



JOURNAL  
OF SANDPLAY  
THERAPY™  
Volume 20  
Number 2  
2011

R E V I E W

SANDPLAY THERAPY  
RESEARCH AND PRACTICE

BY GRACE HONG  
Routledge, 2010

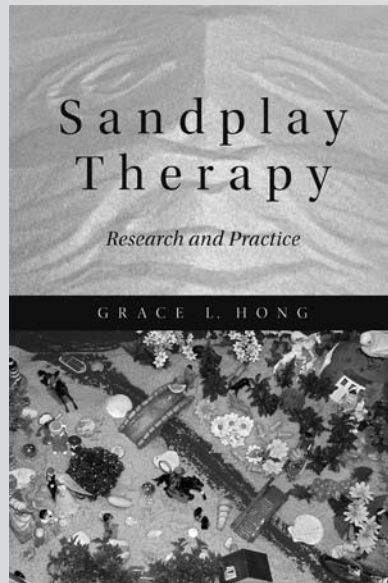
Reviewed by  
*Gita Morena*  
San Diego, California

*Gita Morena teaching member of Sandplay Therapists of America (STA) and International Society for Sandplay Therapy (ISST).*

*Grace Hong founding president of the Taiwanese Sandplay Therapy Association and teaching member International Society for Sandplay Therapy (ISST).*

OPPOSITE:  
*A September scene from the Grimani Breviary, Bruges, 1510-1520. Paintings from Medieval Illuminated Books. C.B. Grafton, Ed. Dover Publications, Mineola, NY © 2008.*

All sandplay therapists are familiar with the concepts of bridging differences and creating safe and protected spaces. In her book *Sandplay Therapy: Research and Practice*, Grace Hong expands these principles to embrace the complexities of sandplay research and practice in two different cultures. She masterfully presents her personal sandplay experiences with an exploration of the challenges she faced conducting sandplay therapy both in the United States and in Taiwan. She describes how she conducted research studies in both countries, and how she spear-headed the development of a sandplay community when she returned to her birth country of Taiwan. She is a guide for anyone interested in bridging the worlds of sandplay therapy and research, and an inspiration for those carrying sandplay into new territories.

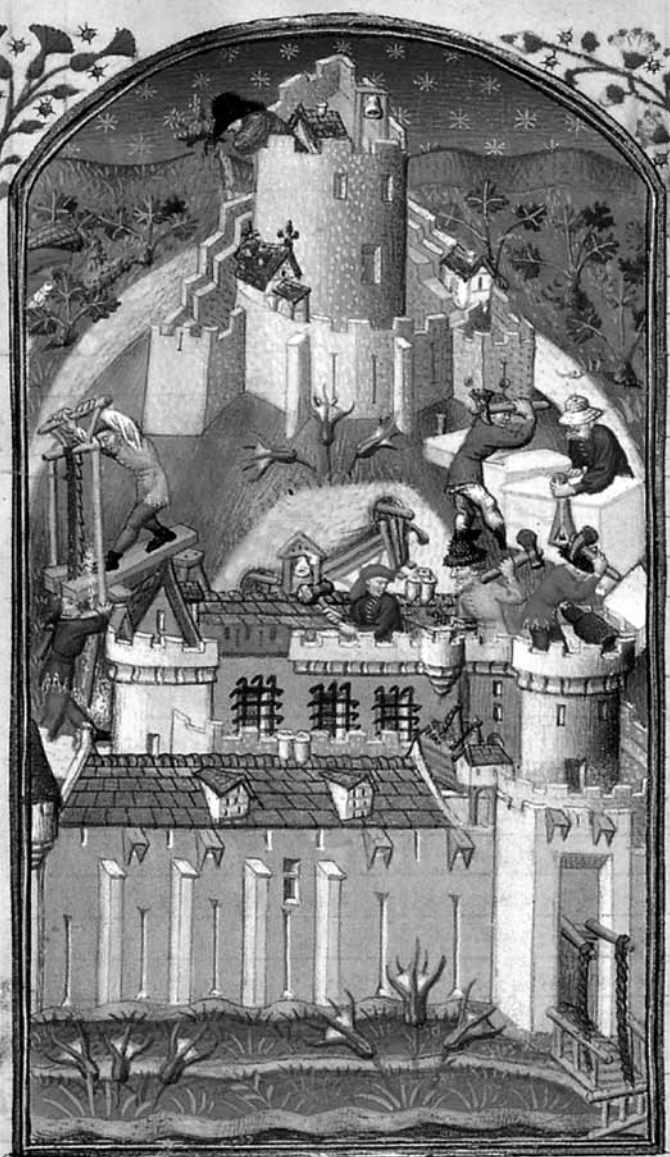


Kay Bradway the founder of Sandplay Therapists of America and International Society for Sandplay Therapy in the United States, Chi Hui Jung, Chair of the Taiwanese Sandplay Therapy Association, and Barbara Weller, Hong's advisor in Minnesota, all contributed Forwards that acknowledge Hong's pioneering efforts and contribution to sandplay. In clearly delineated sections, Hong describes the details of her research projects in both the United States and Taiwan, presents in depth case studies from each of these cultures, and bridges her experiences with a chapter devoted to the imagery of the dragon. Hong emphasizes the importance studying symbolic language and understanding its application in sandplay therapy, particularly with inter-cultural work.

Through the pages of *Sandplay Therapy: Research and Practice*, Hong courageously models the challenge of being a sandplay therapist. In her case studies, she shows the depth and complexity of the sandplay process. She masterfully weaves her own reflections into each case presentation while respectfully valuing the sandplayers perspective. Following a call to study and research sandplay, she inspires and encourages others with her integrity, diligence, enthusiasm and openness. Her dedication to demonstrating the effectiveness of sandplay, in individual case studies as well as in formal group documentation is admirable, and her observations of how sandplay therapy functions in two different countries speaks to the power and universality of this therapeutic approach.

The rigors of scientific research are challenging for most sandplay clinicians, and Hong glides into this territory with ease. By sharing her personal and professional struggles with designing and implementing an evidence based outcome research project, she shows us how to bridge the intuitive talents of a clinician with the investigative curiosity of a researcher. Her material shows how these two divergent approaches come together to empower and support the transformative work of sandplay.

*Sandplay therapy: Research and Practice*, written in Chinese, and recently translated into English, is a valuable addition to any sandplay therapist's library.



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