

# Sand Tray; Healing Through Storytelling

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# Differences in Cultures

## Euro-American

Individual Emphasis  
Self-Importance  
Saving  
Respect for Youth  
Skeptical  
Left-Brain Oriented

## Indigenous

Group Emphasis  
Modesty/Humility  
Generosity  
Respect for Age  
Spiritual  
Right-Brain Oriented

# Differences in Cultures

## Euro-American

Nuclear Family

Punitive

Degree = Source of  
Status

Belief is seen

Progress Oriented

## Indigenous

Extended Family

To teach

Character = Source of  
Status

Belief is unseen

Respect for Tradition

# Differences in Culture; Trauma & Processing Trauma

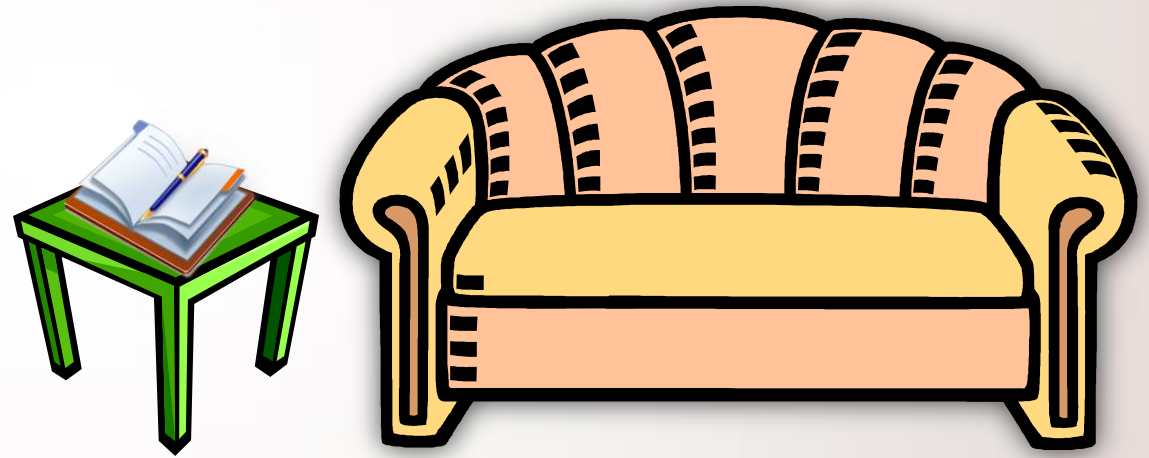
- ▶ Historical Trauma
- ▶ Current Traumas
  - ▶ Code of Silence
  - ▶ Alcohol
- ▶ Conflict between values
  - ▶ Confusion
  - ▶ “Too white to be Native; too Native to be white”.
  - ▶ Stress
  - ▶ Anxiety





# Differences in Culture; Trauma & Processing Trauma

- ▶ Euro-American vs. Indigenous Healing
- ▶ Therapeutic Healing





Storytelling/Metaphors

Traditions;  
Corn Story




# Traditions; Corn Story





Storytelling/Metaphors

To Teach;  
Vision Quest





# To Teach; Vision Quest



# To Teach; Vision Quest





# To Teach; Vision Quest



# To Teach; Vision Quest





# To Teach; Vision Quest



# To Teach; Vision Quest





# Storytelling/Metaphors



To clarify what is  
troubling us...

# Sand Tray; Changing Perspective





# Sand Tray; Changing Perspective



# Sand Tray; Changing Perspective





# Sand Tray; Express Negative Feelings



# The Process of Sand Tray

- ▶ Tracking the Story
- ▶ Getting clear understanding
- ▶ Possible interventions



# The Process of Sand Tray



# The Process of Sand Tray







# Evidence-Based Practice; The Research

- All kinds of research that shows this type of therapy works
- To connect with the child/adult
- Used during transition; Changes





# Testimony:

proof or evidence that something  
exists or is true.



# Nikii's Sand Tray



# Nikii's Sand Tray





# Kristan's Sand Tray



# Kristan's Sand Tray





# Miniatures & Sand Tray: People



# Sand Tray; People



# Sand Tray; People



# Miniatures & Sand Tray: **Animals**





# Sand Tray; Animals



# Miniatures & Sand Tray: **Transportation**



# Miniatures & Sand Tray: **Vegetation & Buildings**



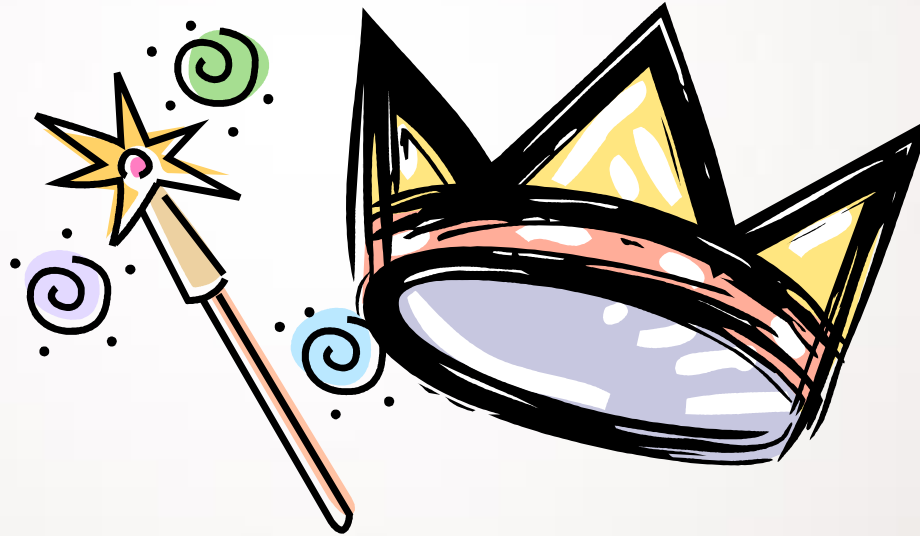


## A collection of miniature wooden buildings and structures, including a red barn, a yellow house, a lighthouse, and two teepees, displayed on a wooden shelf. The items are arranged in a row, with the red barn on the left, followed by a yellow house, a lighthouse, and two teepees on the right. The background is a dark, textured wall.

# Miniatures & Sand Tray: Signs & Natural Items



# Miniatures & Sand Tray: **Fantasy**





# Miniatures & Sand Tray: **Spiritual**





Miniatures & Sand Tray

Volunteer



# Reading Sand Tray Scenes

1. Jungian attributes
2. Meaning of symbols
3. Content of story
4. Clarifying the story
5. Possible interventions
6. What does it mean to the storyteller





# Metaphors in Healing

- Variety of sand tray scenes
  - Static display



# Sand Tray; Static Display



# Metaphors in Healing

- Variety of sand tray scenes
  - Moving scene





# Sand Tray; Moving Display





# Sand Tray; Moving Display





# The Story of: White Buffalo Calf Woman











































# Dakota Honor Song “Ted”, age 7 Crow Creek Sioux Tribe



# Sand Tray/Story Telling Workshop

Sand Tray Training and Workshop  
March 10<sup>th</sup>- 12<sup>th</sup>, 2015

Fort Thompson, South Dakota

Contact Lisa or Jae at 605.245.2471  
for more details.





# Questions & Comments



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