



# WORLD JOURNAL FOR SAND THERAPY PRACTICE

PROMOTING THE ETHICAL PRACTICE OF SAND THERAPY

## Focus on Miniatures

### Lighthouses

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Lighthouses have been thought to have been in service since the 5<sup>th</sup> century BC when a lighthouse was built in the harbour of Piraeus, Greece (Dewire & Reyes-Pergioudakis, 2010). It was thought that before this, a fire created on the top of a hill would call sailors' home. Lighthouses provide visual navigation and safety for water vessels that may be travelling through water in the dark or during bad weather.

There is no one type of lighthouse. Each has a light source that is visible for miles. The light is housed at the top of a tall tower. The light stays on via candles, oil, electric bulbs, or even LEDS power sources to provide an aid that leads the way to the port. The tower may be a structure that stands alone or has a building around it; each can be painted various colours (Kids Britannica, nd).

We can find these structures near dangerous waterways, reefs, or harbour entrances along coastlines around the world, including countries such as Ireland, Poland, Australia, Canada, Japan, and Norway (Grundhauser, 2019). The second oldest operating lighthouse in the world is Hook Lighthouse, located in County Wexford. It was built in the 12<sup>th</sup> century by William Marshall, Earl of Pembroke (Holzwarth, 2018).

Even with the availability of radar and global positioning technology, boat captains can depend on lighthouses to get their boat to where it needs to be. Lights used to be kept on with the help of a lightkeeper who often lived in the lighthouse. Now, technology can set a timer to



turn the light on or off. Lighthouses are now often open to tourists to visit and imagine what it would be like to leave your comfortable bed to ensure that the light is on for sailors, fishermen, or travellers trying to get home.

It is not surprising, therefore, that lighthouses are symbols of guidance, hope, and safety. The building itself is unique. However, the fact that light is held and protected there and then shared with others makes the lighthouse symbol particularly special.

Two therapists shared the use of lighthouses in their sand therapy practice. They indicated that the theory underpinning their sandtray practice was Humanistic and the Brain Body Approach. They both work with individuals and families from 10 to 65 years of age. They shared that lighthouses were often used in the sand tray to provide support with issues of confusion, uncertainty, anxiety about the future, or even unresolved issues. The symbol then offered a feeling of being seen or able to see and a path forward with clarity, hope, guidance, or connection. One wonders if lighthouses also symbolize the light we want to protect inside of ourselves yet also share with others?

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## References

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