

MONTHLY DELIVERABLE

WAYS TO HELP INCORPORATE PSYCHOEDUCATION INTO SANDTRAY THERAPY

- Meet with the parent first and make sure the parent or caregiver is aware that you are not a babysitting service or a “fix it” as you are only seeing their child for a set amount of time. Educate the parent or caregiver what you are working on during the sessions so they can work on it at home.
- If the child is in school educate the teacher what is going on during sessions as well so the child is hearing it at home, school and therapy.
- Use the sandtray and play as an hands-on piece to further engage them in the session. Example: Split the sandtray to help them remember and know how to ask for things they want. We are teaching in the sandtray.
- Left brain is more “I get it” and right brain is “I experience it”.
- It is very important to educate the child about feelings. Especially how to verbalize them and how they feel in your body. Also how to identify behaviors.

- Use the tray to help the child visualize and see the feelings and behaviors.
- Children usually do not say how they feel rather they act it out so helping them put words to how they feel is important. And helping them know how to do it in the sandtray is helpful.
- Make sure to educate your parents that it's ok for their child to talk and express their feelings. Do not shut them down.
- Have the client pick our miniatures that represent the feelings and take a picture of them then text those pictures to the parent. So if the client is not able to verbalize that feeling they can point to the picture of the miniature to help the parent know what they are feeling.
- It's OK to teach psychoeducation!!