



Creative Therapy in the Sand: Using sandtray with clients

Mr Roger Day, Mrs Christine Day

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There's a good reason why sandtray is often known as the silent therapy. It is a highly effective way for clients, including survivors, to express their difficulties and work towards solutions without having to use words. It can be used equally well with adults, couples, families and children. This short book is packed with creative ideas for helping clients to express themselves in the sand. It also has theoretical background based mainly on transactional analysis. Whether you're new to sandtray or already use it, this book can be a creative resource to help your clients.

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