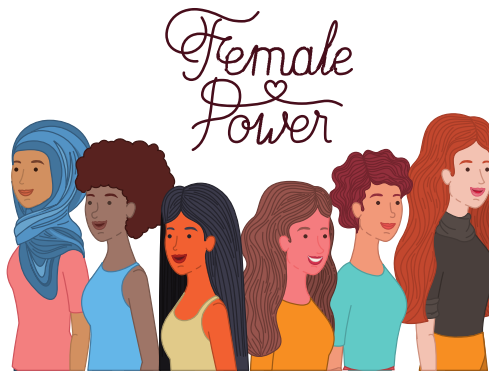


Real Sandtray Session Videos

Watch in order

- 1) Introduce Sandtray
- 2) Tell Me About Your World
- 3) Normalize Anger Styles
- 4) Trauma Resiliency Releasing Tension
- 5) Miniature Support
- 6) Finishing Sandtray Session
- 7) Process after Real Sandtray Session



Sandtray Printables

• print • enjoy • cut out minis	Included in these printables...
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Female Power – Printable Miniatures



Female Power 2 – Printable Miniatures



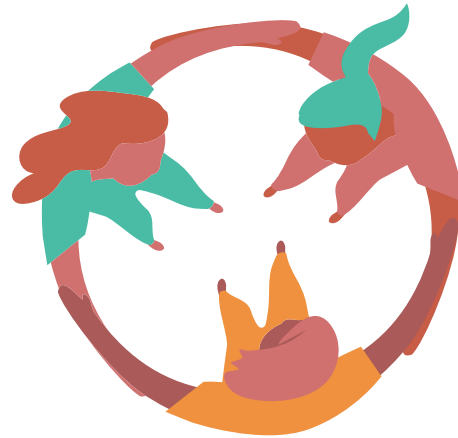
She Wolf Coloring Page



My Top Sandtray Prompts to Use Anytime

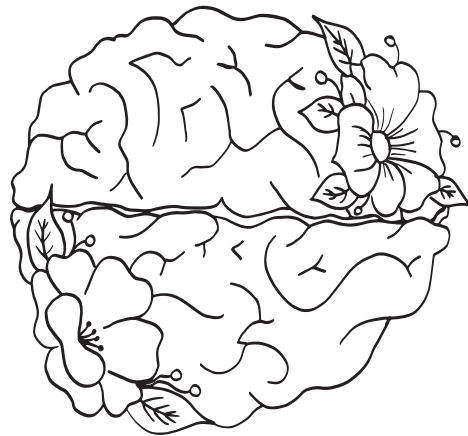
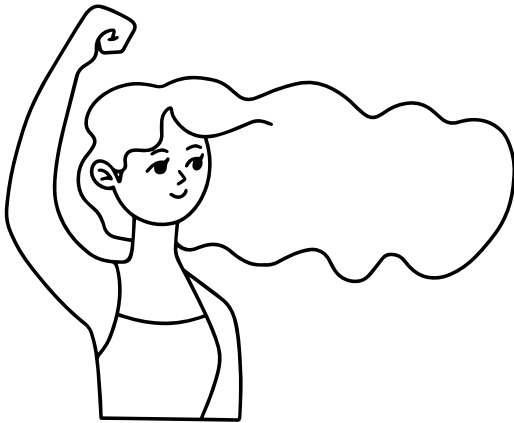
Printable Miniatures

Female Power



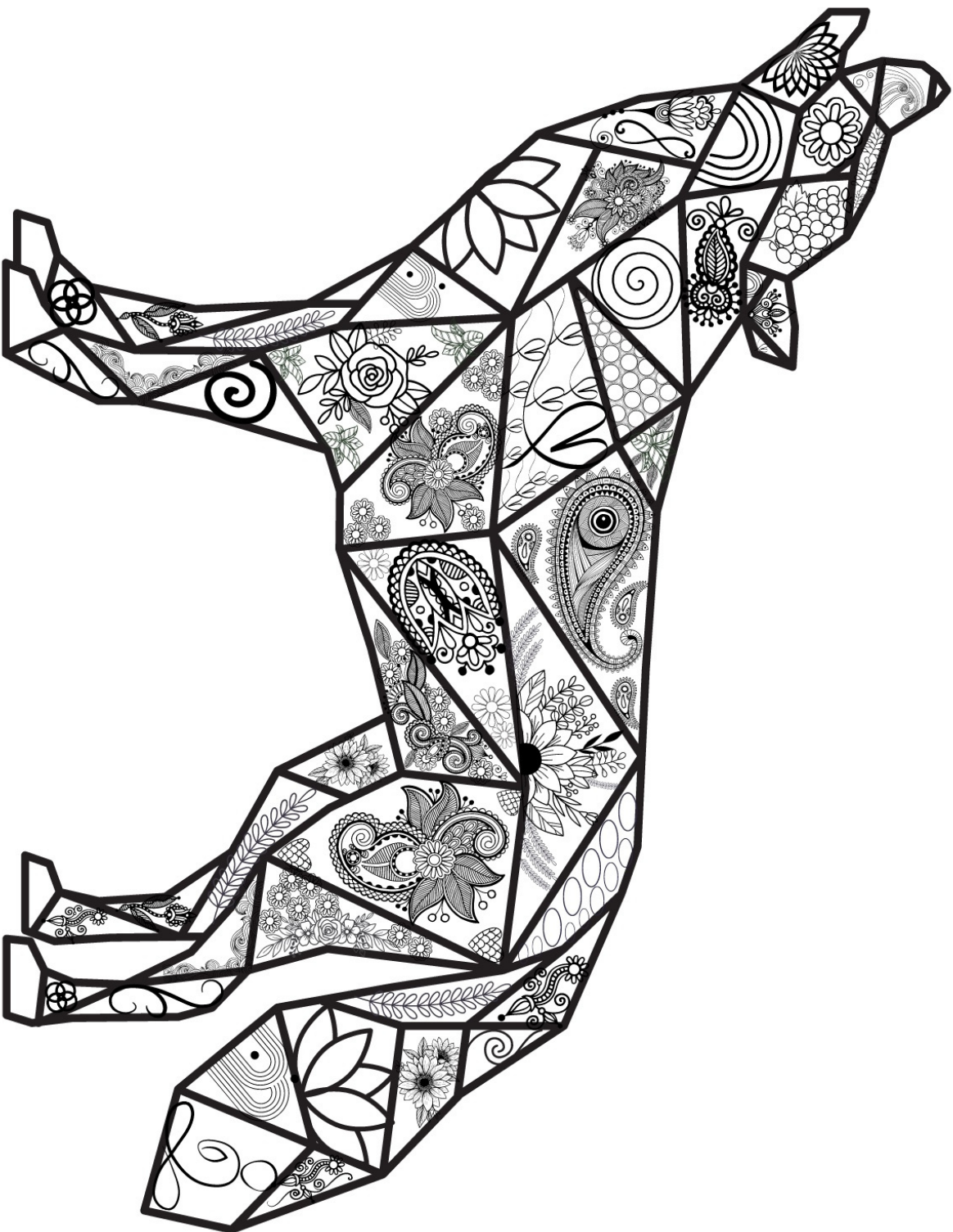
Printable Miniatures

Female Power - easy to print



*Female
Power*

*use
your
voice*





My Top Prompts to Use Anytime

Sandtray Prompts by Beth @Holistic Sandtray

My Top Prompts to Use with Anyone, Anytime

Here are some of my go-to prompts that I like to use when working with teen and adult clients. These prompts are general and non-directive in nature. Both prompts and directives are utilized as verbal direction or suggestions to help build a world in a sand tray.

Understanding Non-Directive Sandtray Prompts

When it comes to Sandtray Therapy, prompts can be either directive or non-directive in nature. The non-directive approach enables clients to select miniatures based on their own intuition and allows their subconscious mind to guide them. This type of play therapy involves following the client's lead, interpreting their choices, and giving them the freedom to name the miniatures. By doing so, the client is able to build their world and express themselves in a unique and meaningful way.

- Choose miniatures that you're drawn to.
- What miniatures represent what's going on in your life right now?
- If you could choose miniatures to represent you and your life right now, what would they be?
- I wonder what miniatures would represent how you're feeling right now?
- I invite you to choose miniatures that speak to you. Put them in the tray.
- Can you show me your world in the tray? That would help me see what's going on right now.
- I wonder if you can show me the problem you're experiencing right now.

- What would your world look like in the sand tray, including how you feel, your thoughts, and your experience?

Using Non-Directive Sandtray Prompts to Encourage Intuition and Subconscious Expression

Non-directive sandtray prompts are a great way to encourage your clients to express themselves freely without feeling limited by specific instructions or expectations. In fact, this approach can be particularly helpful for clients who may feel stuck or overwhelmed when faced with a directive prompt.

Some examples of non-directive sandtray prompts you could use with your clients include:

- "Create a world that represents your current emotions."
- "Choose any miniatures or symbols that speak to you and arrange them in the sand."
- "Use the sand to express a recent dream or memory."

Creating Non-Directive Sandtray Prompts

Are you looking for ways to encourage your clients to tap into their subconscious thoughts and intuition? Consider incorporating non-directive sandtray prompts into your therapy sessions.

Write down some of your favorites as you create more:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

By giving your clients the freedom to choose their own miniatures and create their own worlds, you are allowing them to tap into their intuition and subconscious in a way that feels safe and supported. This can lead to powerful insights and a deeper understanding of their inner world.

Sending you positive energy,

Beth