



## Sandtray: Playing to Heal, Recover, and Grow

By Roxanne Rae

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### **Sandtray: Playing to Heal, Recover, and Grow** By Roxanne Rae

Sandtray refers to psychotherapies that use sand, water, and miniatures. In this versatile and multisensory process clients create a three-dimensional “world” in a tray of sand. In doing so, a person can uncover and access the image or implicit thinking portion of his or her mind that lies out of the reach of everyday consciousness. In such a play encounter individuals can discover deeply held beliefs and/or resources. The right hemisphere of the brain is where implicit images reside and is the primary recorder of traumatic events. The stories in this book demonstrate that Sandtray provides a means to access this right-brain function for accomplishing successful trauma treatment. Theories of play-research pioneer Margaret Lowenfeld and concepts from the field of interpersonal neurobiology are illustrated by stories of real people—from three-year-old Jada to 83-year-old Mary. Instructive techniques are provided for both verbal and nonverbal therapeutic interventions. The author presents a framework of Sandtray “aspects” to view play and Sandtray session interactions. In this reader-friendly, story-driven book, the student or novice therapist will find information to initiate the use of Sandtray methods, while the experienced psychotherapist will be able to integrate and apply these techniques with ease. Sandtray: Playing to Heal, Recover, and Grow invites mental health professionals to read this book to improve the integration of physical, intellectual, and emotional experiences of their clients. The Sandtray approach promotes a more coherent sense of self and greater mindfulness in daily life.

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## **Sandtray: Playing to Heal, Recover, and Grow** By Roxanne Rae Bibliography

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## Editorial Review

### Review

Rae (Family Solutions, Ashland, Oregon) is a licensed clinical social worker with extensive experience in studying and teaching sandtray therapy. Sandtray therapy is conducted using sand, water, miniatures, figurines, and various objects to create a world. The client is the "creator," while the therapist is the "witness." Drawing largely from Margaret Lowenfeld's work, the author covers the theoretical basis of sandtray and provides advice on technique. Segments from actual clinical case studies abound, with clients ranging from children to the elderly. Rae's well-written book emphasizes the nonjudgmental, harmonious, and accepting nature of sandtray therapy. The techniques can be used in diverse theoretical frameworks and will be of interest to therapists who want to integrate expressive exercises into their work. The book would be an excellent addition to a collection on expressive therapies (e.g., play, art, and music therapies). Includes extensive appendix materials, references, and index. **Summing Up:** Recommended. Upper-division undergraduate, graduate, research, and professional collections. (*CHOICE*)

*Sandtray: Playing to Heal, Recover, and Grow* is clearly a work of love and caring. The careful use of case examples integrated with every aspect of the book helps the reader to more thoroughly understand and use the concepts. The examples range from the trays of young children to those of seniors; from the tray of a 3 year old to that of an 83 year old. Rae spends considerable time on the development of skills of a Sandtray therapist, emphasizing the role of witness. This book is clearly written and explains the author's approach to Sandtray therapy. . . . I think this is a useful book for therapists of all levels of experience with Sandtray. (*California Society for Clinical Social Work*)

This text wonderfully describes the healing process of children and adults who, through sandtray therapy, make meaning of challenging personal experiences and assimilate these experiences into conscious everyday reality. I recommend this book to both novice and experienced therapists. It is full of wonderful case examples which illustrate the principles of this dynamic, relational based practice for use with both children and adults. A very accessible and interesting book! (Gretchen Thiel, LMSW, Portland State University)

Informed by Lowenfeld's methodology and current research in attachment, Rae presents a lyrical, yet practical, tapestry of the Sandtray process. She weaves in vivid clinical examples from her work in this area over several years to provide the reader with a sumptuous overview of the healing power of sand and symbol in all its multi-sensory glory. I highly recommend this book, especially for practitioners wanting to integrate Sandtray into their work with children. (Eric J. Green, PhD, Johns Hopkins University)

### About the Author

Roxanne Rae, MSW, LCSW, BCD, is a licensed clinical social worker with more than forty years of experience, much of it studying and teaching the principles of Sandtray and psychotherapy. Rae offers consultation, supervision, and training in her private practice in Ashland, Oregon. See: [www.roxannerae.com](http://www.roxannerae.com).

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**William Vogt:**

This Sandtray: Playing to Heal, Recover, and Grow book is not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is definitely information inside this publication incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This Sandtray: Playing to Heal, Recover, and Grow without we know teach the one who studying it become critical in thinking and analyzing. Don't be worry Sandtray: Playing to Heal, Recover, and Grow can bring if you are and not make your case space or bookshelves' turn out to be full because you can have it with your lovely laptop even telephone. This Sandtray: Playing to Heal, Recover, and Grow having fine arrangement in word in addition to layout, so you will not sense uninterested in reading.

**Rose Bennett:**

A lot of people always spent their very own free time to vacation or go to the outside with them family members or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read the book. It is really fun for you. If you enjoy the book that you just read you can spent the whole day to reading a e-book. The book Sandtray: Playing to Heal, Recover, and Grow it is quite good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can more very easily to read this book from your smart phone. The price is not very costly but this book possesses high quality.

**Clarence Duncan:**

Playing with family in a very park, coming to see the coastal world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try point that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Sandtray: Playing to Heal, Recover, and Grow, you could enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

**Shelly Reder:**

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