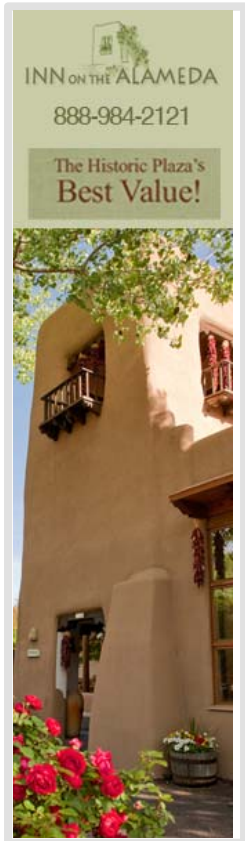


	<p><b>+ BBQ, REGIONAL AMERICAN CUISINE – TRY OUR MARGARITAS!</b></p> <p><b>+ ENTERTAINMENT – NIGHTLY LIVE MUSIC</b></p> <p><b>+ CATERING – VOTED BEST LOCAL CATERER 2010, 2011</b></p>	<p>319 S. GUADALUPE COWGIRLSANTAFE.COM 505.982.2565</p>	
---	--	---	---

Keyword or Search Term

<a href="#">Homepage</a>	<a href="#">Calendar</a>	<a href="#">Directory</a>	<a href="#">Food</a>	<a href="#">Entertainment</a>	<a href="#">Shopping</a>	<a href="#">Galleries</a>	<a href="#">Hotels, Lodging &amp; Travel</a>	<a href="#">More &gt;</a>
--------------------------	--------------------------	---------------------------	----------------------	-------------------------------	--------------------------	---------------------------	--	---------------------------



## “Sandplay” Research Earns Santa Fe Psychologist Award

Therapy helps people with brain injuries express themselves

2

PUBLICATION: [Journal Santa Fe](#)  
 CATEGORIES: [Local News & Sports](#)

DATE: August 31, 2008 at 10:00 PM

He was a go-getting 29-year-old with a wife and two small sons when a horrendous car accident almost in his driveway left Joe (not his real name) with severe traumatic brain injury, called TBI in medicine. Doctors really didnt think hed survive and if he did, well, they said, he was unlikely ever to speak again, much less walk.

Four and a half years later, Joe, 34, moves to the phone with a walker hes modified himself to make it even more efficient. He answers questions with a slight heaviness in his vocal tone, but no hesitation in his speech, which is coherent and to the point. Hes a stayat-home father these days, but life is better than anyone ever thought it could be.

Joe has had years of intensive therapy for his physical challenges. What proved most important to his mental and emotional rehab, though, was making scenes with little figures in a sandbox.

Sandplay was a crucial, a vital part of my recovery, Joe told the Journal from his Colorado home. It became a huge part of the recovery process.

Its called sandplay therapy, and it has been used for years for children with need for psychological help who are preverbal or nonverbal for some reason. Its a form of therapy in which the client, through free, creative play, places figures, shapes and images in sand to create a scene that lends insight into the clients inner state.

Joe was lucky enough to become part of an unusual study sponsored by the Colorado and New Mexico Brain Injury Associations at the Center for Neuro-Rehabilitation Services in Fort Collins, Colo. With TBI an increasingly signature disability of the Iraq and Afghanistan wars, the purpose was to discover whether sandplay therapy could help adults with TBI-induced aphasia, or lack of speech. A Santa Fe clinical psychologist, Dr. Lorraine Freedle of TeamBuilders Counseling Services, recently was awarded the 2008 Original Sandplay Research Award by the Sandplay Therapists of America for her part in the groundbreaking research.

Sandplay was a very important part of his recovery, said Joe. For the most part, your typical TBI survivor has quite a story but often is limited in his or her ability to express it, Joe explained. Sandplay provided a good way to tell my story. I guess it was a way to speak through the figurines and such.

It was part of the healing, he added. What it provided for me was the ability to tell my story in a fashion that meant I could get specific with different figures.

Bringing that narrative forward seemed to bring parts of his brain back together, Joe said. With a brain injury, you definitely have a bunch of different thoughts running through your mind, he said. Using the figurines to represent different parts of your life is important to the healing process. It helps everything make more sense.



Advertisement

The success of the research project is not just anecdotal. Freedle was one of the leaders of the project, and the author of a research report titled Sandplay Therapy and the Individuation Process in Adults with Moderate to Severe Brain Injury: A Qualitative Study.


Her research found that adults who had experienced brain injuries and compromise of verbal abilities were able to express themselves through sandplay. Freedle also found that sandplay helped the adult clients move through seven phases of psychological development toward inner healing and better quality of life.

So much of the standard neurological rehabilitation doesn't tend to any psychological issues, Freedle told the Journal. It focuses on cognitive and motor skills, and those are of course important. But there isn't as much attention to the psychological needs of clients whose lives have dramatically changed.

In the research, clients participated in the sandplay therapy program once weekly for periods of six to 18 months while they also were receiving occupational and physical therapy. It was beautiful to see the wholeness that emerged for them, and the better quality of life, Freedle said.

Besides the improvements, ranging from heartwarming to remarkable, in the clients participating in the study, it also was wonderful to show that sandplay could help the many military veterans with TBI, Freedle said. That aspect also appealed to Joe.

It was an opportunity to help other adult TBI survivors however I can, Joe said. It is nice to know that I could be a part of someone else's healing process. It kind of makes it all worthwhile.



### Anderson Mechanical

installation  
commissioning  
and ongoing service

Call: (505) 471-2141  
Fax: (505) 471-2133  
info@andersonmechanicalnm.com  
andersonmechanicalnm.com

Not Affiliated with Anderson Air Corps

Advertisement



Add a comment...

Post to Facebook

Posting as Lorraine Razzi Freedle (Not you?)

Comment

Facebook social plugin

Homepage	Entertainment	Hotels, Lodging & Travel
Calendar	Nightlife	Hotels
Directory	Casinos	Bed & Breakfasts
Business Directory	Performing Arts	Transportation
Band Directory	Festivals	Travel Related
Artist Directory	Health & Beauty	Education
Author Directory	Beauty & Spa	Classes & Workshops
Nonprofit Directory	Spirituality	Private Schools
Food	Medical & Dental	Public Schools
Restaurant Guide	Fitness	Higher Education
Beer & Wine	Outdoors	Community
Grocery	Parks & Recreation	Government
Culinary Arts	Golf	Religion
Santa Fe Restaurant Association	Ski & Snowboarding	Automotive
Shopping	Services	New
Apparel	Business Services	Used
Jewelry	Home Services	
	Finance Services	