



SANDTRAY DOCUMENTATION WIZARD – ADOLESCENT VERSION

Name of Client:

Date:

TYPE OF TRAY

Directive Tray

Nondirective Tray

List Directive:

THERAPIST

Processed

Reflected

Summarized

Reflected Emotional Vocabulary

Discussed Themes in the Sand

Noted Differences When Building

Highlighted Polarities

Provided Positive Identification for Client

Discussed Progression (Over Time) of Trays

Noted Before vs After

Inquired About Bodily Feelings

CLIENT

Age Appropriate Behavior

Behavior was Consistent with a Younger Child

Moved Sand Around without Miniatures

Built a Tray with a Linear Story

Was Resistant to Building in the Sand

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

Talked Openly and Told Story of the Tray

Discussed Feelings Prompted by the Tray

Had Emotional Outburst of Tears

Was Withdrawn and Sullen

Discussed in a Hurried Fashion During the Session

Used Concrete Only Miniatures

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

Bullies

Death Symbols

Religious Symbols

Nature

Rocks

Water

Weather

Vegetation

Houses

Food

TYPES OF MINIATURES USED CONTINUED

Fences

Open

Closed

With Gate

Without Gate

Abstract Items

Treasure Chest

Cages

School

Time

Drugs/Alcohol

Other Addiction Symbols

Hobbies

Movies/Television

Medical

Clothing

Landmarks

Trash Can

Signs

Furniture

Boats

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

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

Empty World

At Least Half of the Tray is Empty

Often consistent with hopelessness and depression

Concrete Only Miniatures

Only Using Miniatures for the Exact Meaning of What They Are

Often consistent with emotional underdevelopment

(without presence of abstract object)

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

Polarities in the Tray

Often consistent with feeling of being pulled ‘X vs. X’ feelings within client

Presence of at Least One Abstract Item in the Tray

YES

NO

Consistent with age appropriate behavior

Adolescents often have a mixture of concrete and abstract items in the tray

Groupings in the Tray

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

Bridging

Often consistent with integration and connection between parts of self

Journey

Often consistent with hope for future and integration of past and present

Centering

Often consistent with progress in a client’s life; client often feels more grounded and less anxious

Decrease in Fences/Barriers

Often consistent with client feeling more secure in life or within the self

Energy Spots in the Tray

Often consistent with improvement in mental health symptoms; client often views the world as more hopeful and is likely to have more energy overall

Increase in Abstract Themes

Often consistent with emotional regulation and insight

PROGRESS OVER TIME

First Session N/A

Tray is:

Consistent with Improvement in Mental Health Symptoms

Consistent with Regression

Consistent with What is Expected for a Client of a Younger Age

Other Changes to Note Over Time: