



## **LGBTQIA+ ISSUES & SANDTRAY WORKSHEET**

(for use with Sandtray Suite Monthly Deliverable)

**What does the LGBTQIA+ acronym stand for?**

**L** \_\_\_\_\_

**G** \_\_\_\_\_

**B** \_\_\_\_\_

**T** \_\_\_\_\_

**Q** \_\_\_\_\_

**I** \_\_\_\_\_

**A** \_\_\_\_\_

**While all of these groups are very different, which letter tends to be the most misunderstood and sometimes felt to be “silent” within this group?**

**What are the 3 Do's & Don'ts of working with LGBTQIA+ clients?**

**DON'T** \_\_\_\_\_

**DON'T** \_\_\_\_\_

**DO** \_\_\_\_\_

**Describe the THREE TYPES of LGBTQIA+ clients that you may see in your office:**

**CLIENT A:** \_\_\_\_\_

\_\_\_\_\_

**CLIENT B:** \_\_\_\_\_

\_\_\_\_\_

**CLIENT C:** \_\_\_\_\_

\_\_\_\_\_

**CLIENT A Sandtray Directives:**

**“Create a world that shows what your life was like before you came out to yourself.”**

Reflect: Why do you think it is important for the client to come out to themselves first?

What issues will be you watching for in this tray?

**“Create a world that shows the pivotal point that made you realize your identity as an LGBTQIA+ person.”**

What do you want to help the client identify with this tray?

**“Create a tray that shows your support system.”**

What makes this tray important for this client?

**“Create a world that represents all of your strengths.”**

How can this tray be useful throughout the therapy process?

**CLIENT B Sandtray Directives:**

**“Create a world that describes the different parts of your life.”**

What do you want to note and pay attention to in this tray?

**“Create a world that shows how your LGBTQIA+ identity has impacted your life (or the presenting problem)?”**

What if the client doesn't identify their label as LGBTQIA+ as an issue to be addressed?

**CLIENT C - Sandtray Directives:**

What is the most important thing to remember about this client? Do NOT tell them \_\_\_\_\_?

What else is very important therapy work to consider before addressing the issue of LGBTQIA+ identity?

You want to help this client identify \_\_\_\_\_ about themselves and create sandtrays that \_\_\_\_\_ these beliefs.

**“Create a tray on what you want your future to look like?”**

What themes do you want to look for in this tray?

**“Create a tray that illustrates the barriers keeping you from your ideal future.”**

If a client happens to come out to you during their therapy work with you, you may be likely the very first person that they have come out to - treat this coming out time as

\_\_\_\_\_? What could you say to the client in response to their coming out to you?

If they come out to you, you can invite them to create the following tray:

**“Create a tray that illustrates the LGBTQIA+ part of your identity.”**

**Remember that this is a SACRED tray for them - treat it as such**

### **FOR ALL CLIENTS ...**

I recommend to always invite them to start their sandtray journey with you by creating a “Safe World” tray to get used to using sandtray and to warm their psyche up to understanding sandtray. Also, when therapy gets really hard, they can always re-visit this Safe World for grounding.

**In case you missed it and need some help:**

**The three types of clients you may have in your office are:**

**CLIENT A: This client is already out to themselves but needs your support in coming out to others.**

**CLIENT B: This client is already out to the public and openly identifies as LGBTQIA+ and this is not their main reason for coming to therapy.**

**CLIENT C: This client you have worked with for some time and is not out to themselves, yet you suspect it is part of their inner conflict.**

**Remember:**

**NEVER** tell a client that you suspect they are LGBTQIA+ - it is their journey that they must label for themselves. Meet them where they are!

**Coming out to themselves is half the journey.**

**Don't Assume** (that the clients who come into your office are straight or gay).

**Normalize LGBTQIA+ community by using LGBTQIA+ safe language within your office culture and marketing materials.**

Just because you may not identify as LGBTQIA+ does not mean you cannot be an amazing therapist to someone in this population! Using amazing listening skills, acceptance, and helping the client feel empowered will provide the client the confidence they need to walk this journey! Allies are as important as those who identify as part of the LGBTQIA+ community!

Need some support in working with an LGBTQIA+ client? Feel free to reach to to me, Kristene Thorne (LPC) at [kristene.ripplefx@gmail.com](mailto:kristene.ripplefx@gmail.com)



227 South Pollard Street, Office 203  
Vinton, VA 24179  
540-908-6075  
[Kristene.ripplefx@gmail.com](mailto:Kristene.ripplefx@gmail.com)  
[www.ripplefxlife.com](http://www.ripplefxlife.com)

