

Evans Psychology Group, LLC

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Contract for adjunct Sand-tray procedure (EMDR-Sandtray Protocol)

What is the EMDR-Sand-Tray Protocol?

- Dr. Henle attended *The World of Stories & Symbols: The EMDR-Sandtray Protocol* intensive workshop and is now an EMDR-Sandtray specialist.

What clients would benefit from the EMDR Sandtray Protocol?

- This is especially useful for clients that present with dysregulation of the affective system and require greater distance from the traumatic material. In addition, clients that use a number of mechanisms of adaptation and present with trauma related phobias can highly benefit from using this protocol (<https://anagomez.org/emdr-sandtray-specialist-intensive-program>).
- The EMDR-Sandtray protocol offers various levels of distance from the traumatic material: The actual memory of trauma where the self is present in the story, to the general story/world where the self is absent. One of the wonderful assets of the EMDR-Sandtray Protocol is its capacity to access implicit and right hemisphere material through the use of stories, symbols and archetypes (<https://anagomez.org/emdr-sandtray-specialist-intensive-program>).

What does the EMDR- Sandtray protocol look like?

- The EMDR Sandtray Protocol uses EMDR's 8 phases of treatment while incorporating Sandtray procedures. For clients who struggle with verbalizing their trauma, the Sandtray offers them an opportunity to tell their story with figures/toys in the Sandtray, with the distance that may be needed. After a child tells their story in the tray, EMDR procedures (i.e., bilateral stimulation) will be combined with this technique. It has been found that the combination of these techniques have been very successful in treating complex trauma.

Why do we take pictures of the Sandtray during treatment?

- Taking pictures of the Sandtray worlds/stories that the client creates is helpful in looking at the client's progress. In addition, sometimes clients want a copy of stories they have made.
- By initialing, I consent to allowing picture taking of the Sandtrays created in therapy. The picture will be included in the client's chart and offered to the client if they would like it. _____

With my signature, I am indicating I have reviewed this contract and understand what the EMDR-Sandtray Protocol entails. I commit optimistically to this treatment and to the goals listed above.

_____ Therapist Signature and date

_____ Patient Signature and date