

Meaning of the Dialogue of Clients and Therapists in Sandplay Therapy

– Analysis of linguistic exchange after sandplay for nonclinical
participants –

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Keywords: sandplay, dialogues, notification

Sandplay therapy studies feature numerous case studies focusing on the interpretation of sandplay. This study shines a light on dialogue after sandplay, which has never been focused on until now. The purpose of the study is to analyze the dialogue and clarify meaning. In this study, six university students and three clinical psychologists participated in the research. Here, a university student conducts sandplay, while a clinical psychologist plays the role of a therapist, alongside the sandplay therapy. One of the therapists is responsible for two of the participants. Verbatim records are then made of the dialogues after sandplay. These were divided into “remarks,” and then classified into categories and analyzed.

The results indicate that dialogue comes with many questions from clinical psychologists and comes with many descriptions from participants; however, the contents of these vary according to what is being focused on. Additionally, it was found that some sort of notification is born within. These notifications have important meaning in the dialogue. There is more than one type of notification and more than one type of process of occurrence. It is meaningful that dialogue after sandplay can be revealed for sandplay therapy and thus useful for inexperienced therapists.