

OUR FEATURE ARTICLE THIS MONTH IS FROM A SPEECH THAT WAS DELIVERED AT HOLY NAMES COLLEGE BY GISELA SCHUBACH DEDOMENICO AND LATER PUBLISHED IN **THE SANDTRAY NETWORK JOURNAL**. WE FEEL THAT IT IS RELEVANT AND USEFUL TO TODAY'S PLAY THERAPISTS AND HAVE RE-PRINTED IT HERE WITH PERMISSION.

**EXPANDED VISIONS:
REFLECTIONS ABOUT THE MULTI-
DIMENSIONAL USES OF SANDTRAY-
WORLDPLAY™**

**BY
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IT IS A GREAT HONOR TO SPEAK AT OUR FIRST SANDTRAY NETWORK CONFERENCE. HOLY NAMES COLLEGE PROVIDED AN EXPANSIVE VIEW OF THE BAY AREA AND AN AUSPICIOUS SETTING FOR OUR CONFERENCE DEVOTED TO **EXPANDED VISION: THE MULTIDIMENSIONAL USES OF THE SANDTRAY**. THE SPEAKERS WHO JOINED US ON THIS DAY SHARED FREELY OF THEIR PROFESSIONAL EXPLORATIONS USING SANDPLAY. SOME OF OUR PRESENTERS HAVE WRITTEN ABOUT THEIR CONFERENCE WORKSHOPS IN THIS WINTER JOURNAL. I HAVE INCLUDED COMMENTS ABOUT CONFERENCE WORKSHOP THAT HAVE NOT BEEN DISCUSSED ELSEWHERE IN THIS ISSUE ALONG WITH MY OWN REFLECTIONS.

THE MOST OUTSTANDING TRAIT OF THIS CONFERENCE WAS THE SENSE OF COMMUNAL UNITY AND GENUINE ENTHUSIASM. UNDAUNTED BY PHILOSOPHICAL AND METHODOLOGICAL DIFFERENCES, EVERYONE PARTICIPATED JOYFULLY AS SPEAKERS, STAFF, VOLUNTEERS, AND/OR PARTICIPANTS. THERE WAS EXCITEMENT AS PEOPLE MOVED FROM ONE

WORKSHOP TO ANOTHER, READY TO EMBRACE EITHER AN EXPERIENTIAL ENCOUNTER OR A DEMONSTRATION OF THE "MANY DIFFERENT WAYS" OF USING SANDPLAY.

KATE AMATRUDA OFFERED THE TEACHINGS OF THE DORA KALFF TRADITION. WITH GREAT SINCERITY SHE PRESENTED HER WORK WITH CHILDREN AND ADULTS WHO SUFFER SEVERE ILLNESS. HER WORK WAS ACCOMPLISHED AT SAN FRANCISCO'S PACIFIC MEDICAL CENTER, A RELATIVELY PROGRESSIVE MEDICAL FACILITY WITH HOLISTICALLY ORIENTED STAFF. APPARENTLY THEY WERE ABLE TO OVERCOME THE COMMON MEDICAL CONCERNS ABOUT THE STERILIZATION OF SAND AND OBJECTS. KATE BROUGHT HER CLIENTS' SANDPLAYS TO LIFE AS SHE TOLD HER RICH STORIES ABOUT THE IMAGES AND BRIDGED A PATH TO THOSE ARCHETYPAL HUMAN MYTHS THAT CAPTURE THE SPIRIT OF HOW SHE WAS MOVED BY THE PLAY. KATE'S COMPASSION AND DESIRE TO BRING OPPORTUNITIES FOR FREE AND CREATIVE EXPRESSION TO THOSE WHOSE DAILY FREEDOM IS HAMPERED SOMETIMES AS MUCH BY INVASIVE PHYSICAL ILLNESS AS BY MEDICAL INTERVENTION WAS TOUCHING: IT REMINDS US THAT THE SANDTRAY IS INDEED NEEDED IN OUR **HOSPITAL AND CONVALESCENT COMMUNITIES**.

WORKING WITH SAND AND WATER, SCULPTING AND SHAPING, MIXING OF FORMS AND IMAGES READILY PRODUCES THE SHAPES OF BODILY PARTS AND ORGANS AND THEIR VARIOUS STATES OF HEALTH AND DISEASE. VERBALLY INDEPENDENT, THIS PLAY PROCESS ALLOWS FOR THE EXPOSITION AND THE INTEGRATION OF PHYSIOLOGICAL, BUT EMOTIONAL AND MENTAL RECOVERY FOR PHYSICALLY ILL PATIENTS,

THEIR CARETAKERS AND FAMILIES. I WONDER WHAT, IF ANYTHING, MIGHT HAPPEN IF PHYSICALLY ILL PATIENTS WERE INSTRUCTED BY THEIR PHYSICIANS TO PLAY WITH SAND AND WATER ON A REGULAR BASIS.

THERESA KESTLY AFFORDED OUR NETWORK AUDIENCE A DIRECT VIEW INTO A SCHOOL-BASED SANDTRAY PROGRAM, WHICH SHE AND A COLLEAGUE DEVELOPED FOR THE ALBUQUERQUE ELEMENTARY SCHOOL DISTRICT. GROUP SANDPLAY SESSIONS WERE CONDUCTED WITH HIGH RISK CHILDREN DURING THE COURSE OF A SCHOOL YEAR. ACCORDING TO THE PRINCIPAL, THE TEACHERS AND THE SCHOOL COUNSELORS, THE CHILDREN BENEFITED GREATLY FROM THIS EXCITING ADDITION TO THEIR -SCHOOL LIFE: THEY WORKED INDIVIDUAL SANDTRAYS AND TOLD THEIR SANDPLAY STORIES IN SMALL GROUPS. THERESA PROVIDED HAND-OUTS THAT OUTLINED A "PROPOSAL LANGUAGE FOR SANDTRAY GROUP COUNSELING IN THE SCHOOLS", A "TEACHER-CHILD RATING SCALE" TO ASSESS A CHILD'S BEHAVIORAL REPERTOIRE PRE-AND POST THE SANDPLAY GROUP, A SHOPPING GUIDE FOR SANDPLAY SUPPLIES THAT IS USEFUL FOR THE "FUNDING PAPER WORK" THAT IS REQUIRED FOR SUCH A PROJECT AND SOME GREAT "CLEAN-UP TIPS". THE LATTER IS OF CONSEQUENCE AS FOUR TO SIX CHILDREN OR ADULTS PLAYING IN GROUP CAN GENERATE ENORMOUS CLEAN-UP CHORES. PERHAPS WE CAN PERSUADE THERESA TO SHARE THESE GEMS WITH US IN OUR NEXT JOURNAL. IN SEVERAL ISSUES WE HAVE MADE SMALL REFERENCES TO USING THE SANDTRAY IN THE **SCHOOL SETTING**. I INVITE OUR VETERAN

SCHOOL COUNSELORS, EDUCATION PSYCHOLOGISTS AND TEACHERS TO SUBMIT VIGNETTES AND OTHER PERTINENT INFORMATION ABOUT THE VALUE OF SANDTRAY IN A SCHOOL SETTING.

JOHN BURR AND VALERIE COX FROM OREN, UTAH PRESENTED THEIR SPECIAL WORK ABOUT "ADOPTION AND COMING-OF-AGE SANDTRAY RITUALS." THEY STRESSED HOW RITUALS IN SANDTRAY, WHICH MAY READILY BE PRESERVED ON VIDEO CAN BE USED TO MARK IMPORTANT EVENTS IN THE LIFE OF THE COMMUNITY, THE FAMILY AND THE INDIVIDUAL. RITUALS ARE USEFUL IN ALLOWING US TO PUBLICLY EXPERIENCE AND KNOW THE ENDING OF ONE PHASE IN OUR LIVES AND THE BEGINNING OF ANOTHER PART OF LIFE THAT REQUIRES A NEW ADAPTATION. RITUAL MARKS TRANSITIONS. SEE BOBBI SCHEAR'S ARTICLE ABOUT "COMMEMORATING LIFE PASSAGES" LATER IN THIS ISSUE.

I FIND THAT SANDPLAY RITUALS SERVE THE FUNCTION OF TRANSITIONAL OBJECTS BY PROVIDING CONTINUITY WITH THE OLD AND BY ALLOWING EXPERIMENTATION WITH THE NEW. THEY ALLOW US TO REACH WITHIN FOR OUR OWN WISDOM AND TO SHARE IT WITH OTHERS. IN RITUAL WE MAY EXPRESS OUR THOUGHTS, FEELINGS, MEMORIES, EXPECTATIONS AND ANTICIPATIONS IN A DIRECT WAY. THEY LET US SPEAK WHEN WE THINK WE HAVE NO WORDS. SANDPLAY RITUALS ALLOW US PASSAGE INTO THE REALMS OF BLISS, CHAOS AND THE DARK NIGHT OF THE SOUL. THEY MAY HELP US HARNESS THE HIDDEN STRENGTHS AND POWERS WITHIN US AND AWAKEN OUR SPIRIT AT A TIME WHEN WE OFTEN FEAR PSYCHO-

LOGICAL DISINTEGRATION AND THE LOSS OF OUR HABITUATED WAYS. A **COMMUNAL RITUAL** HELPS US SURVIVE TOGETHER: IN GROUP RITUAL WORK THERE IS ALWAYS A KEEPER OF THE OLD AND THE NEW EMOTIONS, A KEEPER OF THE OLD AND THE NEW THOUGHTS, A KEEPER OF THE OLD AND THE NEW ACTIONS, A KEEPER OF THE MEMORIES AND A KEEPER OF THE ETERNAL SPIRIT WISDOM. WHEN A GROUP OF PEOPLE WORK A SANDTRAY RITUAL, THEIR PSYCHES JOIN TOGETHER. NEW WAYS ARE FOUND WHEN ALL THE KEEPERS GIVE FORTH THEIR KNOWLEDGE. RITUAL REQUIRES LITTLE STRUCTURE FROM THE GROUP LEADER. RATHER, IT SEEMS THAT THE RITUAL WAYS OF OUR ANCESTORS SIMPLY EMERGE AS WE SURRENDER TO THE OCCASION. A GROUP RITUAL CAN CONNECT US TO UNIVERSAL LAW. IT AWAKENS THE DESIRE TO BE A CONSCIOUS AND PURPOSEFUL BEING. IT CREATES AN IMPERATIVE TO LEARN HOW TO HEAL THE PAST, TO OVERCOME THE DESIRE FOR REVENGE AND GUILT, AND TO SURVIVE DEEP SORROW. AS WE IMMERSE IN RITUAL, WE BEGIN TO TAKE SERIOUSLY THE THOUGHTS, FEELINGS AND INTENTIONS THAT DEFINE HOW WE FEEL ABOUT EACH OTHER AND LIFE.

DURING MY TALK I SPOKE ABOUT USING MY FIVE SQUARE FOOT SANDTRAY DURING A **FUNERAL GATHERING**. FRIENDS OF MY DEAR FRIEND RICHARD WHO HAD KILLED HIMSELF HAD GATHERED AT MY HOME. AS RICHARD HAD HAD A TENDENCY TO COMPARTMENTALIZE HIS RELATIONSHIPS MANY OF US MET FOR THE FIRST TIME. HIS ASHES WERE PLACED IN THE CENTER OF THE SANDTRAY. EACH OF HIS FRIENDS CHOSE FROM ONE TO FIVE IMAGES. EACH CONFIGURED SAND

AND IMAGES IN THE TRAY WHILE TELLING ABOUT HIS/HER RELATIONSHIP WITH RICHARD AND RICHARD'S UNEXPECTED SUICIDE. WHEN EVERYONE WAS FINISHED, WE WERE FILLED WITH AWE. SOMEHOW IT SEEMED THAT EACH ONE OF US SAW RICHARD IN A MORE COMPLETE WAY THAN WE HAD EVER BEEN ABLE TO SEE HIM BEFORE. RICHARD HAD BEEN REVEALED BY THE UNIQUENESS OF EACH ONE OF HIS FRIENDS. EACH ONE OF US HELD A DIFFERENT KEY TO UNDERSTANDING HIM. IN THIS SIMPLE, BUT DEEPLY PENETRATING WAY, WE REACHED A MORE SACRED POINT OF VIEW ABOUT OUR FRIEND. WITH GRATITUDE, RESPECT AND AMAZEMENT, WE LIT HIS DEATH CANDLES IN THE SANDTRAY. NOW, A GROUP, WE HELD HIM IN OUR HEARTS AND SO DEEPLY FELT THE TANGIBLE IMPACT RICHARD HAD HAD ON OUR LIVES AS WE PREPARED TO JOURNEY TO THE OCEAN TO RELEASE HIS ASHES UNDER THE LIGHT OF THE FULL MOON AND BID HIM AN ETERNAL GOOD-BYE.

CAN YOU IMAGINE USING SANDTRAY RITUALS AT FUNERAL WAKES TO ALLOW MOURNERS TO COME TOGETHER AND DISCOVER THE WORDS HIDDEN WITHIN THAT IF SHARED WOULD FACILITATE THE MOURNING PROCESS?

PAMELA CROW FROM PORTLAND, OREGON PRESENTED HER USE OF SANDTRAY IN HEALING THE **SECONDARY TRAUMA** THAT SO MANY THERAPISTS WHO WORK WITH TRAUMATIZED CLIENTS EXPERIENCE. PAM REMINDED US THAT, AS THERAPISTS AND CONSULTANTS, WE CAN USE SANDPLAY TO WORK WITH THE PSYCHOLOGICAL IMPACT OF CONTINUOUSLY BEARING WITNESS TO VICTIMS OF ABUSE. IT IS IMPOS-

SIBLE NOT TO BE "MOVED" BY ANOTHER'S PAIN AND SUFFERING. PAM PRESENTED IN DEPTH HER USE OF THE SANDTRAY AS SHE CONSULTED WITH A THERAPIST WHO HAD BEEN EXTREMELY DEPLETED AND DEPRESSED BY HER WORK WITH AN ABUSED CLIENT.

IT IS ESSENTIAL THAT WE HAVE A WAY OF INTEGRATING THE INTENSITY AND THE VARIETY OF HUMAN VICTIMIZATION THAT OFTEN EXTENDS BEYOND THE PRIMARY PERPETRATOR TO JUDICIAL, INSTITUTIONAL AND COMMUNAL PERPETRATION. I BELIEVE THAT SANDTRAY OFFERS A MOST FERTILE METHOD FOR PLACING TRAUMA INTO THE WEB OF REALITY WITHOUT COMPROMISING OUR CAPACITY TO BE CONSCIOUS AND CLEAR, TO FEEL DEEPLY AND COMPASSIONATELY FOR THE OTHER, TO RETRAIN OUR HEALTH AND SENSE OF SELF, TO WORK WITHOUT RESORTING TO ANGRY JUDGMENT OR FEAR, AND TO ALLOW OUR CLIENTS TO WORK THEIR OWN PROCESS IN THEIR OWN PARTICULAR WAY. I ALSO BELIEVE THAT THE MOST FORMIDABLE CONTRAINDICATION TO THE USE OF THE SANDTRAY IS THE THERAPIST-WITNESS HERSELF. A NEGATIVE, JUDGMENTAL, INTERPRETIVE, SELF-SHIELDING RESPONSE CREATES A DIFFICULT WORKING ENVIRONMENT FOR THE VICTIM OF ABUSE. SUCH A RESPONSE ALSO CREATES A DIFFICULT SITUATION FOR THE THERAPIST-WITNESS, AS IT DIVIDES US BETWEEN WHAT WE SUPPOSEDLY THINK AND WHAT WE ACTUALLY DO IN SESSION. IT IS THEREFORE CRUCIAL THAT WE ATTEND TO OUR COUNTER-TRANSFERENCE RESPONSES.

TO PREVENT DIFFICULTIES, I RECOMMEND THAT AS SANDTRAY

THERAPISTS WE DO REGULAR SANDTRAYS TO SORT OUT OUR OWN WITNESS RESPONSE TO OUR CLIENT'S SANDTRAY-WORLDPLAY SESSION. WE CAN RE-CREATE OUR CLIENT'S PLAY PROCESS AND/OR PLAY WITH OUR CLIENT'S WORLD AFTER IT HAS BEEN PHOTOGRAPHED AND THE CLIENT HAS LEFT THE OFFICE, AND/OR CREATE A "RESPONSE-REACTION WORLD" THAT EMBODIES OUR COUNTER-TRANSFERENCE RESPONSE. IN THE LEVEL FIVE OF THE SANDTRAY-WORLDPLAY™ TRAINING SERIES, WE FOCUS ON THESE VERY HELPFUL TECHNIQUES FOR KEEPING OUR HEARTS AND MINDS OPEN.

SANDTRAY CONSULTANTS AND SUPERVISORS FOR STUDENTS AND SANDPLAY THERAPISTS MIGHT WANT TO CONSIDER ASKING THEIR CONSULTEES TO PLAY OUT THEIR CLIENTS' SANDTRAYS AND THEIR OWN RESPONSES TO THOSE SANDTRAYS BEFORE OFFERING CONSULTATION. THIS FREQUENTLY PROVIDES A FAR BETTER OPPORTUNITY FOR DISCUSSION THAN THE USUAL COMBINED ANALYSIS OF PICTURES, SYMBOLIC MEANING AND CLIENT HISTORY. THE LATTER TENDS TO BE QUITE PREDICTABLE AND FAIRLY INACCURATE IN ELUCIDATING THE CLIENT'S INTEGRATIVE PLAY PROCESS. IT ALSO FAILS TO ADDRESS THE QUESTION OF SECONDARY TRAUMATIZATION WHICH MAY IMPACT EVEN NONDEFENSIVE AND NONJUDGMENTAL WITNESSES.

BY PLAYING WITH THE EXPERIENCED CLIENT MATERIAL, THE WITNESS-THERAPIST MAY AVOID BEING FLOODED, OVERWHELMED OR TRAUMATIZED BY REALITIES THAT MAY AT FIRST SEEM TOO MUCH TO BEAR. I BELIEVE TRAUMA TO BE RELATED TO OUR INABILITY TO FULLY

EXPERIENCE AN EVENT. THUS, WE CANNOT INTEGRATE OR PATTERN THE EVENT. PLAYING WITH THE EXPERIENCES ALLOWS FOR A DEEPENING OF EXPERIENCING AND ALWAYS CREATES NEW PATTERNS AND INCREASED UNDERSTANDING.

WE CANNOT ALWAYS PROTECT AGAINST BEING OVERWHELMED SINCE A HOLOCAUST OF HUMAN PAIN AND SUFFERING IS CONSTANTLY OCCURRING IN THE WORLD. SOME SANDPLAYS OBVIOUSLY DRIVE THAT FACT HOME TO US. WHEN WE ARE SURPRISED BY LIFE'S REALITIES, WE NEED TO SORT THEM OUT IN PLAY. THE SOONER WE CAN REACH THE UNIVERSAL DIMENSIONS, WHERE ALL HUMAN ACTIVITIES (INCLUDING THE "INHUMAN" ACTS) ARE KNOWN TO BE PART OF LIFE ON THE PLANET EARTH, AND THE SOONER WE EXPERIENCE THIS FROM THE UNIVERSAL PERSPECTIVE, THE SOONER WE WILL KNOW HOW TO BE WITH THE INDIVIDUAL EXPRESSION THE INTENSE PAIN AND SUFFERING THAT THE INNOCENT AND THE PERPETRATORS HAVE TO ENDURE. WE WILL SEE THAT MANY OF THOSE WHO SUFFER GREATLY, ALSO COLLECT THE WISDOM AND KNOWING THAT IS INHERENT IN THEIR EXPERIENCE IF THEY ARE ALLOWED TO PLAY. WHILE THEY MAY HAVE LOST THEIR INNOCENCE, THEY NO LONGER ARE FOOLS AND THEY WILL NOT DENY THE TRUTH OF WHAT HAS HAPPENED TO THEM. IN THE PROCESS THEY TEACH US TO WAKE UP TO THE REALITIES OF BEING HUMAN.

I WONDER WHAT IT WOULD BE LIKE IF WE ALL ALLOWED THE PLAYS OF THE VICTIMIZED AND THE PERSECUTED TO APPEAR BEFORE THE FAMILY, THE COURTS, THE PRINCIPALS AND THE HEADS OF COMMUNI-

TIES? IF WE PUSHED TO LET SANDPLAY BECOME A LANGUAGE OF THE VICTIMS OF CRIME? WHAT WOULD HAPPEN IF THE CUSTODIANS OF OUR CHILDREN WERE MADE AWARE OF THE EXTENT OF THE SUFFERING THAT IS DEPICTED IN OUR VICTIM'S SANDPLAYS? WOULD THEY MORE READILY HELP THE CHILDREN ON THEIR HEALING JOURNEY?

IN MY OWN KEYNOTE I FOCUSED ON THE WAY OF THE WITNESS, THE WAY OF EXPRESSING HUMAN EXPERIENCE, AND SOME POSSIBLE WAYS OF EXTENDING THE USE OF THE SANDTRAY INTO OUR COMMUNITY AT LARGE. I READ THE WORDS OF **ORIAHE MOUNTAIN DREAMER**, AN INDIAN ELDER FROM TORONTO, WHICH ARE REPRINTED IN THE JOURNAL. I SUGGEST YOU READ THEM SLOWLY. LET THE IMAGES ARISE. BE WITH THE REALITIES THAT ARE HIDDEN IN THE SO CAREFULLY CHOSE WORDS AND RECOGNIZE THE SACRED DEPTHS OF HUMANITY THAT ARE REFLECTED IN THE TEACHINGS AND IN THE MIRROR THAT EACH SANDTRAY SO POIGNANTLY PROVIDES. THE POEM IS AN INVITATION TO BE PRESENT WITH WHAT IS: BE IT "OUR HEART'S LONGING", "LOOKING LIKE A FOOL FOR LOVE", "TOUCHING THE CENTER OF OUR SORROW", "SITTING WITH PAIN...WITHOUT HIDING OR FIXING IT", "BEING BRUISED TO THE BONE AND STILL DOING WHAT IS NEEDED FOR THE CHILDREN" OR "BEING ABLE TO STAND IN THE CENTER OF THE FIRE WITH SOMEONE ELSE AND NOT SHRINK BACK". THE SANDTRAY PROCESS WILL TEST US TO SEE WHETHER WE HAVE THE SKILLS OF BEING HUMAN AND BEING CONSCIOUS, AND WHETHER WE CAN LEAVE THEORIES AND PERSONAL STORIES BEHIND IN ORDER TO BE WITH AND HONOR THE PLAYER. IF

WE DO NOT OWN SANDTRAY PROCESS IT ALLOWS US TO ACCEPT WHAT IS AND WHAT HAS BECOME. IT EQUALLY ALLOWS US TO LEARN HOW WE PARTICIPATE IN SHAPING WHAT IS TO COME.

NOW, AFTER **EIGHTY YEARS OF SANDPLAY** SOME OF US HAVE MADE SOME PIONEERING CONTRIBUTIONS THAT HAVE EXPANDED THE USE OF SANDPLAY BEYOND INDIVIDUAL CHILD AND ADULT PSYCHOTHERAPY. OUR WORK NOW INCLUDES SANDPLAY WITH GROUPS, COUPLES AND FAMILIES IN PRIVATE PRACTICE, THERAPEUTIC CLINICS, EDUCATIONAL SETTINGS AND HOSPITALS. WE USE SANDTRAY WITH DIVERSE POPULATIONS INCLUDING THOSE ON TRANSFORMATIONAL AND SPIRITUAL JOURNEYS, PERPETRATORS, PSYCHOTICS, RECOVERING ADDICTS, TRAUMA SURVIVORS, AUTISTIC CHILDREN AND SOME OF THE MORE "UNSTABLE" AND "UNSOCIALIZED" PEOPLE. THE PRIMARY REASONS SANDPLAY WORKS SUCCESSFULLY WITH SUCH DIVERSE GROUPS ARE THE CLIENT'S INTEREST IN USING THE SANDTRAY AND THE THERAPIST'S WILLINGNESS TO BEAR WITNESS TO THE CLIENT'S TOTAL EXPERIENCES RATHER THAN WORRYING ABOUT DECOMPENSATION OR THE APPROPRIATENESS OF THE EXPERIENCES THAT CAME TO LIFE IN THE SAND. WHEREVER CLIENTS WANTED TO USE THE SANDTRAY AND THERAPISTS WERE WILLING TO GO BEYOND THEIR CONCEPT OF "PROPER" OR "IMPROPER" USE, SOMETHING FRUITFUL HAPPENED: OFTEN INSIGHTS CAME THAT HAD ELUDED A CLIENT FOR MANY YEARS IN IN-PATIENT AND OUT PATIENT TREATMENT.

I RECALL THE STORY TOLD BY A **PSYCHIATRIC NURSE** WHO USED

THE SANDTRAY WITH A GROUP OF PSYCHOTIC PATIENTS. ONE OF THE WOMEN INSISTED THAT SHE WANTED TO MURDER HER CHILDREN. THIS EXPRESSED DESIRE HAD OCCASIONED A NUMBER OF HOSPITALIZATIONS. IN GROUP SHE SPOKE ABOUT HER OBSESSION. WHEN HER THERAPIST NURSE INVITED HER TO PUT THE MURDER OF HER CHILDREN IN THE SANDTRAY, THE WOMAN WAS UNABLE TO DO SO. SHE JUST COULD NOT MURDER HER CHILDREN. INSTEAD SHE SHOWED HER OWN MOTHER TRYING TO MURDER HER. QUICKLY SHE REALIZED THAT IT HAD BEEN A BIG MISUNDERSTANDING: IT WAS HER MOTHER WHO HAD WANTED TO MURDER HER. AND NOW, BEING A MOTHER TO HER CHILDREN SHE FELT LIKE SHE OUGHT TO WANT TO MURDER HER CHILDREN, WHEN IN ACTUALITY SHE HAD NO DESIRE AND NO NEED TO DO SO. AFTER HER DISCHARGE THE WOMAN WROTE TO HER FACILITATOR THANKING HER FOR THE OPPORTUNITY TO UNDERSTAND AND TO TAKE CHARGE OF HER "CHILD-MURDER POSSESSION" AND THUS OF HER LIFE. SOME PEOPLE INDEED HAVE THE MISFORTUNE OF NEEDING TO DECIDE WHETHER THEY WISH OR WISH NOT TO COMMIT MURDER. SHOULD THEY NOT HAVE THE OPPORTUNITY TO SORT OUT THEIR EXPERIENCES USING THE IMPRESSIONABLE SANDTRAY?

WOULD IT NOT BE HELPFUL IF THE SANDTRAY WOULD BE MORE READILY AVAILABLE TO THOSE WHO SUFFER FROM THOUGHT DISORDERS, DELUSION, AND ILLUSIONS? WOULD IT NOT BE USEFUL IF PSYCHIATRIC STAFF WERE TRAINED TO VOYAGE IN THOSE SHAMANIC PLACES OF INNER DIMENSIONAL EXPERIENCE AND RETURN? I HAVE HAD A NUMBER OF PSYCHOTHERAPISTS WHO HAD SUF-

FERED PSYCHOTIC BREAKS DURING EARLIER YEARS COME AND REWORK THEIR JOURNEY USING THE SANDTRAY. EACH ONE RETRIEVED A PART OF HER SOUL—BUT, MORE IMPORTANTLY, EACH CAME TO UNDERSTAND THE LOGIC AND THE NEED OF HER PARTICULAR BREAK WITH CONVENTIONAL REALITY. THEY WERE NO LONGER SO AFRAID AND THEY FELT READY TO ACTIVELY WITNESS THE SANDTRAYS OF THEIR CLIENTS.

BECAUSE CLIENTS THEMSELVES CONTINUE TO PUSH THE FRONTIERS OF SANDTRAY PLAY, I AM QUITE CONVINCED THAT MORE AND MORE **INPATIENT HOSPITALS** WILL FIND USE FOR THIS EMPOWERING TOOL. I HAVE FEW CONCERNS ABOUT SANDPLAY'S FUTURE IN THE PSYCHOTHERAPEUTIC AND TRANSFORMATIONAL SETTINGS. AT THE CONFERENCE I VENTURED TO EXPAND THE VISION AND POSED THE FOLLOWING CHALLENGE:

CAN WE, AFTER EXPLORING THE DIVERSE HEALING DIMENSIONS OF SANDPLAY WITHIN OUR PSYCHOTHERAPEUTIC COMMUNITY, BRING THE HEALING POWER OF THIS PLAY TO **OUR FAMILIES, OUR COMMUNITIES AND TO THE WORLD AT LARGE?** CAN WE BRING THE POWER OF CREATIVE PLAY BACK INTO ORDINARY LIFE, BACK INTO ITS NATURAL SETTING IN THE COMMUNITY OF HUMANITY? WHAT KIND OF CITIZENS DO WE WANT OR DO WE NEED TO MEET THE CHALLENGES OF THE 21ST CENTURY? LET US RECOGNIZE THAT TRULY CREATIVE SELF-EXPRESSION HAS BEEN STEADILY WEANED FROM ORDINARY LIFE BY THE ACTIONS AND BELIEFS OF OUR WESTERN CULTURE WHICH HAS A PROPENSITY FOR PREFERRING ECONOMIC AND IDEOLOGICAL SLAVERY.

IT FURTHERS HABITUATED, REPETITIVE ROTE PATTERNS OF THINKING, FEELING AND BEHAVIOR (OR WHICH THE DSM-4 AND CURRENT HMO TREATMENT POLICIES ARE GLARING EXAMPLES). **DORA KALFF** HELD TECHNOLOGICAL THINKING VALUES RESPONSIBLE FOR THE DECLINE OF THE SPIRITUAL AND THE LOSS OF MEANING IN OUR LIVES. TECHNOLOGY DOES HAVE SUCH AN EFFECT. HOWEVER, I BELIEVE THAT SYSTEMATIC MENTAL AND EMOTIONAL INDOCTRINATION ALONG WITH THE ERADICATION OF FREE AND SPONTANEOUS PLAY IN THE LIVES OF BOTH CHILDREN AND ADULTS ARE AN EVEN GREATER HINDRANCE THAN THE TECHNOLOGY OF THE AGE OF MACHINES. I WONDER WHY SO MANY OF OUR CLIENTS CAN EXPERIENCE THE HAPPINESS, THE BLISS, THE DEPTHS OF THEIR SOUL WISDOM IN OUR OFFICE WHERE THEY HAVE TO PAY FOR THE PRIVILEGE OF BEING CREATIVE?

WHY SHOULD ONE OF MY YOUNG ADOLESCENT GIRLS WHO DANCES WITH GREAT DELIGHT, PAINTS MY FACE AND HERS, AND LEAPS TO DANCE SOME MORE DO THIS ONLY IN MY PLAY ROOM? WHY SHOULD SHE NOT HAVE MORE OPPORTUNITY TO DISCUSS THE DEPTHS OF HER PROBLEM WITH FORGIVENESS (PARAPHRASED HERE) AND WONDER ELSEWHERE IN THE COMPANY OF ELDERS WHY SHE CANNOT FORGIVE HER BOYFRIEND OR HER STEPFATHER PERPETRATOR FOR WHAT THEY HAVE DONE TO HER WHEN CHRIST, THE SON OF GOD, CAN FORGIVE THOSE WHO MURDERED HIM? THESE ARE SOME OF THE FUNDAMENTAL QUESTIONS THAT EMERGE FROM SANDPLAY AND OTHER CREATIVE SELF-EXPRESSIONS. SHOULD WE NOT BRING THESE TOOLS BACK TO THE PEOPLE?

DURING THE EARLY YEARS OF MY SANDPLAY RESEARCH, I ASKED EVERYONE I COULD FIND IN MY COMMUNITY TO PLEASE PLAY WITH SAND, WATER AND MINIATURES. SOON I REALIZED THAT THERE REALLY WAS ONLY ONE DISTINGUISHING DIFFERENCE BETWEEN MY CLINICAL SANDPLAYERS AND THE NON-CLINICAL PLAYERS: THE ADULTS WHO WERE NOT COMING TO PSYCHOTHERAPY AND USED THE SANDTRAY ALL RECOGNIZED WITHIN THREE SESSIONS THAT THEY DID "SANDTRAYS" EVERY DAY OF THEIR LIVES. THIS REALIZATION ACTUALLY HAD A SOBERING EFFECT ON THEM. THEY REALIZED THAT THEY WERE FAR MORE FREE TO SHAPE THEIR LIFE THAN THEY HAD PREVIOUSLY RECOGNIZED. SANDPLAY FACILITATED A SEPARATION FROM THEIR AUTOMATED PROCESS-OF-BEING. THEY BECAME SELF-CONSCIOUSNESS OF THEIR OWN CONSCIOUSNESS. THEY KNEW THAT INDEED THEY COULD "DARE TO DREAM...AND TO RISK FOR THE ADVENTURE OF BEING ALIVE". NO ONE COULD DO IT FOR THEM. THEY WALKED AWAY KNOWING THAT THEY HAD CREATIVE ENERGY AND THAT IT WAS UP TO THEM TO USE IT AS THEY CHOSE.

IT MIGHT BE TIMELY TO ASK YOU TO REFLECT ON HOW SANDPLAY MIGHT AUGMENT YOUR **PERSONAL LIFE**. GO BEYOND THE PSYCHOTHERAPEUTIC MOMENT. GO BEYOND THE PRESENCE OF A PSYCHOTHERAPIST WITNESS AT THE OFFICE. GO BEYOND THE PLAY ROOM TO THE LABORATORY OF THE WORLD. GO INTO DAILY LIFE. ASK YOURSELF THE FOLLOWING QUESTIONS. NOTICE YOUR ANSWERS AND SHARE THEM WITH THE NETWORK COMMUNITY, WHICH IS DEDICATED TO THE

FRUITFUL USE OF THE SANDTRAY IN MANY DIFFERENT SETTINGS.

- 1 CAN YOU AND HAVE YOU USED SANDTRAY-WORLDPLAY ALONE IN YOUR OFFICE OR IN YOUR HOME?
- 2 CAN YOU TRUST YOUR OWN PSYCHE WHEN YOU PLAY ALONE IN THE SANDTRAY?
- 3 CAN YOU BE YOUR OWN WITNESS?
- 4 CAN YOU SHARE WITH OTHERS (LIKE FRIENDS, FAMILY MEMBERS) WHAT YOU HAVE EXPERIENCED IN THE SANDTRAY PROCESS?
- 5 CAN YOU PLAY WITH OTHERS IN THE SANDTRAY?
- 6 CAN YOU LET FRIENDS AND FAMILY USE YOUR SANDTRAY?
- 7 WOULD YOU ENCOURAGE AND/OR HELP NEIGHBORS, FAMILIES, FRIENDS, CLIENTS TO SET UP SANDPLAY MATERIALS IN THEIR TV ROOM OR FAMILY ROOM?
- 8 WOULD YOU ENCOURAGE COFFEE SHOP OWNERS TO HAVE A SANDTRAY SET-UP? WHAT ABOUT DOCTOR'S, LAWYER'S, PSYCHOTHERAPIST'S WAITING ROOM?
- 9 WOULD YOU ENCOURAGE PRISONS, CHURCHES, TEMPLES, RETREAT CENTERS TO HAVE A SANDTRAY PLAY RETREAT ROOM?
- 10 WOULD YOU ENCOURAGE TEACHERS AND PROFESSORS TO INCLUDE SANDTRAY PLAY IN

THEIR EDUCATIONAL CURRICULUM, PRESENTATIONS AND STUDENT REPORTS?

11 WOULD YOU ENCOURAGE MILITARY, POLITICAL, INDUSTRIAL, RELIGIOUS LEADERS TO USE SANDTRAY PLAY?

12 IN WHAT OTHER SETTING WOULD YOU LIKE TO EXPLORE THE USE OF SANDPLAY?

WHAT DO YOU THINK MIGHT HAPPEN IF **NORMAL, ORDINARY PEOPLE** WERE EXPOSED TO SANDPLAY MATERIALS? MIGHT IT LEAD TO INCREASED COMMUNICATION? MIGHT IT LEAD TO INCREASED CLARITY AND MORE EQUITABLE PHILOSOPHIES ABOUT THE MEANING OF LIFE AT THE GRASS ROOTS LEVEL? MIGHT IT LEAD TO INCREASED RESPONSIVENESS AND INCREASED CREATIVITY AND PURPOSE? MIGHT IT DECREASE DISCRIMINATION AND CRIMES OF HATRED? MIGHT IT HELP BUILD A WORLD COMMUNITY?

I KNOW THAT THE SANDTRAY HAS CHANGED MY LIFE. NINETEEN YEARS AGO I STARTED WORKING WITH THE SANDTRAY. SEVENTEEN YEARS AGO I BEGAN MY PERSONAL WORK. I HAVE PROBABLY AVERAGED TWO SANDTRAYS PER WEEK. I HAVE PLAYED BY MYSELF, WITH A NUMBER OF DIFFERENT TEACHERS, IN MY OWN TRAINING GROUPS, IN TRANSFORMATIONAL GROUPS AND WITH SOME MEMBERS OF MY FAMILY. I HAVE PLAYED JOINTLY, IN PARALLEL PLAY, OR ALONE WITH FAMILY, FRIENDS, GROUPS OF STRANGERS, STUDENTS AND CLIENTS. MY OWN PERSONAL CONCLUSION IS THAT SANDPLAY PRACTICED IN DIVERSE SETTINGS ENHANCES AND PROMOTES AUTHENTIC RELATIONSHIP TO SELF AND OTHERS. IT

FACILITATES THE DEVELOPMENT OF BOTH THE INDIVIDUAL AND THE COMMUNAL PSYCHE. I BELIEVE THAT THESE EFFECTS ARE NOT AT ALL DEPENDENT ON THE PRESENCE OF A TRAINED PSYCHOTHERAPIST, THOUGH THIS DOES NOT MEAN THAT I BELIEVE IT APPROPRIATE FOR A NON-TRAINED PSYCHOTHERAPIST TO USE THE SANDTRAY IN A THERAPEUTIC SETTING.

ALTHOUGH I STILL BELIEVE THAT MOST PSYCHOTHERAPISTS HAVE BARELY BEGUN TO EXPLORE THE MERITS OF SANDTRAY-WORLDPLAY™, I RECOMMEND THE USE OF THIS METHOD IN DAILY LIFE, BE IT FOR ENTERTAINMENT, EDUCATION, COMMUNICATION AND/OR CREATIVE EXPRESSION FOR INDIVIDUALS OR COMMUNITIES. IT SEEMS ESSENTIAL THAT WE PRACTICE FLEXIBILITY IN USING OUR CREATIVE IMAGING TO TRY NEW THINGS SO THAT WE WILL GROW BEYOND OUR CURRENT LIMITS AND OUR CURRENT BELIEF-SYSTEM AND BEYOND THE STATUS QUO THAT WE HAVE INHERITED AND CREATED. I BELIEVE THE 21ST CENTURY WILL CELEBRATE THE CONSCIOUSNESS OF EACH INDIVIDUAL AND THAT THE SANDTRAY MAY BE ONE OF THE GREATEST TOOLS FOR LEARNING HOW TO HARNESS THE MULTIDIMENSIONAL CONSCIOUSNESS OF HUMANS.

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