



## Sand Tray Equipment Needed for Core Levels of Online Training

When you participate in a “live classroom” training at The Sand Tray Training Institute of NM, you do not need to provide any equipment. We have enough sand trays and a large enough miniature collection for every person to do hands-on practice exercises. Since the hands-on work is an essential part of our training method, you will need to provide some basic equipment at your location for online training. This may be difficult if you have not attended any of our “live” classroom sessions because you may not yet know what kind of equipment/materials you need for a good clinical sand tray setup. In Level 1 we have enough examples here to give you an idea about how best to invest financially for your particular circumstances.

I have created a video to show some of things we have here that may be useful for your setting. The name of the video is, “Gathering Sand Tray Tools.” I usually send the equipment list and the video in response to Level 1 inquiries. You also may access the video by clicking on this link: <https://youtu.be/UXRrbhXgz6c>

Below I am listing the basic things that you will need for the Level 1 online training. I am starting with an ideal description and then adding other options that will suffice for our online work. When I first started to use this modality, budget was a limiting factor, and I did not have everything as ideal as I would have liked. It is fine to start small and then allow the setup to evolve organically as time and budget permit. On page 2 of this document, I will make some suggestions about temporary solutions for this online training.

1. **SAND TRAY:** Ideally you need a wooden container, 19.5 inches x 28.5 inches x 3 inches (depth). These are inside dimensions. The inside bottom and sides of the container are painted blue to simulate water and sky. For this training, you could use a plastic tray that approximates these dimensions. If you use a plastic storage container, it would be preferable to have one with a blue lid that could be placed on the bottom to show through as symbolic water.
2. **SAND:** You can collect sand from natural sites. Or you can purchase good sand online. Once you decide to register, I will send a Level 1 handout that includes some information about the best kind of sand for your trays.
3. **MINIATURE COLLECTION:** The beginning collection does not need to be large, but it should be well rounded, meaning that it includes miniature representations of most of the things that you see in your environment, including buildings, vegetation, fences, animals, vehicles, elements (earth, air, fire, water), spiritual objects, natural objects (shells, rocks, twigs, etc.). Again, once you register, you will receive a handout that goes into detail about the items for a collection. My first collection was quite small.
4. **TABLE SPACE:** You will need a good flat working surface near your computer for your sand tray and a way to organize your miniature collection.
5. **COMPUTER:** A laptop or desktop computer that allows you to change the angle of your computer is helpful for the partner practice that we will be doing. You can use a detachable computer camera and a tripod as well. If you have something like a Logitech camera, it will give you added flexibility. It is not necessary, but definitely helpful. An iPad is okay, but it needs to be positioned with some kind of steady prop. We will use cell phones and a contact list to facilitate skill practice.

*~continued on next page~*



6. **OPTIONAL ITEMS:** A large tooth comb for smoothing sand, a water container, paper towels, small dustpan & brush. Although not required, it will be helpful for you to have a means for printing either during or after each workshop session. Part of our work will be creating a photo journal of our work. A 3-ring binder, sheet protectors, paper, scissors, and glue sticks will be very useful for creating this photo journal.
7. **CONTACT LIST:** The workshop will be very experiential. I will be asking each person to share contact information (email & phone number) for group processing. At times we will be texting or emailing information to one another, so you will need that capability. Let me know if all of those things are doable for you.
8. **CONFIDENTIALITY:** I will be asking each person to sign an agreement of confidentiality. It will include not sharing information outside the training group, and it will ask for you to promise to eliminate all the photo images (or other written material) that have been shared with you by other participants at the end of the workshop.

RECOMMENDATIONS: If you can borrow a setup from someone that meets the above criteria, that would be ideal. That would give you a chance to explore before you decide what best fits your personal style and needs. Sometimes agencies have setups already in place. If you have access to such an agency, please use it if the location has internet access. Alternatively, you can purchase a starter kit online. I have seen one at Play Therapy Supply that would meet the minimal requirements of our training. Though it is quite minimal and far from ideal, it is a basic setup that can be used for travel and TeleHealth needs after the training. I do not think that purchasing a “ready-made” kit and a sand tray manual prepares you for what can happen when you invite other human beings to utilize images that will certainly activate their image-thinking minds. The best way to build a collection is thoughtfully, organically, and as you learn just how powerful this modality can be. We adhere closely to the idea that Dora Kalff (1980) addressed in her book, *Sandplay: A Psychotherapeutic Approach to the Psyche*. In her words, standing alone on the first page of her book, right before the Prologue is a passage that begins with the word *Caution*, an apt heading for those of us who love using the sand tray modality.

### *Caution*

*In the hands of a properly prepared therapist, sandplay is a powerful, invaluable modality. The operative word is “powerful.” To the extent that any method can heal, so can it do harm. Therefore, I urgently advise that even a psychotherapist highly experienced in other methodologies, who contemplates practicing sandplay, should have had a deep personal experience doing a sandplay process as a patient with a qualified sandplay therapist and an extended period of careful supervision – anything less would be irresponsible*

*~Dora Kalff \*\**

\*Kalff, Dora (1980). *Sandplay: A psychotherapeutic approach to the psyche*. Boston, MA: Sigo Press.

\*\*Note: This version by Sigo Press is no longer being published. There is a newer version with several statements added to Kalff’s words right before the preface. The workshop handouts will include an extensive reference list.