

## The Neurosequential Model and Sandplay Therapy

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Neurosequential Model of Therapeutics ®			Antonio Damasio's Theory of Consciousness "Self Processes"	Examples of Sandplay Therapy Activities/Themes
Brain Region	Clinical Symptoms	Functional Domain		
<b>Brainstem &amp; Diencephalon</b>	<ul style="list-style-type: none"> <li>• Trauma Core Symptoms (brainstem)</li> <li>• Depressive and Affect Symptoms (diencephalon)</li> </ul>	<p><b>"Regulate"</b> Sensory Integration &amp; Self-Regulation</p>	<ul style="list-style-type: none"> <li>• "protoself" (unconscious)</li> <li>• primordial feelings (felt body states)</li> <li>• "material me"</li> </ul>	<ul style="list-style-type: none"> <li>• sensory play</li> <li>• massaging the sand, touching, smoothing</li> <li>• rhythmic, bilateral movements</li> <li>• placing stones or mosaics one-by-one</li> <li>• molding, watering, sifting, constructing</li> <li>• pounding, dumping, flooding, destroying</li> <li>• posttraumatic play, "implicit surges"</li> <li>• use of creepy crawlers, snakes, monsters (devouring or protective aspects)</li> </ul>
<b>Limbic System</b>	<ul style="list-style-type: none"> <li>• Relational Difficulties</li> <li>• Alcohol, Substance Abuse</li> </ul>	<p><b>"Relate"</b> Relational Functioning</p>	<ul style="list-style-type: none"> <li>• "core self" (stable, conscious)</li> <li>• internal states "mapped" with perception of objects (thalamocortical links)</li> <li>• subjectivity begins</li> <li>• emotions, salience</li> </ul>	<ul style="list-style-type: none"> <li>• creative play</li> <li>• symbolic expression</li> <li>• therapeutic relationship, cotransference</li> <li>• emotions, desires</li> <li>• attachment themes (e.g., nurturing, feeding, abandonment, neglect)</li> <li>• use of animals (instincts, emotions, companions)</li> </ul>
<b>Neocortex</b>	<ul style="list-style-type: none"> <li>• Guilt and Shame</li> </ul>	<p><b>"Reason"</b> Cognitive Problem Solving</p>	<ul style="list-style-type: none"> <li>• "autobiographical self"</li> <li>• elaborately coordinates "pulses" from core self</li> <li>• past-present-future</li> <li>• extended consciousness</li> <li>• "sociocultural and spiritual me"</li> </ul>	<ul style="list-style-type: none"> <li>• storytelling, language</li> <li>• journey trays</li> <li>• reflection, self awareness, discovery</li> <li>• meaning making, insight</li> <li>• abstract, spiritual</li> <li>• families, social groups</li> <li>• use of humans (roles in everyday life, connections to self, others and world)</li> </ul>