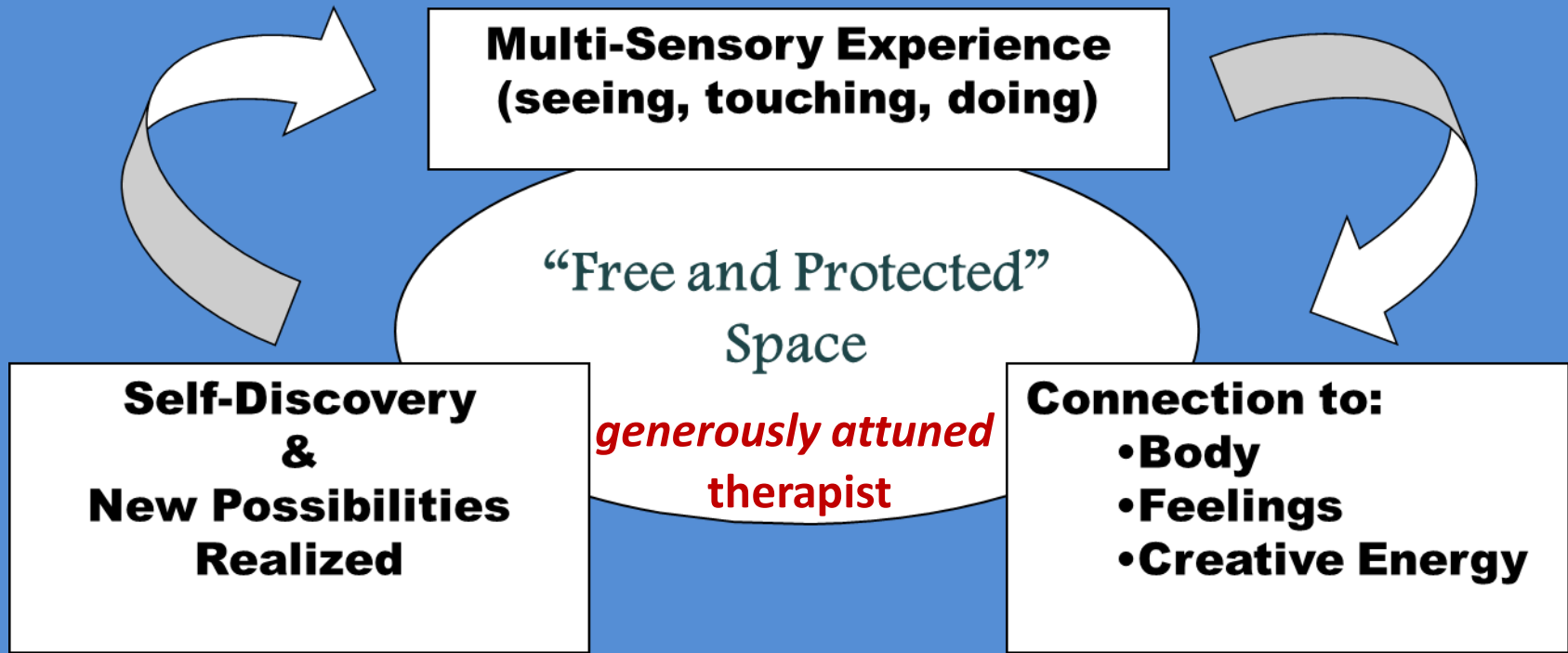


# Sandplay's **Neuro-Sensory** Feedback Loop

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*left brain, medial/frontal cortex*

*brain stem, limbic, right parietal*

## ***The Sandplay Neurosensory Feedback Loop (Freedle, 2006, 2012)***

A pattern that emerged through Freedle's research indicating that the multi-sensory aspect of sandplay in presence of an attuned therapist is an underlying mechanism for healing trauma in brain-injured adults and others. In the context of an attuned relationship and through somatosensory pathways, multiple neural networks were activated for healing and transformation.

Here's how it works:

- By experiencing the sand through one's senses, sandplay therapy participants became connected to their bodies, feelings and creative energies.
- They described bodily sensations (activation and calming), had highly emotive experiences (tears flowing and joy), and tapped into creative energies...
- Subsequently, they described experiences with self-discovery and new possibilities for their lives.
- This pattern took place in the "free and protected space" as defined by Dora Kalff.
- This pattern occurred repeatedly within the same session and over a series of sessions.
- By way of sandplay's neurosensory feedback loop, participants progressed through 7 Phases of Sandplay (Freedle, 2006, 2012).

References:

- Freedle, L.R. (2006). *Sandplay therapy and the individuation process in adults with moderate to severe traumatic brain injury: An exploratory qualitative study*. Doctoral Dissertation, Fielding Graduate University, Santa Barbara, CA.
- Freedle, L.R. (2012, May 31). *Sandplay: A Trauma-informed approach to healing*. Presented at the national conference for Sandplay Therapists of America, Berkeley, CA.
- Kalff, D. M. (1980). *Sandplay: A psychotherapeutic approach to the psyche*. Boston, Massachusetts: Sigo Press.

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