



## Effect of Sand Tray Therapy on Trauma Sufferers

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### Aim

Sand tray therapy is the form of suggestive treatment. This method of treatment is commonly used in children but also can be used in adults, families, couples, teenagers. Sand therapy allow to build their own thesaurus by using toys such as animals, dolls trees etc. The human nature creates their own life and has the chances to get more opportunities and resolve their interferences to notice their behavior and identify the soul to accept them. Sand tray therapy is also useful for children experiencing Trauma or Abuse.

### Introduction

Sand tray therapy is a treatment useful for children who are sexually abused. Many of the children's cannot convey their feelings that are experienced by trauma or abuse. Any counseling or guidance from the therapist may make them feel free from trauma and play individually that may lead to changes in behavior without any counsel from therapist. This method is helpful for children to achieve their traumatic expressions. These children may fear for abuse, trauma, injury etc.

### Sand tray therapy for adults

Adults who are experienced to trauma cannot share their feelings to therapist, but react to sand tray therapy. The nature or environment makes them free from hopelessness, threatening's. The clients make them ability to layout themselves. Sand tray therapy is also called as sand play therapy. In this therapy, therapists use sand trays to examine and treat mental illness. This method may cause increase in feelings and reduce trauma.

### Sand tray therapy training

Sand tray therapists are also called as observer or viewer who acts as guidance for the patient during sand play therapy. This training may help them to learn extracurricular activities such as Dance, music, reading books etc. The therapists who are undergoing the process of sand play method receive a certification from international association for sand tray therapy and they are called as internationally credentialed sand tray therapists.

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### Limitations of Sand Tray Therapy

Sand tray therapy has some limitations in some nations and societies. They may treat sand tray method is confusing, excessive time taking, feeling frustration, irrelativeness and the patient or therapists in this sand method is unclear.

### History and Use of Sand Play Therapy

Sand tray therapy was first developed by Margaret in the year in 1928 as child psychotherapy. It is used when the person undergoes and experienced either with trauma, helplessness, sexual abuse etc. It is much useful for children who can't express their feelings.

### What to Look in Sand Tray Therapists

Whether he is experienced or licensed with international association of sand tray method or the therapists who guide in good manner. Sand tray therapy is a prospective manner used in children's teenagers. In these things small things such as toys and soil were used for transmission. Sand play therapist keeps concentration on patients. They promote the experience and mindfulness, alertness of their growth. Sand therapy is an international therapy method suitable for children, adults. With the help of sand trays, observer's advice the therapist and understand their inner feelings and make the changes in their life.

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