



DIVIDE AND SEE COUPLES REVERSED

Working with couples in the sandtray can be helpful to break the 'logjam' that often happens between two people who cannot see each other clearly.

This technique is a variation of the Divide and See technique where the therapist draws a line down the middle of the tray and each person creates their world in the tray as how it feels for each person in the marriage.

With this variation, the therapist will still draw a line down the middle of the tray but the instructions for the clients differ.

Instructions for each client:

- Each person will work on a side of the tray (or if you have 2 trays that is acceptable as well).
- Each person will only be allowed to work on their own side and will not provide feedback until instructed to do so by the therapist. All feelings are valid and the purpose of this is to allow your partner to see and feel like from another perspective.
- Each person will make a tray AS IF they are their partner. They are to build a tray as close as they are able to represent what their partner's world is like in the marriage. In this phase, there is no 'shoulds' or 'this is stupid they feel this way.' Each person's only task is to build the world AS IF they are their partner in the tray.

In the therapist role, you will likely need to explain this in detail because each partner may be resistant to see the world through the partner's eyes. Encourage them to build the good, bad and ugly in the tray - the purpose of this exercise is to merely help each person put on different glasses so they can see their behavior from a differing point of view.