



## Sandtray Therapy in an Acute Care Setting

### **Minis Used Often in Acute Care Settings**

People minis that are faceless and can be used for any person needed

Trees

Fences

Box, coffin and trash can

Bridge

Fire pit

Skull or skeleton

Super heroes- superman, wonder woman

Villains- hulk, grinch, Joker

Animals of all kind- these are used most often

Cross and tombstone

Fairy or unicorn (magical)

Transportation- ambulance and police car

### **Minis to Avoid**

Sharp edges

Mirrors

Glass minis

Things that might be used to scratch or cut

### **Important TIPS to Keep in Mind**

- Do count in and out minis that you plan to use in a group so all minis are accounted for and cannot be used to self-harm after sessions.
- Do limit the number of minis you have. This will save valuable time.
- Sandtray on wheels.
- Clear boxes that are stackable for easy storage and mobility.
- Organize minis in categories for easier selection



## Sandtray Therapy in an Acute Care Setting

Consider directives for Sandtray Therapy in an Acute Care Setting that target the **All Important Safety Plan**. Most hospital settings due to the nature and severity of the patient's situation insist on discharging patients with a Safety Plan that is well documented and in place prior to the day of discharge. We know when safety plans are well thought out and involve outside supports, the plan will be more beneficial for relapse prevention.

Time is valuable when working in an Acute Care setting, so combining both the Sandtray Therapy work while exploring the components of their safety plan is a win. It's a two for one...and it helps the patient explore the idea and importance of the safety plan. Using Sandtray Therapy certainly can provide the means for patients who struggle to identify the missing elements of the document.

A typical safety plan has the following components-

- Triggers and Warning Signs
- Coping Skills
- Individual Supports and Resources

Don't forget that you can use Sandtray Therapy in a family session. Allowing the family or support(s) to be a part of the safety planning is a great way to ensure the patient and family are aware of what will be needed once discharged from the hospital.

