

Is Sandtray Therapy For Adults?

Yes, Sandtray Therapy therapy was originally created by Margaret Lowenfeld for her work with children. BUT it has since expanded to being used across populations, diagnoses, and therapy settings.

And, some of my favorite and most powerful sessions have been with adults.

After the first session, most clients love this type of therapy because what Sandtray Therapy provides that other therapies don't is that it can allow people to make connections and see insights that they struggled with for years.

Its power lies in its ability to access the nonverbal, right side of the brain. It brings the right side of the brain into communication with the left side of the brain (the logic side), allowing for deep, real insight into the self.

Once a person has experienced the power of sandtray, the effects can never be undone.