

5

**DEPRESSION-FOCUSED
SANDTRAY DIRECTIVES:
*INVITING MICRO-
MOVEMENTS WITHOUT
FORCING POSITIVITY***



1.) “CREATE A TRAY THAT SHOWS WHAT DEPRESSION FEELS LIKE.”

USE WHEN:

- CLIENT STRUGGLES TO VERBALIZE SADNESS
- YOU NEED SYMBOLIC EXTERNALIZATION

DEBRIEF ~

WHERE DOES THE HEAVINESS LIVE?

WHAT PART FEELS MOST TIRED?

WHAT FEELS PROTECTED?

2.) “ADD ONE THING THAT HELPS THIS PART SURVIVE.”

USE WHEN:

- NO STRENGTHS ARE VISIBLE
- CLIENT FEELS COMPLETELY HOPELESS

DEBRIEF ~

HOW DID IT FEEL TO ADD THAT?

IS IT STRONG OR FRAGILE?

WHAT DOES IT NEED TO STAY?

3.) “SHOW ME WHAT HOLDS THIS SADNESS IN PLACE.”

USE WHEN:

- PATTERNS FEEL STUCK
- DEPRESSION FEELS CHRONIC

DEBRIEF ~

WHAT MAINTAINS THIS SYSTEM?

WHAT WOULD HAPPEN IF THIS BARRIER MOVED?

4.) “BUILD A WORLD WHERE THIS PART FEELS LESS ALONE.”

USE WHEN:

- ISOLATION THEMES DOMINATE
- ISOLATION THEMES DOMINATE

DEBRIEF ~

WHAT COULD COME CLOSER?

WHO COULD COME CLOSER?

WHAT MAKES CONNECTION FEEL UNSAFE?

5.) “ADD ONE TINY SIGN OF LIFE.”

USE WHEN:

- THE TRAY FEELS COMPLETELY COLLAPSED
- CLIENT CANNOT ACCESS HOPE VERBALLY

DEBRIEF ~

HOW NOTICEABLE IS IT?

DOES IT FEEL REAL?

WHAT PROTECTS IT?

CLINICAL NOTES:

AVOID -

✘ FORCING GRATITUDE

✘ PUSHING POSITIVITY

✘ OVER-CELEBRATING
SMALL ADDITIONS

MICRO-MOVEMENTS ARE
NEUROLOGICAL SHIFTS.

EVEN ONE MINIATURE MATTERS.

