

***PROCESSING LIKE***

***A PRO***

**TRAINING WORKBOOK**



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WHAT DO THE NUMBERS MEAN? 7/38/55

BY THE END OF TODAY, YOU'RE GOING TO LEARN:

- EIGHT KEY PHRASES TO USE IN YOUR SANDTRAY SESSIONS TO ALLOW YOUR CLIENTS TO GO DEEPER AND MAKE MORE PROGRESS
- KEY DIFFERENCES YOU MUST KNOW WHEN PROCESSING WITH CHILDREN VS ADULTS (AND WHAT TO SAY TO EACH TO AID IN HEALING)
- THREE PROCESSING QUERIES TO ABSOLUTELY AVOID ALWAYS
- THE ONE MAGIC PHRASE TO PULL OUT WHEN YOU GET STUCK WITH PROCESSING

**WHAT IS PROCESSING PHRASE #1?**

I \_\_\_\_\_

WHY IS THIS HELPFUL?



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### WHAT IS PROCESSING PHRASE #2?

I \_\_\_\_\_

### WHY IS THIS HELPFUL?

### WHAT IS PROCESSING PHRASE #3?

YOU TOOK A \_\_\_\_\_

### WHY IS THIS HELPFUL?

PRO TIP \* TAKE DEEP BREATHS YOURSELF TO CENTER YOURSELF AND ALLOW THE CLIENT TO JOIN YOU, BELOW THE LEVEL OF CONSCIOUSNESS

### WHAT IS PROCESSING PHRASE #4?

THIS SPACE \_\_\_\_\_



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WHY IS THIS HELPFUL?

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**WHAT IS PROCESSING PHRASE #5?**

SO \_\_\_\_\_

WHY IS THIS HELPFUL?

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**PRO TIP\* WHEN WE ALLOW THE PERSON'S WHOLE BRAIN TO FEEL SEEN AND HEARD, WE RELEASE GABA THAT HELPS SOOTHE THE ENTIRE NERVOUS SYSTEM**

**WHAT IS PROCESSING PHRASE #6?**

IF YOU COULD PLACE \_\_\_\_\_

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**WHY IS THIS HELPFUL?**

**PRO TIP\*** ENCOURAGE THE CLIENT TO ACTUALLY PLACE A MINIATURE IN THE TRAY TO REPRESENT THEIR 'ONE THING'

**WHAT IS PROCESSING PHRASE #7?**

WHAT \_\_\_\_\_

**WHY IS THIS HELPFUL?**

**WHAT IS PROCESSING PHRASE #8?**

WHAT \_\_\_\_\_



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WHY IS THIS HELPFUL?

PRO TIP\* YOU CAN ASK IF THE CLIENT WANTS TO TAKE A PICTURE AS WELL AFTER THIS PROMPT

YOU DON'T HAVE TO KNOW WHAT TO SAY ALL THE TIME.

JUST HAVE \_\_\_\_\_ PHRASES WITH READY AND PRACTICE LISTENING. YOU INCREASE CONFIDENCE BY PRACTICING WITH THESE PHRASES AND BY ALLOWING YOURSELF TO LEARN FROM WHAT YOUR CLIENTS ARE SAYING - VERBALLY AND NONVERBALLY.

PROCESSING WITH ADULTS VS CHILDREN

KEY POINTS

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WITH CHILDREN - THEY ARE USING THEIR RIGHT BRAIN - THEIR NATURAL LANGUAGE OF \_\_\_\_\_ AND \_\_\_\_\_ - TO HEAL. YOU ARE THERE TO WITNESS AND PROVIDE A SAFE SPACE.

**BIGGEST CHALLENGE:**

**SESSION WITH THE ADULT: WRITE DOWN 3 TYPES OF PROCESSING YOU SAW**



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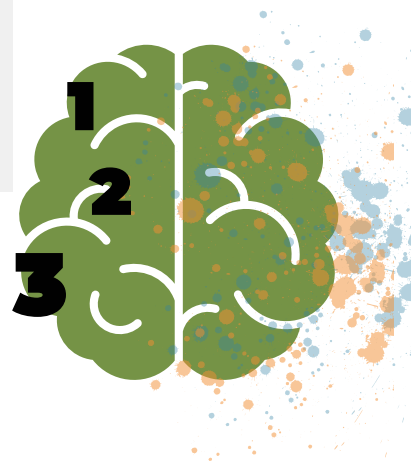
SESSION WITH THE CHILD: WRITE DOWN 3 TYPES OF PROCESSING YOU SAW

### 3 QUERIES TO AVOID ALWAYS

WHAT IS THE FIRST THING YOU SHOULD ALWAYS AVOID?

WHY= \_\_\_\_\_ BRAIN

SANDTRAY = \_\_\_\_\_ BRAIN



WHEN YOU ARE WORKING IN THE SANDTRAY WITH ANY AGE, YOU ARE WORKING IN THE RIGHT BRAIN. THE RIGHT BRAIN DOESN'T HAVE A VERBAL CENTER SO YOU'RE GOING TO GET 2 ANSWERS:

1. I DON'T \_\_\_\_\_

2. MADE UP ANSWER BECAUSE ANY ANSWER IS \_\_\_\_\_ THAN NONE



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**WHAT IS THE SECOND THING YOU SHOULD ALWAYS AVOID?**

**THEMES ARE FOR US BUT NOT FOR THE CLIENTS. WE WANT CLIENTS TO PROCESS WHAT THEY ARE EXPERIENCING, NOT TO PERFORM FOR US.**

**WHAT IS THE LAST THING YOU SHOULD ALWAYS AVOID?**

**WHAT IS THE EXCEPTION TO RULE #3?**



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"DO THE BEST YOU CAN UNTIL YOU KNOW BETTER. THEN WHEN YOU KNOW BETTER, DO BETTER."

- \_\_\_\_\_

WHAT IS THE MAGIC PHRASE?

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ADDITIONAL NOTES:



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