

Guidelines for the Contents of a Final Sandplay Case Study

Developed by the ISST Board (Venice 2013)

*30 – 50 pages of text (clear pictures of the whole tray, including the boundaries of the tray, should be presented in a separate file).

*The therapist must declare that he/she received the signed consent of the patient or his parents to use the patients material to write this case.

*Confidentiality must be respected.

*The case study presents the whole therapeutic process which must be completely concluded. The candidate must demonstrate his/her understanding of the depth of the Sandplay process. The number of trays should be sufficient to show the development and transformation of the symbolic process.

Contents:

Introduction:

***Presentation of the setting**, number of sessions, number of pictures and other general circumstances of the therapeutic process

***Theoretical framework** and the therapist's approach to the work; description of the methods that are used in therapy

***Anamnesis** (personal and family history of the patient)

***Detailed description** of the patient's symptoms and diagnostic appraisal

***Psychodynamic reflections** about the patient's situation, linking past history and current problems

***Describe patient's goal** and expectations for therapy

Exact description of each Sandpicture in two parts:

1) Clear description of the therapeutic session and process of construction of each Sandpicture (dry/wet sand; how the sand was manipulated; in which order the objects are used / placed in the sand; the relation of the objects to each other. Report the client's comments. Through this description, the reader must get a vivid impression of the whole picture and the creation process.

2) Analysis/ interpretation of the Sandpicture based on the former description. Symbols should be interpreted in the context of the therapeutic situation and the particular case, using references to e.g. alchemy, fairy tales and mythology, clearly connected to the clinical material presented. Kalfian and Jungian concepts should guide the interpretation. Other theoretical backgrounds can be introduced if they are part of the therapist's training or particularly useful for understanding.

***Transference and counter-transference** dynamics shall be included. Describe how the "free and protected space" was maintained.

***Integrate Sandplay literature** and other theoretical sources in a consistent way.

***Link the therapeutic process to the actual life of the patient** and other data such as dreams, outer life, past experiences, family problems, physical conditions.

***After the description of the pictures : review of the process and its evolution** throughout the series of pictures. What happened in terms of psychodynamic evolution / psychological growth / individuation? Demonstrate the ability to summarize the Sandplay process in a way that makes sense as a meaningful inner process. Describe how the results of the Sandplay process were integrated in the client's life.

Mechanics: The paper has to meet professional writing standards, including logical structure and professionally referenced material. It must be well written with correct spelling, sentence structure, and grammar.

Add Bibliography of references that were used with relevance throughout the text.