

Geek Therapy in the Sandtray

This list of directives and prompts is a guide that can be adapted to your theory base. They are flexible and adaptable to each individual client. When using geek therapy in the sandtray it is beneficial to have a basic knowledge of terms related to comics and gaming. You don't have to be an expert but have an understanding of the appropriate use of the terms to apply to the processing. Remember to use your gut and allow your body and client to guide you. *Details below each directive are for exploring or creating more trays

Where to begin . . .

The Initial Directive:

If a comic was written about your life, create a tray about who you would be in the story.

- ❖ What are your powers? strengths? Weakness or Kryptonite?
- ❖ Does your character have a secret identity like superman/Clark Kent or Spiderman/Peter Parker?
- ❖ Is your character out in the open like Iron Man/Tony Stark?

The Second Directive:

Create your lair. . .AKA Safe place

- ❖ Tell me about what makes it safe (Explore body sensations to integrate safe feeling fully).
- ❖ Do you have an "Alfred" or someone who manages your lair?
- ❖ Does it have special tools or features?

The Third Directive:

Who would your nemesis be in your comic. . .

- ❖ What are that character's powers? Strengths? Weaknesses or what causes the most damage?
- ❖ Are they the final boss or minions/apprentice?
- ❖ Does your nemesis show themselves or hide/attack in secret?

The Final Directive:

Create your story in the tray. . .

- ❖ Does your story have a quest? A goal?
- ❖ Many comics have side kicks or friends, Create any support your character has . . .
- ❖ What tools does your character need to succeed?
- ❖ Create your team's plan of attack and/or the battle.
- ❖ Create your story how you would like it to end.