

OHANA FAMILY RESOURCES

What is a Sand Story Session?

Sandtray is a creative and playful way for children (and adults!) to be able to express one's emotional life without using the logic of articulation. Tray sessions provide children with a modality that bypasses "talking it out." By creating scenes using miniature figurines in a tray of sand, the child tells the story that comes from inside them. They are allowed the possibility of "working it out" through finding allies, a good ending or talking through an animal or figure. Through gentle inquiry, they may find a way to feel or think differently about a situation, or they may be guided towards a healthy solution. Nina is fully trained to use Sand Tray to support children "languaging" what is on their hearts through creating stories using archetypical symbols and a sand tray.



Sand Story Sessions are not therapy. They are a creative outlet to express the inner world in a nonverbal way. The story becomes a reflection of the inner world and allows the child to play through it.

Nina may also wind-up sessions with sensory integration movements to support the child's nervous system to "digest" the session.

It is important to not grill the child about the story session. This work lives deep in the subconscious and is best left there to unwind in the child. If the child wants to talk about it, listen carefully without interpreting it. Ask questions. Stay curious.

Sessions are 1 hour for children ages 5-8 years and 90 minutes for children 9 up.

Follow up with the parent is done through an email unless you want to book a one-on-one coaching session to discuss home life or other parenting matters.

Support for sessions:

- ❖ Make sure your child has had a snack and is well hydrated.
- ❖ The child will be greeted and shown the sandtray area with the parent. It is best then for the parent to leave the room, so the child feels more open to expressing without feeling watched. If you are not comfortable leaving, you may stay in the screened off area out of view of the child.
- ❖ The child will finish the session with integrative movement and be ready for the parent at scheduled finish time. If the child chooses to show the parent the tray, they may. There is no pressure put on the child to show the tray to talk about it after the session.
- ❖ You will receive a follow up email from Nina with notes or reflections. In that email, follow up recommendations will be made either for Nina to meet with you or for further work with the child.
- ❖ Please return the intake form before or at the first session.
- ❖ Payments for sessions are due within 7 days of the session. You will be sent an invoice after the session.

**SAND STORY SESSION INTAKE FORM:
OHANA FAMILY RESOURCES**



**NINA GALLWEY
295 E. Main St. #8 Ashland, OR 97520**

Child's Name:

Today's Date:

Birthday:

M/F/Other:

Mother's name:

Father's name:

Address:

City:

Zip:

Home Phone:

Cell Phone:

E-mail address:

Names and ages of siblings:

Name of school currently attending:

Grade Level:

Reason for requesting evaluation or consultation: Please provide any pertinent information you think would be useful to my time with your child.