



## SANDTRAY DOCUMENTATION WIZARD – ADULT VERSION

**Name of Client:**

**Date:**

### Type of Tray

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Directive tray

Nondirective tray

List Directive:

### Therapist

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Processed

Reflected

Summarized

Noted before vs after

Reflected emotional vocabulary

Highlighted polarities

Discussed themes in the sand

Noted differences when building

Provided positive identification for client

Inquired about bodily feelings

Discussed progression (over time) of trays

### Client

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Age appropriate behavior

Behavior was consistent with a younger client

Moved sand around without miniatures

Was resistant to building in the sand

### During the Session

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Talked to therapist & asked questions

Was silent

Talked openly & told story of the tray

Intervals of talking & silent

Discussed feelings prompted by the tray

Had emotional outburst of tears

Was withdrawn & sullen

Discussed in a hurried fashion during the session

Used concrete only miniatures



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### Types of Miniatures Used

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Religious symbols	Death symbols		Vehicles		Houses	Food	Animals
Fences	<i>open</i>	<i>closed</i>	<i>with gate</i>	<i>without gate</i>			
People	<i>mother</i>	<i>father</i>	<i>children</i>	<i>bullies</i>	<i>divorce</i>		
Fantasy Figures	<i>violent</i>	<i>peaceful</i>		<i>royalty</i>		<i>animated figures from media</i>	
Nature	<i>rocks</i>	<i>water</i>		<i>weather</i>		<i>vegetation</i>	
Abstract Items	<i>treasure chest</i>	<i>cages</i>	<i>school</i>	<i>time</i>	<i>medical</i>	<i>signs</i>	<i>hobbies</i>
	<i>drugs/alcohol</i>	<i>other addiction symbols</i>			<i>movies/television</i>	<i>landmarks</i>	
	<i>trash can</i>	<i>clothing</i>	<i>furniture</i>	<i>boat</i>			
	<i>other items:</i>						

### Themes Observed in the Sand

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Rigid world	Rows in the sand	<i>Often consistent with high levels of anxiety &amp; need for control</i>
Chaos		<i>Often consistent with feeling out of control within internal life</i>
Presence of abstract items in the tray		<i>Consistent with age appropriate behavior</i>
yes	no	<i>Adults should have a mix of concrete &amp; abstract miniatures with often leaning more heavily on abstract miniatures</i>
Fences in the tray		
keeping the “bad” out	protecting the “good” guys	<i>Often consistent with high anxiety or need for protection</i>
Groupings in the tray		<i>Often consistent with items that have similar needs or categories from client’s viewpoint</i>
Empty world		
at least half of the tray is empty		<i>Often consistent with hopelessness &amp; depression</i>
Concrete only miniatures		
only using miniatures for the exact meaning of what they are		<i>Often consistent with emotional underdevelopment (without presence of abstract object)</i>
Polarities in the tray		
		<i>Often consistent with feeling of being pulled X vs. X feelings within client</i>
Lining of tray with rocks/fences other items		
before building	during the building process	<i>Often consistent with need for protection</i>



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### **Progress Over Time**

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First session N/A

Tray is    not consistent    consistent with improvement over time

Other changes to note over time: