

Sandplay as an instrument of resonance between psyche, body and environment.

Abstract

Sandplay, a sensory and symbolic therapy, can work as an instrument of resonance with the body, psyche and the environment. Sandplayers have experienced various bodily responses to their sand picture including tactile experiences with the sand shifting temperature; or rushing of heat in the body; or pain dissolution as they change the sand picture by moving the figurines or the sand format; unexpected emotional rushes such as tears, anger or sorrow when observing the tray scene. It is also part of these phenomena to have a figurine presenting itself unexpectedly from a shelf in the sandplay room creating a new possibility in the sandplayers's psyche. The contact with the sand can bring all sorts of primordial memories and feelings that connect the person deeply to the Earth, the origin, mother and to one's body and skin. On the other hand, some people may not feel any body sensation or not have any bodily experience because they have been split from their bodies at a very early age.

The phenomena of resonance have been researched and discussed by many Sandplay Therapist as well as by other therapists in various fields. Scientists in the neurobiology and quantum physics field have researched and brought forth views that can explain resonance. We certainly are in resonance with our environment, vibrating as one, and being influenced by it, as well as influencing and co-creating it. It is fascinating to have science explaining what happens in sandplay therapy that has made us ponder and wonder how it could have happened.

Heloisa da Silva Porto is an advanced trainee in Sandplay therapy. Her background includes Shamanic practices, Psychotherapy, Body- energy work, Hypnotherapy and Expressive Arts. Heloisa is in private practice working with adults, children and couples. She offers dynamic workshops, seminars and sweat lodges. She was co-founder of the Institute for Shamanic Psychotherapy and had been special guest speaker in institutions such as Centennial College, Community Building International Conference, Spirituality in Health Care Network and Abrigo Centre. She is the founder and creator of SomaSoul Training Program for therapist.