



Izglītošana par veselību un sociālu  
padomu sniegšana bērniem

# Sandplay Therapy and its Role in Enhancing the Emotional Health of Children

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Jūrmala,  
26.09.2017

## Main project activity

Within this project, children used sandplay figures to create scenes of their own world, and composed tales and stories.



## What is sandplay therapy?

The main sandplay instruments are:

- sand
- miniature toy figures
- water
- sand tray





## What is sandplay therapy?

Sand tray works like the screen unto which the child's feelings, desires and emotional needs are projected.



Emotional difficulties, pain and suffering can be overcome not by explaining them intellectually, but by lending them a visible form.

C.G. Jung





## Goals of sandplay therapy

1. Expression of feelings and emotions through play
2. Developing new skills
3. Strengthening of self-confidence
4. Inspiring positive emotions
5. Lessening of inner tensions



Sandplay is like a telescope through which the therapist can discern seemingly tiny and insignificant movements in a child's soul that in fact are hugely significant.









## Tale of the Good Winning the Evil





## Tale of the Miracle Flower









## Conclusion

Child's soul is like a boat that needs to be let flow along the river. Therapist's task is to see what obstacles lying in the boat's way can be transformed into bridges.







## Thank you!

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