



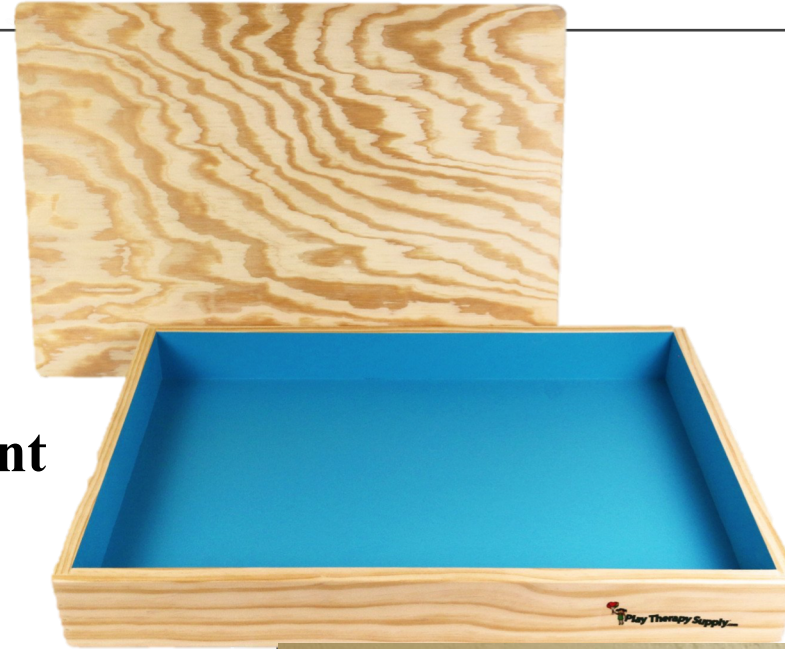
UTILIZING SANDTRAY THERAPY WITH CLIENTS DIAGNOSED WITH AUTISM SPECTRUM DISORDER

Jennifer Willis

- **Sandtray therapy was developed by Dora Kalff.**
- **Based of off Jungian theory**
- **Influenced by Margaret Lowenfeld's World Technique.**
- **Developed as a non-verbal therapeutic technique to use with children.**
- **Utilizes a tray filled with sand and a vast array of miniatures for the client to create a tangible representation of their inner world.**



- **Kalff's sandtrays are specifically 30 × 20 × 3 in. which are in line with the child's field of vision.**
- **The tray is blue on the inside to represent the sky or water.**
- **The miniatures made available for clients to choose from include: people, vehicles, food, fantasy characters, trees/plants, houses, and other materials.**





- **Studies show evidence that Sandtray therapy is beneficial with many different types of clients**
- **Clients with disabilities, language and behavioral issues, traumatic stress, autism spectrum disorder, and immigrants/refugees.**
- **It can be used with all ages, both genders, all languages, and across all cultures.**
- **It can be used individually, with couples, or in groups.**



- **Non-judgemental. Directive, or Non-directive.**
- **The therapist is looking for themes, symbols, and metaphorical meaning.**
- **However sandtray therapy is more about the process than the interpretation.**





- **Clients diagnosed with Autism Spectrum Disorder typically have underdeveloped skills of play and interpersonal skills.**
- **The sand provides tactile qualities.**
- **Miniatures elicit imaginative play which leads to storytelling.**
- **There are two steps to sandtray therapy.**
 1. **The process of the client forming the picture.**
 2. **Telling of the story.**

Lu, L., Petersen, F., Lacroix, L., & Rousseau, C. (2010). Stimulating creative play in children with autism through sandplay. *The Arts in Psychotherapy*, 37(1), 56–64. doi: 10.1016/j.aip.2009.09.003

- Sandtray's can have a calming effect.
- Can help children feel grounded.
- Used with children with sensory or gross motor skills issues.
- Encourages flexibility and expression of self.

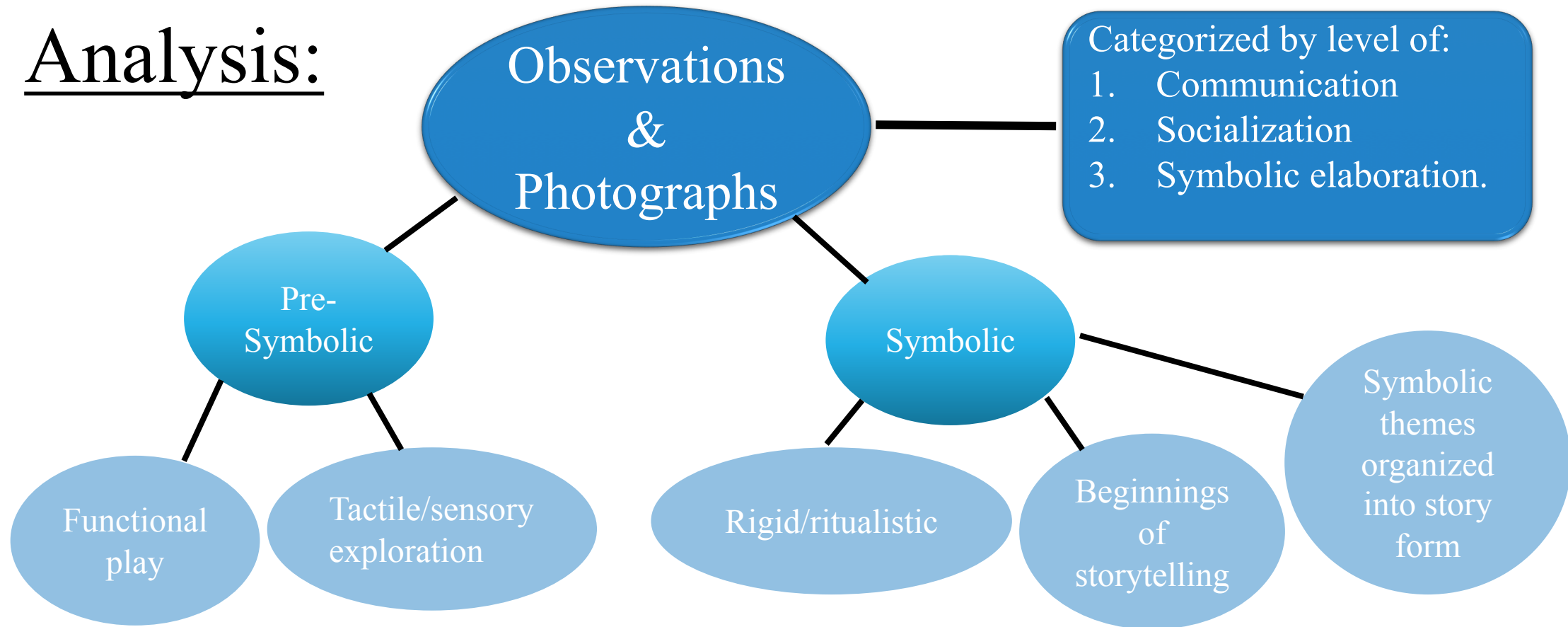


Research

- Study of 25 students diagnosed with Autism Spectrum Disorder.
- 23 boys, 2 girls
- Ages 7-12
- Implemented sand tray therapy with groups of 6 or 7 students at school.
- 60 minute sessions for 10 weeks.
- Opening ritual, sandtray, storytelling, and closing ritual.

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Analysis:



Results:

- Positive reactions, and no negative behaviors.
- Notable improvements in the complexity of use of symbols and storytelling.
- Increased engagement in interaction with others, flexibility, and mirroring.

References

- Gallo-Lopez, L., & Rubin, L. C. (Eds.). (2012). *Play-based interventions for children and adolescents with autism spectrum disorders*. Retrieved from <https://ebookcentral-proquest-com.ezproxy.gardner-webb.edu>
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- Roesler, C. (2019). Sandplay therapy: An overview of theory, applications and evidence base. *The Arts in Psychotherapy*, 64, 84–94. doi: 10.1016/j.aip.2019.04.001