



## Sandplay Therapists of America Research Committee

### **Guidelines for Research in Sandplay**

- A. Research in sandplay is based upon clinical practice that follows Dora Kalff's guidelines for sandplay therapy.**
- Sand scenes are created in a “free and protected” space
  - Therapist does not interpret, interfere with, or direct client's sandplay
  - Therapist does not introduce topics of conversation from client's sand tray material
  - Therapist maintains an attitude of receptivity and acceptance to create a healing presence and atmosphere
  - Treatment involves a series of sand trays that show a psychological process
  - Sand tray is not taken apart in presence of client
  - Therapy may include verbal therapy and other methods (e.g., play, art) as well as sandplay
  - Sand trays follow the dimensions specified by Dora Kalff and contain natural colored sand
- B. Research in sandplay is conducted in a manner that respects the unconscious, healing process of the client and minimizes, to the fullest extent possible, the effects research may have on this process.**
- C. Research in sandplay follows ethical guidelines established by the American Psychological Association ([www.apa.org](http://www.apa.org)).**
- D. Research in sandplay contributes to the development and quality of sandplay theory, practice, and/or research methodology.**
- E. Research in sandplay embraces a variety of methods of inquiry, and emphasizes those methods which are most relevant to “real life” clinical practice.**
- F. Research in sandplay ultimately serves to improve quality of care for clients.**