

Themes and Sub-Themes

Main Themes	Wounding: Overwhelming needs	The need for containment and expression: Sandplay (SP)	Healing: Energy activated
Sub-themes:			
1	Vulnerability and wounding: Deprivation, neglect and abuse	SP 1: Threats, conflict and chaos	Activated to play: Energy and desire to play, engagement in play and play at work
2	Constrained resources, systems and support: Both material and human capacity	SP 2: The need for protection and containment	Cooperation and sharing: Willing to comply with others, helpfulness, sharing, less bullying and less fighting
3	The need for change: Pressure from within and without	SP 3: Revealed vulnerability	Open and responsive to others: Communication with adults and other children, less reserved, more interaction, less aggressive, more receptive
4	The need for culturally appropriate, accessible intervention: Cost-effective and sustainable	SP 4: Progression and regression	Increased understanding and awareness: Consciousness (ego) strengthening, learning and growth, increased tolerance of the world and others

5	Unknown knowledge and experience of Sandplay: A new activity	SP 5: Uniquely creative together	Centring and grounding: Calmer, more composed, present and focused, relaxed, showing through of the self-system and being more content
6		SP 6: Containment, and activation of movement	Belonging: Together, family, kinship, adaptation/change, fitting in, absence of fighting

Group Sandplay Themes

Six sessions	Themes of Group SP
SP 1	Threats, conflict and chaos
SP 2	The need for protection and containment
SP 3	Revealed vulnerability
SP 4	Progression and regression
SP 5	Uniquely creative together
SP 6	Containment and activation of movement

Individual Sandplay Themes

Sandplayer	SP 1	2	3	4	5	6
Square	A dangerous world	Protection and containment	Minimised danger and vulnerable people	Forward-facing dragonfly	Feminine undulations	Abundance in the foreground
Triangle	A split world	An attack on the right	The prey face the predatorial attack	Three areas develop	Construction of farmlands	Less division and more balance
Oval	Bombs dropped in a rigid world	Division of fantasy and reality	No people are present in the chaos	A re-ordering from the left	Protection by the military	A convoy to the community
Circle	Overwhelming chaos and the need for containment	A messy uncontained war zone	Finding containment	Searching and exploring the limits	A beautiful backdrop	Centring in a peaceful place
Diamond	Isolation and religious rigidity	Identification of different aspects	A beautiful angel	Primal carnage	Differentiation of spirit and domestic	A pilgrimage to integration and wholeness

Healing Sub-Themes

Sub-themes of healing	Expressed as
Activated to play	Energy and desire to play, engagement in play and play at work
Cooperation and sharing	Willing to comply with others, helpfulness, sharing, less bullying and less fighting
Open and responsive to others	Communication with adults and other children, less reserved, more interaction, less aggressive, more receptive
Increased understanding and awareness	Consciousness and ego strengthening, learning and growth, increased tolerance of the world and others
Centring and grounding	Calmer, more composed, present and focused, relaxed, evidence of the self-system and being more content
Belonging	Together, family, kinship, adaptation, change, fitting in and the absence of fighting

Relatedness of Wounding and Healing

Wounding theme	Reflected as	Healing theme	Reflected as
Vulnerability and wounding	Prone figures face down and face up, conflict, chaos, aggression, danger and threats, death and isolation	Activated energy for play, openness, increased understanding, togetherness and calmer mood	Minimised danger and conflict, containment and activation of psychological movement
Constrained capacity and resources	Scarce food, money and toys, empty containers, rigid enclosures	Revealed vulnerability, differentiation and sorting of aspects and feminine capacity identified	Availability of abundance and nurturing, productive and constructive engagement and uniqueness reflected
The need for change	Incapacity, threats, imposed outer constraints and limitations, resistances, rigidity and unmet needs	Inner regulatory processes of regression and progression are underway	Ever deepening exploration, activation of interest and curiosity, receptivity and openness
Appropriate intervention required	Creative use of SP, non-verbal, non-threatening, symbols, autonomous response to silent containment	Uniquely creative together	The magnetism of play, shift in energy, increased confidence and expression
The unknown SP activity	Fear, absence of people, animal-vegetative, unconscious searching	Centring, grounding and belonging	Increased unity, togetherness, positive fraternal references, increased awareness and understanding and improved self-regulation