

# 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.

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## 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.