

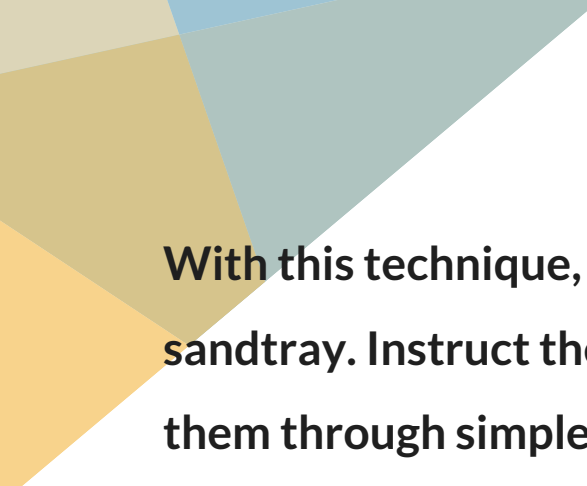
SENSING AND FEELING

So much of our trauma is held in our bodies. Part of healing the whole brain and body is through getting to know our bodies and feeling what comes up as we just breathe.

This technique is designed almost as an anti-sandtray directive because it is meant to allow the client to merely breathe and feel, using the sand and sandtray as a regulation tool.

Helpful hint: If you have more than one type of sand, encourage the client to place their hands in the sands first to see what feels better for them. They will instantly be able to tell which is preferable, oftentimes without words.

Explain to the clients that our bodies often hold memories, trauma, and emotions that we aren't aware of through the higher, cognitive portions of our brain. In spite of this lack of awareness, the trauma often runs the show and will even wreak havoc on our bodies. In order to combat this, we must become aware of the bodily sensations and triggers that occur just through our everyday life.



With this technique, allow the client to sit in front of the sandtray. Instruct them to place their hands in the sand and lead them through simple breathing exercises, such as 4 count breathing or box breathing. Encourage the client to pay close attention to any tightness in their body. Next, lead the client through a body scan exercise, either through your words or by using an app that will lead the client through a body scan. *Note - if possible, it's helpful for you to do this with your in a different sandtray if you are using an app for the body scan.

After the body scan, allow time for the client to state in words at least 1 or 2 emotions that they noticed when doing the breathing or body scan exercises. Then, discuss with the client other times in their life where they also feel or have felt this way.

Think of this technique as the beginning of pulling a string and that once you are able to start the process of holding onto and pulling the string (the emotion), you're going to be able to access memories or feelings that are stored in the body more easily.

