



# WORLD JOURNAL FOR SAND THERAPY PRACTICE

PROMOTING THE ETHICAL PRACTICE OF SAND THERAPY

## Editor's Commentary

### Let's Know Theory!

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This issue brings the first of several future articles on various clinical theory applications of sand therapy. During recent strategic planning, the WASTP Board of Directors and Advisory Board committed to the Vision area of *Competency ... encouraging sand therapy professionals to maintain ongoing responsibility and commitment to deepening sand therapy knowledge ... values the multitude of theoretical orientations in sand therapy.*

So, here we go!

Dr. Terry Kottman provides us with a well-grounded, detailed presentation of using sandtray therapy within Adlerian therapy! It's an honor to have Terry, Adlerian Play Therapy's founder, and developer, write this for us! She provides a seminal text to which we can refer now and into the future.

Adlerian sandtray therapy has been used in many presenting issues, such as treating adult male substance abuse: Monakes, Garza, Wiesner, and Watts (2011) report a phenomenological study of using sandtray therapy as adjunctive to cognitive behavioral rehabilitative treatment. Sandtray therapy is also helpful in exploring specific Adlerian concepts, such as identifying early recollections with children (Evan & Armstrong, 2011) and lifestyle analysis (Sweeney, Minnix, & Homeyer, 2003). And family work, integral to Adlerian work, was described by Isom, Groves-Radomski, and McConaha (2015). Eberts and Homeyer (2015) compared the same sandtray creation from an Adlerian and Gestalt perspective. As many supervisors know, using a sand tray



within the supervision process is very useful. McCurdy and Owen (2008) report a research study using Adlerian sandtray therapy to examine its effect on the supervisory alliance.

It's exciting to see the growing body of professional literature on specific theoretical approaches and the use of sand therapy. The goal of this journal is to be the point of reference and a source of many, many more!

Happy reading!

Read the articles for details and specifics:

- Eberts, S., & Homeyer, L. (2015). Processing sand trays from two theoretical perspectives: Gestalt and Adlerian. *International Journal of Play Therapy, 24*(3), 134.
- Even, T. A., & Armstrong, S. A. (2011). Sandtray for Early Recollections with Children in Adlerian Play Therapy. *Journal of Individual Psychology, 67*(4).
- Isom, E. E., Groves-Radomski, J., & McConaha, M. M. (2015). Sandtray therapy: A familial approach to healing through imagination. *Journal of Creativity in Mental Health, 10*(3), 339-350.
- McCurdy, K. G., & Owen, J. J. (2008). Using Sandtray in Adlerian-Based Clinical Supervision: An Initial Empirical Analysis. *Journal of Individual Psychology, 64*(1).
- Monakes, S., Garza, Y., Wiesner III, V., & Watts, R. E. (2011). Implementing Adlerian sand tray therapy with adult male substance abuse offenders: A phenomenological inquiry. *Journal of Addictions & Offender Counseling, 31*(2), 94-107.
- Sweeney, D. S., Minnix, G. M., & Homeyer, L. E. (2003). Using Sandtray Therapy in Lifestyle Analysis. *Journal of Individual Psychology, 59*(4).