

Effect of Verbalizing the Process of Sandplay

– Based on an analysis of subsequent interviews after sandplay experience–

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In sandplay therapy, clients usually talk with therapists about aspects of sandplay after their sandplay experience. The aim of this study was to clarify the effect of verbalizing the sandplay experience.

In this study, five university students were engaged in sandplay and talked about sandplay freely once a week, three times in total. These subjects were then interviewed about the experience in verbalizing this activity. The data from the interviews was then analyzed using the KJ method. The results indicated that participants began to objectify sandplay by talking about it. In addition, they were aware of the setting of the story such that they were not conscious of it during their experience. Verbalization also offers an opportunity for self-discovery. Some participants felt a gap between their original preconceived image via communication with the examiner. In addition, it is revealed that some participants felt resistance regarding self-disclosure when talking about sandplay, while other participants felt that sandplay made it easier to talk about themselves. By examining time-series changes, it was suggested that, as images were activated, the participants became able to talk more about sandplay and they became able to realize the effects of verbalization.