

"Spirituality in the Sandtray"

- Can you talk about God in counseling?
 - It used to be taboo but now there is an integration of spirituality and counseling
 - How do you bring spirituality into counseling?
 - Bring in a code of ethics. Ex:
 1. Honoring the client's spiritual beliefs
 2. Not imparting your own spiritual beliefs
 3. Bringing in your client's spirituality
 - But before beginning a session, you need to first center and ground yourself.
- Helpful tips once in a session
 - Questions to ask your clients to help them find their spirituality:
 1. What brings you hope?
 2. What brings you joy?
 3. What draws you to a deeper connection?
 4. What bring you peace?
 5. What centers you or grounds you?
 - Incorporate your client's language in your sessions.
 - Make sure your own belief system does not come into the session



- Help your clients anxiety decrease by teaching mindfulness, meditation, prayers and mantras.
- Contemplative Practices
- How do we incorporate this into the sandtray?
 - Spirituality miniatures to have in your collection:
 - Yoga poses
 - Open hands
 - Religious figurines
 - Chakras
 - Hearts (love)
 - Prayer cube
 - Different colored gems
 - Crystals/diamonds
 - Vegetation
 - Nature
 - Water
 - Use the sandtray to bring in your client's language and to set goals from their perspective.
 - When your client is picking miniatures, play peaceful music for them. This is your time as the therapist to center yourself.
 - Sandtray prompts:
 - Choose a miniature that brings you hope/peace



- What helps you feel spiritually connected?
- What is a laughable goal you can reach?
- Where is God (love) in your sandtray?
- How can you bring God into this sandtray?
- What represents hope and peace to you?
- What kind of support system do you have?
- Where do you draw your energy from?

** Key takeaway: Don't be scared of spirituality in the sandtray. Just hold the space.

