

8 SESSION MODULE

THESE 8 SESSIONS CAN BE CUT DOWN TO 3 OR 4 SESSIONS (MOST USED WITH SFBT) BUT THE MAX IS 8. BEGIN WITH NONDIRECTIVE AT FIRST THEN USE THE MIRACLE QUESTION. THIS MODULE CAN BE MODIFIED BUT USE IT AS A MODEL.

SESSION #1

- Begin the same as you would normally. But use the MIRACLE QUESTION (assuming they are NOT in the visitor relationship).
- Rules are still the same:
 - Let them name
 - No hands in the tray
 - Always be present

SESSION #2

- Possible Questions (use either as processing or do a directive tray using these topics):
 - What's changed since last session?
 - How have you managed to make things better since last session?
 - Indirect compliments
 - What is better now?

SESSION #3

- Possible questions for trays:
 - Coping skills - What are the coping skills already used or have learned thus far?
 - Acting "As if" (draw on strength) - Make a tray that supposes that that person had the coping skill needed
 - Example: A generalized anxiety person was very calm. What skills would she use? Do a tray with this.

SESSION #4

- Possible questions or trays:
 - Miracle question trays - Move even more toward getting a clear picture of the goal of the tray.
 - Another form - preferred future question
 - Past success trays
- You are drawing on the past trays and questions to make a clear future where it is better.

SESSION #5

- Possible questions or trays:
 - Then vs now
 - Put a ruler or draw a line in the sand. Make a then side (before therapy) vs now.
- Scaling trays
 - Where they are now
 - Highlight how they were able to make progress

SESSION #6

- Usefulness question
 - Make a tray of what has been most useful within therapy
 - What is the client learning most about, such as self, coping skills, addiction?
- What needs to continue
 - Make a tray to enlarge what is good and what the client needs to keep doing or having in his or her life.
 - Ex: good friends, exercise
 - Follow-up tray - What does the client need to do to keep the positive changes?
- **CAN STOP HERE!**

SESSION #7

- You make a representation of the client's world in the sandtray for the client.
- I know you are looking at me like I'm crazy! Let me explain...
- This is making use of the summarizing and reflecting technique in SBFT and every other type of therapy.
- If you can do this and do it well, then the client will truly have the sensation of "feeling felt" which promotes integration.

SESSION #8

- Termination phase/session
 - Nondirective tray
 - Use process questions to draw strengths
 - Can be a normalizing experience. Use some of the problem areas in the tray as a normal part of the process. Go back to the model of change.
 - Focus on the coping skills present in the tray.
 - If not present, then ask if client can see something to put in tray to help on the journey.
 - Process any feelings of sadness/fear about leaving therapy. Go back to coping skills.