

## Creative Therapy in the Sand: Using sandtray with clients

*By Mr Roger Day, Mrs Christine Day*

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There's a good reason why sandtray is often known as the silent therapy. It is a highly effective way for clients, including survivors, to express their difficulties and work towards solutions without having to use words. It can be used equally well with adults, couples, families and children. This short book is packed with creative ideas for helping clients to express themselves in the sand. It also has theoretical background based mainly on transactional analysis. Whether you're new to sandtray or already use it, this book can be a creative resource to help your clients.

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### **Editorial Review**

#### About the Author

Roger Day, Certified Transactional Analyst, Psychotherapist and Play Therapy specialist. For many years Roger has been a trainer and supervisor specialising in children and families. Now retired, he lives in Rugby, Warwickshire, UK. Christine Day, European Adult Teaching Certificate, Nursery Nurse Examination Board (NNEB), Diploma in Counselling, Certificate in Counselling Skills. Christine is a qualified nursery nurse. In addition to successfully raising four children, over the years she has added play and creativity specialisms to her nursery skills. Christine lives with Roger in Rugby, Warwickshire, UK. Books available through Amazon by Roger Day: A bird stole my breakfast and other travel tales; I wonder if lawnmowers can swim?: The challenging story of a young radical, Simon Reynolds; All change: Winston can hardly wait for puberty; Hands off: The story of a young survivor! Books available through Amazon by Roger & Christine Day: Matryoshkas in therapy: Creative ways to use Russian dolls with clients; Creative anger expression; Creative therapy in the sand: Using sandtray with clients; Body awareness: 64 bodywork activities for therapy; Therapeutic Adventure: 64 activities for therapy outdoors; Stories that heal: 64 creative visualisations for use in therapy.

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