandtray, all these things come out and he just like, and you often hear them, they just cry and not know what's going on because then the trauma would be able to get heard. And once it gets heard, it can get healed. So again, there's all kinds of significant things why you need to know.

Amy Flaherty: The left brain is the verbal center, right brain is more of the image center and when we do talk therapy, we're just activating this right part of the brain which you leave out a whole wealth of information if you just stay there, okay. So, when we are processing information and this is something I want you guys to really, really understand because we're going to come back to this in just a little bit.

Amy Flaherty: So, we have 11 million bits per second are processed through our body of information. That's just like if I'm standing here, I'm talking to you guys there's 11 million bits of information that are passing through my brain and my body. But here we go, five to 60 bits per second become explicit memory. So, that's a whole lot of information that I never actually get access to through explicit memory. So, what happens to all that? Still there. And again, especially when we're talking about trauma, all of that gets laid down in the body and the body remembers and our right brain, again will run the show without us knowing it until there is some sort of integrative experience.

Amy Flaherty: And integrative experience, what I'm talking about that there is that when you have... In relationship with another person who is a safe person and can come alongside, and you bring up that trauma experience such as like with Sandtray and then you as the client who are a safe person comes in and goes, "I've got it, we're here." Then all of a sudden you get an integrative experience or what Bonnie Badenoch likes to call a disconfirming experience.

Amy Flaherty: So again, the body keeps the score, Bessel Van Der Kolk, and our right brain will run the show without us knowing it until there's some sort of integrative experience. And this is where Sandtray comes in. Again, Sandtray, what. So, it's kind of hard to imagine how the two hemispheres are a little bit different or how they're very, very different. So, I'm going to sit that we're going to watch a video here in just a minute. In just a second, but I want to set this up to help you understand what we're talking about here. So again, we have right brain, left brain, we have a corpus callosum in the middle. Hopefully you guys remember this in grad School. It may have been a few years. That's okay.

Amy Flaherty: So again, we've got a corpus callosum in the middle, corpus callosum connects the right and the left brain. What with people who have severe epilepsies and seizures. What happens is oftentimes doctors will come in and cut that corpus callosum. So, then what happens is their right and the left brain really can't talk to each other. There's nothing that the two wired... They can't even have any kind of conversation. So, what happens then is that if information and is presented, say on the left side and remember that when we have things that come in our right or left eye, it'll get processed in the right? And vice versa and comes in the right, let's remember it crosses over.

Amy Flaherty: So, what happens to them is if I show something on the left part of this screen, what will happen is it will only get interpreted through the right part of that

brain and vice versa, right? So this is fascinating. Again, I wanted to show you guys what happens during the split brain behavioral experiments when the two parts of the brain are not integrated. And I want you guys to watch this and then we're going to talk about what this has to do with trauma. But it's super fascinating. So, let me get this going.

Joe: Well, left hemisphere and right hemisphere now are working independent of each other, but you don't notice it now. You just kind of adapt to it. You don't have any thing that different than it did before...

Speaker 5: Seven years ago, Joe had brain surgery to lazy effects of severe epilepsy. His surgeon cut the nerve fibers connecting his left hemisphere with his right. While the operation was a complete success. Joe's unusual case offers an extraordinary insight into the machine already of mind. This fiber system, the corpus callosum is located midway between the two hemispheres. When it was surgically severed in Joe's brain, the transmission of information between the two hemispheres was halted. Michael Gazzaniga.

Michael. G: What we can do is play tricks by putting information into his disconnected, mute, non talking right hemisphere and watch it produce behaviors. And how to that, we can really see that there is in fact a reason to believe that there's all kinds of complex processes going on outside of his conscious awareness of his left half brain.

Michael. G: So, I'm going to show you some things. I just want you to tell me what you see. And here we go. You ready? [inaudible 00:30:56].

Joe: [inaudible 00:31:01].

Michael. G: Right.

Joe: Grapes.

Michael. G: Good. When Joe focuses on a point, everything to the right of the point goes to his left brain. So, dominant hemisphere for language and speech, So, we can see here that when we flash a word or a picture, that Joe is easily able to name it.

Joe: Can't see it.

Michael. G: Close your eyes and let your left hand do the work here. Okay, what do you got there?

Joe: Point.

Michael. G: Stay right here. Now when a word or a picture falls to the left of a fixation point, that information goes to his disconnected right half brain and as we can see here, Joe is unable to name it. Joe is able to draw the picture with his left hand, the left hand getting its major control from the right half brain. Here you go.

Joe: Okay.

Michael. G: What did you see?

Joe: Wheel on one side and on the last side [inaudible 00:32:11].

Michael. G: So, even though he can't name it, his left hand is able to draw us a picture of the stimulus of the picture of where to be presented to his right half brain. What did you see?

Joe: I saw a hammer.

Michael. G: Just close your eyes and draw with your left hand. Just let it go. Looks nice, what's that?

Joe: [inaudible 00:32:53].

Michael. G: What'd you see.

Joe: A hammer.

Michael. G: What'd you draw that for?

Joe: I don't know.

Michael. G: What we have with Joe is just a dramatic example of a neurologic case that really allows you this window into the nonconscious and how powerful nonconscious processes are at influencing our conscious self, our personal self. What Joe and patients like that when there are many of them teaches us, is that the mind is made up of a constellation of independent, semi independent agents and that these agents, these processes could carry on a vast number of activities outside of our conscious awareness. Even though that goes on, there's some final stage or some final system which I happen to think is in the left hemisphere that pulls all of this information together into a theory. It has to generate a theory to explain all of this, all of these independent elements. And that theory becomes our particular theory of ourself and of the world.

Amy Flaherty: Okay, so hopefully you guys understand and really were able to... Because first time I saw that video I was like, "What?" Now what I want to pause it here is that when we have trauma that gets laid down in our body and oftentimes in

[inaudible 00:34:31] it gets stuck in the right brain, unless we have an integrative experience that allows it to move over, what happens it's as if that we are a split brain patient ourselves because we are running we're going, living our lives just like he did. He said you can't really say anything's different, but until the right brain gets a chance to come out and talk, now remember it doesn't have a verbal center. So, how does it talk? It talks through images, words, hands, all of the things that Sandtray allows us to do.

Amy Flaherty: So, when we can bring up that stuff that was once nonconscious and now we can bring it up into consciousness, then we put words to it, which we do when we process the Sandtray, all of a sudden you get an integrative healing experience and oh my gosh when that happens, people can change behaviors because what was once lodged in the right part of the brain now gets a chance to come up and really be seen and heard. Then the left brain can make sense of it. Then people can change behaviors way easier.

Amy Flaherty: So, Sandtray again allows the whole brain and the body to be used in healing. So you get touch, sight, sound and feeling. So, again, how could this not be a rich experience? You get all of these for all ages. It's what I say. I'm like Sandtray is something that you need no matter what age you work with. I usually have a little bit of these all the way to my adults who are coming in because they are law firms and doing well and they can't figure... Whatever, Sandtray helps us all. And I have yet to find a tool that allows me to do that.

Amy Flaherty: So, again, how do we heal? We heal, and this is something I want you guys to really, really... And this is from Teresa Kesley, talks about this law and so does Daniel Siegel, right brain to right brain. We heal right brain to right brain. Now what would it look like if we heal left brain to left brain. Would look like, "So, you are trying to quit smoking?" And then your client would say, "Yes, I am." And they say, "Well, what do you need to do it's just not buy any more cigarettes." And they'd be like, "Oh, you're right. That's exactly what I need to do." Problem solved.

Amy Flaherty: As we know that's not how it goes at all. It happens right brain to right brain. Because oftentimes the trauma and what is keeping us from moving forward happened in relationship. So, how do we heal? We do it in the same way with relationship. So, that's where you have to be there. That's why it's not just playing in the sand. Because clients will go, "Well I could do this at the sandbox in the back of my yard." No, because you have to be there. You are the thing that makes it different. And again, we're going to talk about that in terms of Polyvagal.

Amy Flaherty: So again, you are the most important part of the Sandtray experience. You are what makes what you do different than just playing in the sand. So again, what does this mean otherwise? We've got to make sure our own mirrors cleaned off so that we can show up and be present for clients. Even if they are able to bring

up all kinds of things that aren't so great, we're able to be there. Not that we have to be perfect, but if we don't have our own house in order, it's really, really hard for us to help clients heal.

Amy Flaherty: Okay, so let's talk just a little bit about the limbic system and the whole brain and how this works because it's really, really important in helping us understand how, when we come into the picture, again, use a therapist. I have transformed yourself just even by showing up here today and you become a different person when you step into that Sandtray. How that helps us change the brain.

Amy Flaherty: So first, I want us to watch... This is a simple short clip of Daniel Siegel talking about his hand model of the brain. Now what I want us to really focus on here is the different parts of the brain and the lower part of the brain, the limbic system, again, which is often where trauma resides and trauma will activate the amygdala through implicit memories. Daniel will be talking about all this, but what we often want to do if we were trained in talk therapy, which I was trained CBT and I'm not knocking CBT at all, I use it with some of my clients. But when I had my trauma clients, there's only so much that CVT can do. So, I want us to watch this just for a minute and he explains how we can think about the brain through a simple hand model.

Daniel Siegel: One of the most rewarding experiences for me has been to study brain science and apply it to the experience of parenting and the hand model of the brain that I used to teach parents is very useful to understand that. So, if you take your thumb and put it in the middle of your palm, put your fingers over the top. This is a very useful model of the brain. And when we can actually see in front of us what's going on in the brain, then we could change what the brain does. So, let me walk you through very basically what happens in this brain and the structures in it and it goes like this. The spinal cord comes up, representing the wrist, and then you have coming up into the skull, the brain stem and the limbic area, which work together to regulate arousal and your emotions and the way you have a fight, flight, freeze response.

Daniel Siegel: These are below the cortex and limbic and brainstem areas and the cortex is this higher apart of the brain that allows us to perceive the outside world, to think and reason. And this front, most part of the brain right behind your forehead so the person's oriented like this is actually the part that regulates the subcortical, limbic and brainstem areas. This regulation is very important because sometimes we can have all sorts of things happen and like we're tired, we're exhausted, someone pushes a particular emotional button and we can flip our lids. So, rather than being tuned in and connected and balanced and flexible, we can lose all that flexibility, even lose moral reasoning and act in ways that are terrifying to others, including our children. Now you can actually bring yourself back online and come back to the high road and make a repair with your child and that's important to explain it to them.

Daniel Siegel: And you can also use this hand model of the brain to explain to children, even as young as five and six, how to understand when their emotions are rising up from the brainstem and limbic areas here and how it's overriding the prefrontal area and making it so they may be about to flip their lids. So, I've had kids come tell me that they're about to go flip their lids and they need a break. They need a timeout and by even just naming that they can tame it. And that's the power of using the hand model for ourselves and our children to help us all make sense of what goes on in the emotional communication that we have in the course of day to day life

Amy Flaherty: Okay. So again, probably you guys have seen some sort of the hand model of the brain and what this has to do with integration, but I wanted to make sure everybody's on the same page by showing you that short video clip. Now here's something I want you to understand is that when we get... When trauma happens, oftentimes it will activate them amygdala which is part of the limbic system and what will happen is that we will flip our lids and then we're just dealing with this limbic system here and it's really, really hard to heal anything when you are just dealing with the limbic system down here, you need to have a neuro... what we're going to talk about in a minute, it's a neuroception of safety and you need to allow for the brain to come back online before you can have that disconfirming integrative experience like through the Sandtray.

Amy Flaherty: Now what the Sandtray allows us to do then is it allows us to have a rich integrative experience and really help our clients feel felt, which is a Daniel Siegel term. It helps us feel... When we feel felt, like just like whenever I called my best friend Rebecca and was talking to her, she didn't fix anything. It wasn't like anything made better but I felt so much better because I feel, felt. Now what happens in the brain is that when you feel felt, Gabba which is the same neurotransmitters [inaudible 00:44:00] works on so we know it helps us calm down, will calm down the nervous system, it'll calm down the brain and the amygdala so that we can go farther than we would otherwise.

Amy Flaherty: And what we know, and this was through social baseline theory, is that we can do more of the harder things, when we have someone next to us in relationship and so when we have that integrative experience, what happens is and that we are able to bring ourselves back online, we do that enough. What happens is that you actually, you change the person's brain structure and again this is, you can do this just with talk therapy but Sandtray makes it on steroids because again we're using the whole brain.

Amy Flaherty: So, then what happens is the road between my limbic system and our prefrontal cortex, the feeling, the thinking part of our brain, what happens is it is able to, the neurons are able to pass quicker because the myelin sheath, which is the coding around the neurons gets thicker and when we have a better insulation around the neurons, they're able to talk to each other better.

Amy Flaherty: Now, what that looks like in like real life is that I am able to withstand unpleasant emotions easier. So, it's kind of like driving on a dirt road versus a super highway. When you're able to use Sandtray and you're able to have the integrative experience and increase that road between what I feel and what I do and think, then all of a sudden it's like driving on a super highway then. And so again, what does that look like is that someone makes me mad, I can feel that mad coming up, but I'm not going to hit him because I'm able to whom... My prefrontal cortex, this part of my brain is able to go, "That's not a good decision. That's not a good voice."

Amy Flaherty: So again, we're not just constantly reacting out of our trauma. We're able to have proactive and move our lives forward in a way that helps us be who we want to be. Because what will happen is we will just recreate that trauma, recreate our hell over and over and over. If all we do is live out of that limbic system.

Amy Flaherty: So, here we got benefits of integration. So, when we do all these things, we integrate the different parts of our brain. You get more kindness, resilience, health, empathy. You can read your body better. Meaning that I'm able to go, "Oh my stomach's kind of hurting. What does that mean?" Okay, it means I'm kind of anxious. So, what do I need to do to help myself be less? And again, we're going to heal from the inside out and I'm going to heal with my brain. Heal from the bottom up, which Bruce [inaudible 00:46:58] will be super happy about.

Amy Flaherty: And again, so when [inaudible 00:47:03] things we get a better, more well rounded individual who's able to make good choices rather than just react through their old trauma. Okay, let's talk about implicit memories here and we're going to kind of breeze through some of this. Don't worry, I've got something coming up soon that's going to go real, real deep in the implicit memories. But this is something that I want you guys to really understand. And grasp especially when you're talking about Sandtray therapy.

Amy Flaherty: So again, you guys remember this 11 million number. So, what is the 11 million number? Remember it's how much information gets processed per second, how much of bits. And only five to 60 gets processed through explicit memory. So, where does the rest of that stuff go? It goes in implicit memories and they are lodged often in the nonverbal right part of our brain. And that we can't get to with words. So, how do we get through it, again miniatures sand and relationships to heal.

Amy Flaherty: So again, it's not just the miniatures, it's you that provides the disconfirming experience. Alright, so I'm going to give you an example real quick about how implicit memories work and what they look like in real life. So, let's say that I am a 25 year old newspaper reporter and I've been working there for several years, right out of college and I am, been busting my rear end doing all the things and

my boss comes in and he goes, "Hey Amy, I need to see you in my office." And of course immediately what happens, everybody just goes, woo! Because when you get called in the boss's office, usually it's not a good thing.

Amy Flaherty: So, you come in and he goes, "Go ahead and shut the door." So, sit down and he kind of leans back and he does this and when he does that, all of a sudden, I come across the desk and I'm like, "You know what? Screw you and this company, I have worked my rear end off, I've done everything you asked me and you're going to treat me like this. I'm done. Just forget it." And the boss is like, "What?" It's like, "I know you're in here to fire me. I know what this is about. You don't have to tell me. I can read. I read what's going on." He's like, "I'm not sure, I was kind of in here to tell you if you wanted a promotion because I really appreciated what you're doing, but now you've already quit. So, I guess that's not going to happen." Well what happens is, is again, I'm 25 years old as a newspaper reporter. And again, this isn't actually me, I'm just giving you an example, is that when I was growing up, my father was really abusive. And what would happen is that every time that he did this and there... It was immediately followed by some kind of abuse. He really leaned into me physically, verbally, whatever.

Amy Flaherty: So, and this is all lodged in the implicit memory. I don't really, I cannot remember that explicitly. So, then what happens is my boss, I come into a situation where my boss said of courses as an authoritarian figure and he does this and all of a sudden those implicit memories get activated and boom, it's as if I'm back there with my dad. Only this time I'm going to change the story.

Amy Flaherty: And so when someone is in the grips of this implicit memory, it has no timestamp. It is if it is happening right now. And so I will put on whoever's in front of me all this stuff that I experienced in the past and again, what happens is we recreate our on hell. So, remember those implicit memories, they don't have... You could get them through words. Remember they're not explicit, they're just laid in in the right part of our brain in our body. So, how do we heal them then? How do we get to them? We do it through images and through the Sandtray. And once we're able to access the implicit stuff and make it explicit, then we can change the story.

Amy Flaherty: And again, this is the power of Sandtray, but it's really, really hard for any of us do that if we are not in a safe relationship. And to have the tools to help us go there into make what was once implicit and too powerful to be called into words. Now explicit that can be helpfully contained by another person. That's huge. That's life changing. It's almost like we're brain surgeons because you're actually changing the person's brain. And what it will do is it will continue to change the way that they view the world. It will change their subjective view of how the world works. That is ginormous.

Amy Flaherty: So once we know it and then we can integrate it and then we can heal it. So, once we bring it in a consciousness, then we can bring it together, then we can heal. And this is how we get different people before and after a Sandtray.

Amy Flaherty: Now let's talk about polyvagal here. And I know I'm going kind of fast. That's completely fine. This is why we're going to have Q&A's and you guys have workbooks. You're just going to be recorded so you can get everything you need from this. Okay, so let's see. We've got the polyvagal theory here. The polyvagal theory is best understood in that we have a Vagus nerve that runs up and down our body. This is one of the biggest nerves that brings information from our body into our skull. And about 80% of the neurons run up from our body into our skull. So, it's huge and it's called Vagus nerve because it's vagabond, meaning it goes everywhere.

Amy Flaherty: So what, Stephen Porges says is that he wants to say we have... Can't talk. Sorry. Five flight. We have freeze. And then we have the green zone, which is the neuroception of safety. So, let's break this down here just a little bit more. So here, because [inaudible 00:53:56] top light. So red is freeze. Red means that I just can not move. It may be that you see this in nature, like deers will go into freeze and it's when the body gets the message that things are hopeless. So we might as well not even try and so it's a protective mechanism.

Amy Flaherty: Another form of freeze is dissociation where we could physically... Where our brains and bodies wouldn't be able to take this if we did not dissociate. So, we have freeze and that's the red zone. Then we have the yellow zone, which you think about a stoplight here and that's the fight flight. Like when I was in school we didn't learn about freeze. It was fight flight. So, fight flight is when the body gets the message that maybe there's a little bit of hope so I'm going to try to run away or I'm going to fight.

Amy Flaherty: And you can see this in Bessel Van Der Kolk's, does as a whole lot in his, the body keeps the score. He tells a lot of stories about this difference between the freeze and the fight or flight. And it's really a subconscious. We don't make a decision to do any of them. It's really based in the lower parts of our brain. Now where we want to be is in this green zone and this is what we call the social engagement center. And the social engagement center allows us to connect with other people, to learn, to be able to take in new information, do all the things that we have to do to be functioning human beings. Now all our bodies are wired to want to be in the most recently developed social engagement mode or the most recently developed mode. So, if it's in red, it wants to go to yellow, they get to yellow, it wants to go to green.

Amy Flaherty: And when I say recently developed, I mean like evolutionary wise. So why do we want to go? Why would this make sense? Because if we're in green, we can think better. Our this oxygen cortex is depended upon a lot, a lot of oxygen. So, we want the highly dependent oxygen cortex to be able to make really good

decisions. Because if we make really good decisions, then we're more likely to have babies and [inaudible 00:56:10] that's what we're wired to do.

Amy Flaherty: So again, we want to get in this green zone, but it is almost impossible to integrate and heal if we are either in the yellow or in the red zone here. So, how do we get in this green zone to help heal? We do this through neuroception of safety. And this is again a term that Stephen Porges coined. [inaudible 00:56:36] at all you'll talk about neuroception of safety.

Amy Flaherty: So, what is neuroception of safety? That is me and that my body is wired below the level of consciousness to constantly scan the environment, questioning, are you safe? Are you safe? Are you safe? Are you safe? And then whenever that we have that neuroception of safety, then we're able to be in that social engagement room with that green zone, then I can heal because I'm not... My body's not constantly on alert. Then I can take in information, I can think clearly, I can do this. Like it goes... Your whole brain can think and this is what we need in order to heal.

Amy Flaherty: So, how do we get there though? We get there through relationships. Remember the right brain to right brain. So when really when we are safe, then we can heal. And again, this is where we step in. What happens is clients will borrow our nervous system. Is that we come in and we are allowing our clients to understand and communicate, again below the level of consciousness that this is a safe place. That then all of a sudden their nervous system picks up on that and they're able to move maybe from yellow to green because... And it's the power of mirror neurons and the power of that relationships.

Amy Flaherty: So again, how do we get to the green zone? So, our clients can borrow our nervous system to help them heal and go farther than they would normally. So, let's think about that. So if I am... And this is again, the reason why you need to do your own... You got to do your own work to do... Transfer them yourself. Because if you are a mess inside, it's going to be really hard for your clients to heal. So [inaudible 00:58:33] and you are calm. Not that we're perfect, but we are trying to be centered as much as possible that our nervous system, that were in ventral as what the polyvagal people call it. And so it just means that we are calm. We're in that green zone. And so when our clients come in and maybe they're agitated, what will happen is when we connect with them, especially in right brain activities such as Sandtray, they will begin to borrow our nervous system.

Amy Flaherty: Even below the level of consciousness. They will be able to go, this is a safe place. And the kids, what it looks like is they'll go, I don't know what this is, but this room really makes me feel good. Is it the room? No, it's you. That's the difference. So again, when we get the neuroception of safety plus Sandtray, we get powerful whole brain healing, powerful whole brain healing. So you've got to have you, which you provide the neuroception of safety plus Sandtray, the

miniatures, the sand, all that stuff. And then we get the whole brain healing. So, what happens then, when you have this amazing understanding of what Sandtray is, how's it going to feel? You're going to be able to sit back and relax and know that you've got this. No matter what comes in your door, what age, what's going on. You have a tool then that you can bring up and imagine that, oh my gosh, this is amazing. I'm good at... I have all the techniques that I need to transform and I actually know why. I know why the sewing machine works. So, now I can know what and how, what I can do with it.

Amy Flaherty: So again, if you could have this, how would it feel? Just think for just a minute. How would it feel if you knew that no matter what, that you can relax and know that you have this because I've been there and it changes everything. Okay, so hopefully you have... I know, again, I've kind of... Drinking from a water hose here and that's completely fine. Just want to get the worksheets, we've got Q&A's tomorrow to help work use through some of this. And again, this is going to be recorded so you can go back and watch it.

Amy Flaherty: So again, here we have... What's next? We have Wednesday. We're going to talk about three techniques to elicit goals, healing and inspiration from your client. Then I want you guys to print out, post a picture with the hashtag trapdoor so we can find you and we're doing a hundred dollar gift card. So what this is, I want you to print out, or if you can't print, you can take a picture of where you filled it out. And on the computer pull bonus points if you put your face in it because we want to see your pretty face?

Amy Flaherty: So what it would be, if I feel this out, then I'm going to be like, "Hey." I'm going to post it on Instagram, Facebook, wherever. You get double entries if you post it more than one place. And use the hashtag trapdoor so we can... Because then we're going to be searching by hashtag. So, use the hashtag trapdoor. We will announce Monday, you win \$100 to Amazon, a gift card to Amazon.

Amy Flaherty: And what I want you to do is to tell us your biggest aha moment from today in the chat. So, this is how we're going to give away our nice Sandtray. We're going to mail these big bad boy to you. So, I'm going to take just a second. I'm going to talk to Riley and Kim and they're going to randomly choose one of you guys who are telling you your biggest aha moment and the give away from the chat. So, give me just a couple seconds and I will tell you who's going to get the free Sandtray. So one second, I'll be right back.

Amy Flaherty: Alright, so we've got our winner, you guys, man, you are killing it on these, which is amazing on the chat. So, I've got the winner here. It's an amazing aha moment. Abby Nash, what, Abby, we will be mailing this guy to you what I need you to do, Abby, is email us [@supportatsouthernsandtray.com](mailto:supportatsouthernsandtray.com) and we'll get your mailing address and we will get this mailed out to you probably next week. Because this week we've got a lot of stuff going on with transformation week.

Amy Flaherty: And again, if you're not Abby, you can still win remember that you print this sucker out, fill it out, take a picture of the screen, you, whatever. Tell us even your aha moment, what happened and then use the hashtag trapdoor so that we will be able to fund you and get you entered into the hundred dollars gift card from Amazon that will be announced in Wednesday. So, tomorrow remember we will have Q&A. This will be coming from the Facebook group, we are going to make sure that you guys have a chance to log in, watch this kind of stuff.

Amy Flaherty: And if you're watching this later you can still submit your Q&A's. I believe you're going to be able to through the chat. The chats will stay alive even after the video's over so you can tap into the chat and we will try to go through there before tomorrow at four o'clock central time. Remembers that Chicago time. So, we will be live in the free Facebook group answering your questions and then, and it may be, we're going to get through them all. So I don't know how long it's going to be.

Kim: Tell them to email us our questions.

Amy Flaherty: Email. So, Kim just said email the questions because-

Kim: It's hard to get through all.

Amy Flaherty: It's going to be harder. We don't want to miss any of your questions. And so there was quite a... I think there was close to 300 of you guys online, and that's just in the live version. So, in the future, so email [support@southernsandtray.com](mailto:support@southernsandtray.com) your questions so we can make sure that we get those answered tomorrow because it's going to be me going live for however long I need to, to go through all your all your questions. So, hopefully this was amazing. I love talking about this stuff. Wednesday we're going to talk about... I'm going to give you three of my most used techniques and I'm going to walk you through exactly how you need to use these for your twins, teens, adults and families. And so you could have three techniques that you're going to go into the next session, knowing even more what to do.

Amy Flaherty: Friday we're talking about a mind map and we're going... I'm going to give you a map of everything you need to have, do, say to be a confident Sandtray therapist. Then we're going to also do a bonus where I'm going to give you six themes of healing so you can know when your clients are getting better. So anyway, okay, spread the love about the Sandtray workshop. Even if people didn't get a chance to come in today, they can still [inaudible 01:07:23] if they register at [sandtrayworkshop.com](http://sandtrayworkshop.com).

Amy Flaherty: So, spread the love, put it on your Facebook page, Twitter, Instagram, all that. Because the more the merrier. We're really trying to change the world one Sandtray a time and we can't do it without you. Okay. So, I think that's it. Oh,

remember fill this sucker out. Post it. We want you to win the hundred dollar gift card from Amazon Wednesday. Okay?

Kim: One more. Riley's making a post for you to hit your picture sent for your-

Amy Flaherty: All right come here.

Kim: Hi, not Amy, you're Amy. Riley is making a post for... On the free group, for you to post the picture of your this thing, so, if you want to post it just on the timeline, that's fine, but it'll just be easier, just post it under comment, under the posts. And Riley's going to post that in just a few minutes.

Amy Flaherty: So, you'll see when you see the unlocking the trap door. To make sure... And then again, you're going to get bonus points the more places that you... So, if you want to post it in the free Facebook group, amazing. Also post it on your timeline, post it on Instagram, much like you did with the golden ticket so that every time that we post it, you get entered another time to win.

Amy Flaherty: So, okay, I think that's it guys. Hope you have a wonderful, wonderful day. And if you're catching this later, welcome. And so glad you're joining us and we will see you tomorrow at four o'clock central time from the free Facebook group. Thanks guys. It's delaying...