



SANDTRAY DOCUMENTATION WIZARD – CHILD VERSION

Name of Client:

Date:

TYPE OF TRAY

Directive Tray

Nondirective Tray

List Directive:

THERAPIST

Processed

Reflected

Summarized

Tracked

Returned Responsibility

Reflected Emotional Vocabulary

Highlighted Positive Choices

Used Limited Setting with the Sand

Noted Differences When Building

Provided Positive Identification for Client

CLIENT

Age Appropriate Behavior

Behavior was Consistent with a Younger Child

Moved Sand Around without Miniatures

Used Beach Toys for Moving Sand and Building

Built a Tray with a Linear Story

DURING THE SESSION:

Talked to Therapist and Asked Questions

Was Silent

Narrated Movement in the Sand

With Sounds

Without Sounds

Intervals of Talking and Silent

TYPES OF MINIATURES USED

Animals

Farm Wild Household Pets Sea Creatures
Snakes/Spiders Dragons

Vehicles

Fantasy Figures

Violent Peaceful
Royalty Animated Figures from Media

People

Mother Father Children

Death Symbols

Religious Symbols

Nature

Rocks Water Weather Vegetation

Houses

Food

Abstract Items

Treasure Chest Cages School

Other Items:

THEMES OBSERVED IN THE SAND

Rigid World Rows in the Sand

Often consistent with high levels of anxiety and need for control

Chaos Miniatures Placed Closely Together in the Sand

Dumping in the Sandtray

Often consistent with feeling out of control within internal life

Lining of Tray with Rocks/Fences/Other Items

Before Building During the Building Process

Often consistent with need for protection

THEMES OBSERVED IN THE SAND CONTINUED

Fences in the Tray

Keeping the “Bad” Out

Protecting the “Good” Guys

Often consistent with high anxiety or need for protection

Groupings in the Tray

Often consistent with items that have similar needs or categories from client’s viewpoint

Shark with Open Mouth

Item in the Mouth

Mouth Empty

Often consistent with abuse

Treasure Chest Buried with Predator

Often consistent with abuse

POSITIVE PROGRESS IS OFTEN INDICATED BY

More Linear Story Telling

More Static Trays With or Without Abstract Symbols Present

Less Time Changing Story Lines

Use of Just One Tray

Building in the Sand (Rather than on the floor or other surfaces)

PROGRESS OVER TIME

First Session N/A

Tray is More Less Consistent with Age Appropriate Behavior

Other Changes to Note Over Time: