

What is in a name?

by Gisela De Domenico, PhD

Margaret Lowenfeld MD, originator of the sandtray, incorporated play in a container filled with sand and/or water and/or miniatures into her 1920's London Play Therapy Clinic. She was inspired by H.G. Well's *Floorgames*, which involved choosing miniature play materials, stored on shelves, for dramatic play enactments on the floor of a room that had been cleared from other furnishings. Lowenfeld called her play *Weltspiel* or *Worldplay*, the *World Apparatus*, the *Lowenfeld World Technique* and later *Sandplay*.

Hanna Bratt called it *sandbox play*. Goesta Harding renamed it the *Erica Method*. Charlotte Buehler transformed it into the *World Test*. Van Wyllick, although still calling it the *World Test*, converted it to *Tableplay* when she excluded the tray of sand and water. Ruth Bowyer referred to the play as *Sandtray World*, while Louise Eickhoff referred to it as *Formation Dream in Sand*. Hedda Bolgar affectionately called it *Little Worlds*, while P. Mabile preferred the *Village Technique*. Mucchielli named it *Le Jeu du Monde* or the *Game of the World*. Dora Kalf chose *Sandspiel* or *Sandplay*. Kawaii and Okada call it *Hakoniwa* or *box garden*. Janette Reed honored it as *Sand Magic*, *Sandtray Play* and *Sandplay*. Louis Stewart called it *Sandworld*. William Goodheart preferred the *World of Sandplay*. John Hood Williams referred to it as *Sandtray Therapy*, *Sandplay* and the *World*. I have called it by many names: it began with *Sandworldplay*, chosen because it would cover significant research data bases when conducting a word search. Finally I settled on *Sandtray-Worldplay* because it contained all the essential elements: a tray of sand that promoted play with many possible worlds that could easily help people penetrate the many different dimensions of consciousness in a visible and memorable way. Now I use *Sandtray-Worldplay™* to signify my particular methods of training sandplay therapists and the specific manner in which I conduct individual, family, couple and group sandplay sessions. *Sandtray-Worldplay™* Methods are applicable beyond the psychotherapeutic/counseling setting: look to their use in education, transformational community, spiritual quests, business and wherever people from different backgrounds and cultures gather in an effort to get to know one another.

Names are special. They tell their own story: feel free to share with our Sandtray Network community what you and your clients call sandplay. A 12 year old boy in Juliet Harper's Australian Sandtrayplay study called it a *sand picture and a thinking picture*. He said:

*I talked lots about everything that happened but here I have been very quiet, I been thinking. Thinking is hard coz no one hears you but this sand picture is a sort of thinking picture isn't it and you can see it out loud.*