Just Keep Digging: Using Sandtray to Help Practicum Students Prepare to work with Diverse Clients

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Sandtray Therapy

• Helps bring unconscious thoughts to the surface.
• Supervisees learn through the parallel process.
• Manifestation of self through a moment when a free and sheltered space is created.
• The meaning of working in the sand comes from sharing information about the world or scene.

Using Sandtray in Supervision

• Sandtray is a successful technique to explore the supervisory working alliance.
• Increases supervisees’ level of awareness of client and self.
• Supervisors can apply different methods, theory language, and depth of processing that are congruent with the supervisee’s level of development.
• Strength-base approach may help reduce anxiety and develop self confidence.
Culture and Diversity

- Many varying definitions
- Not a subject often broached
- Power differential; How to discuss it
- Addressing culture provides insight; gain competence
- Focus on “other factors that may not be readily apparent” (Hodges, 2011)
Ethical Standards

- ACA code F.1.a., states as supervisors we are to help supervisees prepare to serve a range of diverse clients. Sandtray is a method that can be utilized to facilitate the conversation in supervision. Using Sandtray is a culturally relevant and safe practice to help students unfold and process intra- and interpersonal issues regarding working diverse clients.

- The rationale of this presentation is based on the ACA code of ethics that state counselor supervisors are aware of and address the role of multiculturalism/diversity in the supervisory relationship (ACA F.2.b).

- Association for Multicultural Counseling and Development
The Process

1. Identify self-meaning of Culture
2. How does culture play a role in your life
3. Have your client complete step one and two
4. Answer Questions about culture
5. Discuss the similarities, differences, and common themes
6. Focus on how the common themes can move therapy forward
Student Culture Scenes

“Independent”

“Culture of Love”

“Circle of Life”

Familia
“Breaking Barriers”

“The Chaos of Here and Now”

“Love”

“That September Thing”
What I learned...

- Culture in the Sand draws on lived experiences
- Sand allows for creativity
- Culture was more about the experiences versus belief
- There were more common themes than differences
- In the end the discussion of culture focused more on “other factors that may not be readily apparent” (Hodges, 2011)
- Student Counselors and clients gain knowledge, awareness, and skills to better navigate the interpersonal relationships.
References


Cultural Questionnaire- Counselor

What is culture?

What is diversity?

What is multiculturalism?

What is your culture?

Was your statement of culture broad or narrow?

What has shaped your culture?

Who has shaped your culture?
After thinking and discussing culture, did you leave anything out? If so, what?

How do you see yourself culturally within your family, community, job, society?

How often do you think of yourself culturally?

How does your culture affect you daily functioning?

Counselor and client fill out forms then have an open discussion. Later in supervision the supervisor can ask these series of questions to supervisees to help him/her see the benefits of diverse clients. They can also explore the possible pitfalls and ethical considerations.

How are you and your client similar?

How are you and your client different?

How can your cultural themes be an asset to the counseling process?