

What others have said about sandtray therapy...

"It helped me with my sad feelings about missing my dad, and it helped me with my worry feelings about my mom."

- child participant

"I lost a child many months ago. The pain was always there. I created a beautiful sandtray and much unresolved pain was healed. I feel joy again."

- an adult participant

"My daughter often goes to her sandtray pictures in her journal from Camp Promise to find comfort at home. I wish her younger sister could have had the same experience."

- a parent

"The client is confronted by a piece of his own feeling, thinking, remembering... life set out by himself for his own study."

- Margaret Lowenfeld, Founder



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For additional information or to schedule an appointment call the Bereavement Department at

330-668-4662

or

Toll Free: 800-335-1455

Our Purpose is to alleviate suffering, engender hope, promote living and facilitate grieving among patients with serious or life-limiting illnesses, their families and their communities.

A member of the Akron General Health System

Transforming Grief Through Sandtray Therapy



What is Sandtray Therapy?

- Healing with sand, miniature toys and water.
- Sandtray... expressive and dynamic... used by children, adolescents, adults, couples, families and groups in the presence of a trained sandtray therapist.
- Sandtray... providing an actual physical creation which can be touched, viewed, pondered, discussed, emotionally experienced, and photographed.
- Sandtray... a way to communicate with symbols in a safe environment.



Grief: The feeling of loss in your mind, body and emotions when someone close to you dies. The pain is deep and the emotions that go with it can seem overwhelming.

What do I do?

- *A certified sandtray therapist will ask you to create a scene in a tray of sand using miniature toys.*
- *The world the child or adult builds in the sandtray can be seen, touched, heard and controlled.*
- *The sandtray may help to express what it is like for you after the death of a loved one.*

*"I talked lots about everything that happened.
But here I have been very quiet.
I been thinking.
Thinking is hard 'cuz no one hears you.
But this sand picture is sort of thinking picture, isn't it?
And you can see it out loud."
— a child participant*

Why Sandtray?

- Helps to empower grieving persons to resolve loss and to move forward with their lives.
- Functions as a natural language for children and a common language for use with all ages and cultures.
- Leads participants from crisis, to healing and growth.
- Allows participants to creatively express their grief.
- Allows participants to move from feeling afraid and helpless to experiencing activity and healing from within.

