



Sandtray Therapy: A Practical Manual, Second Edition

Linda E. Homeyer, Daniel S. Sweeney

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This new edition of *Sandtray Therapy* is an essential read for professionals and students who wish to incorporate the use of sandtray therapy into their work with clients of all ages. All aspects of this therapeutic technique are explored engagingly and in detail. The authors describe how to select appropriate types of sand, put together a sandtray, and develop a collection of miniatures for their clients to use. Their six-step protocol guides beginners through a typical session, including room set-up, creation of the client's sandtray and the therapist's role, processing the sandtray, cleanup, and post-session documentation. New chapters discuss group sandtray therapy, working with couples and families, sandtray therapy and psychic trauma, integrating cognitive and structural techniques, and a review of the relevant research. Numerous photos of sandtrays and miniatures are provided, and case studies illustrate how to carry out an effective session. Appendices offer sample forms and handouts, as well as a detailed bibliography to help readers make the most of this innovative and creative therapy practice.



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