
Course Objectives & Learning Outcomes

Course Objectives

- **Practice and Experience:** Engage in Sand Tray Therapy practice to gain insight into the client's experience.
- **Historical and Theoretical Knowledge:** Explore the history and key approaches of Sand Tray Therapy, including Sandplay/Jungian, Neuroscience and Satir in the Sand Tray, and Synergetic Sand Tray.
- **Neuroscience Insights:** Delve into the neuroscience behind Sand Tray work, including the polyvagal system, right brain to right brain attunement, and co-regulation.
- **Interventions and Tools:** Learn specific interventions and tools that can be seamlessly integrated into other therapeutic approaches.

Goals of Sand Tray Therapy

- **Transformation Through Metaphor:** Facilitate client transformation by helping them release the binding reactivity of their defenses using metaphor and somatic awareness.
- **Integration and Perspective:** Support clients in becoming more integrated, exploring different perspectives, and experiencing bottom-up somatic shifts.
- **Strengthening Sense of Self:** Assist clients in strengthening their sense of self and achieving greater congruence.

Specific Learning Outcomes

- Gain a comprehensive understanding of the history and major schools of Sand Tray Therapy and their influences.
- Discover the science behind Sand Tray Therapy's effectiveness, particularly the role of neuroscience and the polyvagal system.
- Learn to utilize metaphor in therapy through parts work, identifying different themes, hotspots, and stages of Sand Tray work.
- Facilitate somatic anchoring and awareness by leveraging co-regulation, immediacy, and right brain to right brain connectivity.
- Build safety and therapeutic rapport through the use of the sand tray.
- Master techniques such as
 - Bilateral movement in the sand tray,
 - Creating a vagal break,
 - Utilizing the safety game,
 - Effectively using and teaching metaphor,
 - Facilitating a family map.