


Satir in the Sand Tray

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Virginia Satir on Metaphors

"The metaphor is the most helpful intervention I know to begin to ask people to *look differently* at their beliefs and then have a new and different perception, a different picture. **Change follows.**"



Satir et al. (1991)

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Virginia Satir on Metaphors


"What I am most interested in is **beyond the logical**, to **engage the intuitive** to bring out the pictures, to bring out the **sensing** which gives juice to the form and possibly allows for **deeper change.**"

Satir et al. (1991)

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Virginia Satir on Metaphors

"Using metaphors in the therapeutic process is a powerful way to engage the right hemisphere, which brings about deep levels of change and transformation."




Satir et al. (1991)

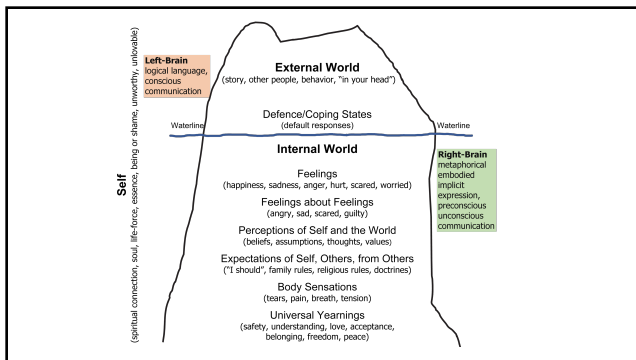
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The way we keep safe becomes the problem

"The symptom is the subconscious solution to the problem, even if it creates dysfunctional patterns. It is the result of the person's attempt to survive the pain of their problem."
(p.2 Satir Transformational Systemic Therapy (in brief))



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The Continuum of Safety

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Authors	Para-Sympathetic Nervous System with fear. (Dorsal Vagal System)	Sympathetic Nervous System (HPA)	Social Engagement System (Play-State) or Parasympathetic nervous system without fear. (Ventral Vagal System)	Awe
Polyvagal System (Porges, 2011)	Immobilized = Life-Threatening • preparation for death • helpless	Mobilized = Danger	Social-Engagement System = Play-State • Joy • Grounded • Curious • Compassionate • Mindful • Connected	Can be with fear (watching a Tornado)
Attachment (Schore, 2012; Siegel, 2012)	Avoidant Disorganized	Anxious Ambivalent/ Avoidant Disorganized	Earned Secure /Secure	-

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Authors	Para-Sympathetic Nervous System (Dorsal Vagal System)	Sympathetic Nervous System	Social Engagement System (Play-State) Safety (Ventral Vagal System)	Awe
Integrated (Schore, 2012)	Dissociated • shame	Fragmented	Integrated	-
Integration (Siegel, 2001, 2010)	Rigidity	Chaos		MWE or super-conscious With Dopamine and Serotonin there is ecstatic response *
Self- Regulation (Levine, 2010; Schore, 2013; Shanker, 2013)	Affective Dysregulation • stress • inattention	Affective Dysregulation • stress • inattention	Self-regulation (Energy Regulation)	-

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Authors	Para-Sympathetic Nervous System (Dorsal Vagal System)	Sympathetic Nervous System (HPA)	Social Engagement System (Play-State) Safety (Ventral Vagal System)	Awe
Coping Stances (Satir et al., 1991; Banmen, pers. comm., 2016)		blaming irrelevant placating super-reasonable	Level 1 Congruence Level 2 Congruence • "I am" • Self • wholeness	Level 3 Congruence • spirituality • universality (4 th birth or enlightenment) • "energy"
Defence/ Coping States (NSST; De Little, 2015, 2017.)	Frozen	Coping stances	Whole	Spiritual = Freedom
Andrew Newberg, Thomas Jefferson University "The Neurological Study of Religious Experiences" ^{17, 20}		Goose Bumps Tingles There is arousal to something greater through the seeking system		With Dopamine and probably Serotonin there is ecstatic spiritual experience.

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Its all about an internal sense of Safety

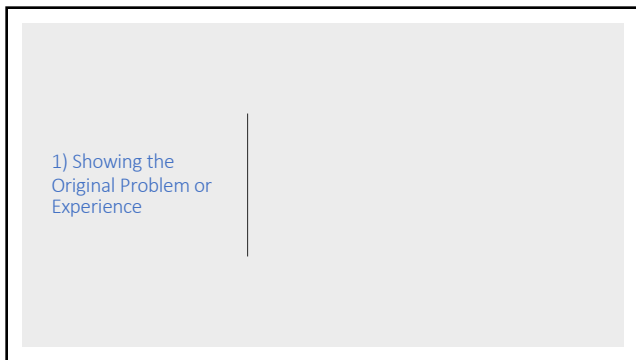
Ultimately, **Neuroscience and Satir in the Sand Tray (NSST)** is about creating an internal sense of safety for the client to regain a sense of Self. The therapy begins in the sand tray where the client experiences and recognizes the special gifts of their default behaviours and, subsequently, can transform the no-longer-useful defence and coping states and sense their authentic Self.

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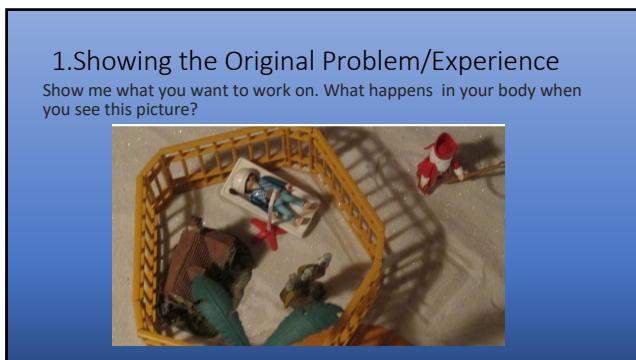
Six ways clients may start a session to transform the defences.

- 1) Show the problem/experience [fear, trauma, show how you feel about this problem [usually small, sad] show how have you kept safe from this [defence]? Show how this has helped you [special gifts].
- 2) Show how you would feel/be if you didn't feel this way [yearning]. Show what is getting in the way of you feeling this way [defence].
- 3) Showing the defence that has become the problem E.g. depression. Show what it is that you are hiding from. Show the special gifts of the defence/hiding.
- 4) Show me all your parts (resources) (I think there is more to you than the problem).
- 5) When very stuck, I am going to 'lend' you some light.
- 6) Life Energy

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- Show me what the feeling about this experience looks like. (rabbit)
- What would it look like if you didn't feel this way? (trees etc.)
- Show me what is getting in the way. (rocks)
- Did you know that the rocks have been trying to help you?
- I am going to lend some light.



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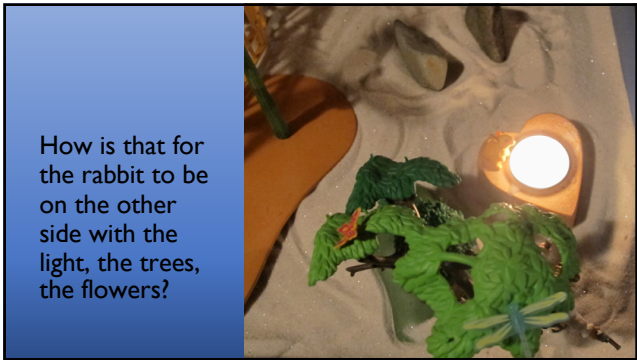
Can you let the rabbit see over the other side?
What can he see? (moves candle to help see).

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What is it like for the rabbit to be able to see the trees, the flowers and the butterflies?

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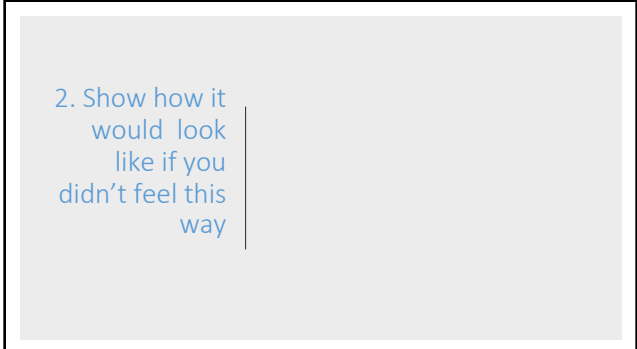
How is that for the rabbit to be on the other side with the light, the trees, the flowers?

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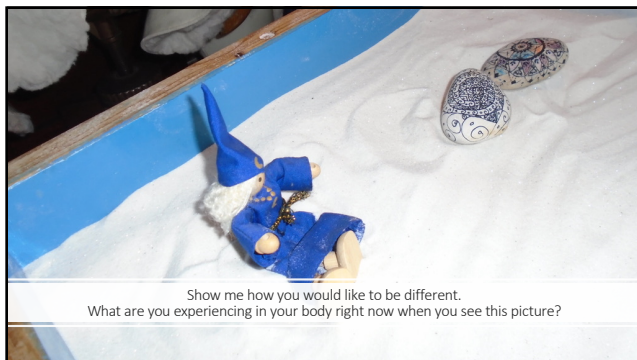
As you see this picture now, what has happened to your body? Show me.

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2. Show how it would look like if you didn't feel this way

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Integration

- *Coming together of sequestered disorganized, dissociated parts*
- Now you have integrated the how you want to be with the way you have kept safe.
- As you see this picture now what is changing in your body as you look at this?




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3. Showing the defence first

- Can you show what it is that you are hiding from.
- Can you show how this (defence) has helped you? (special gifts of the defence/hiding)
- Client often starts with the defences as that has become the problem.

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- I will tell you what I see....
- Show me how this has helped you (special gifts).



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So wonder woman is your intuitive part. It seems that she has helped you be a good counsellor.

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The unicorn is helping to lift up the cage?

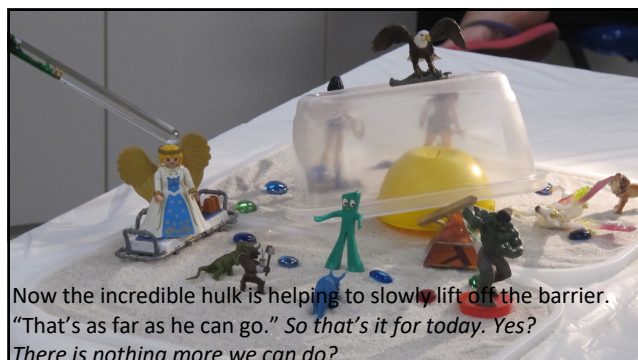
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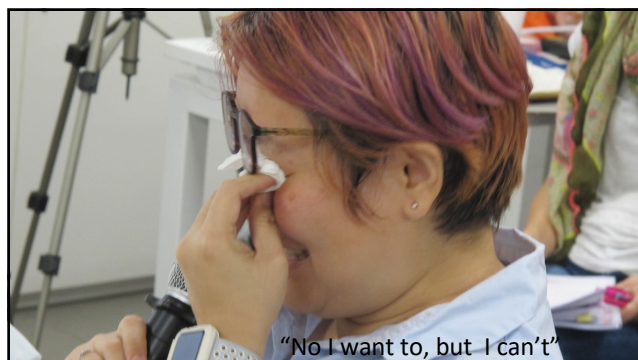
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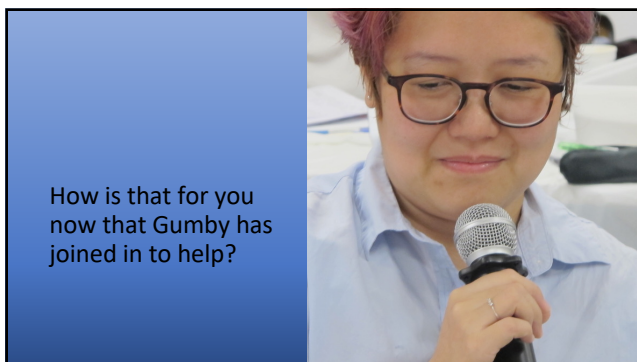
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4. Show me all
your parts
(resources) (I
think there is
more to you
than the
problem).

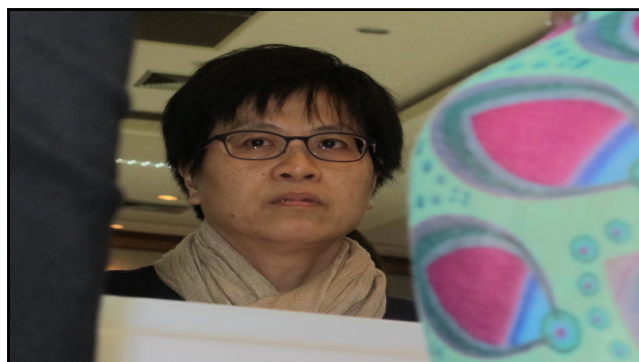
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5)I'm going to
lend you some
light

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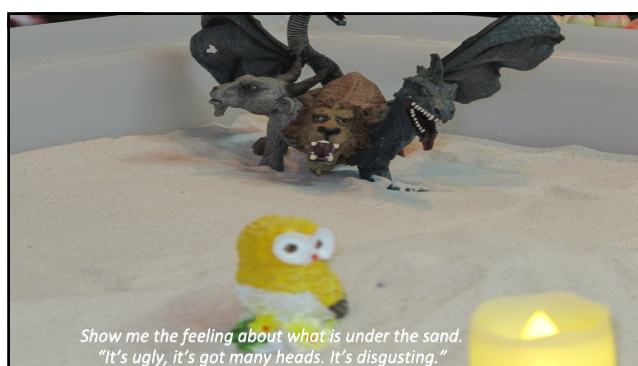
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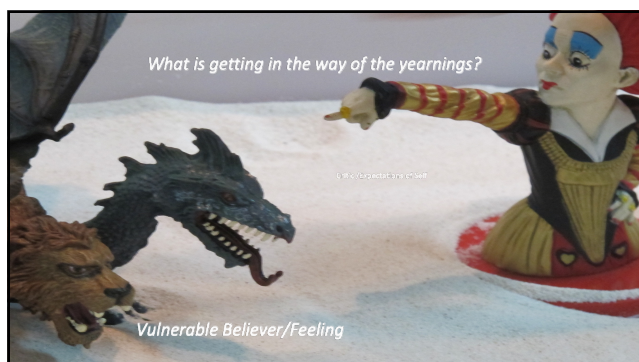
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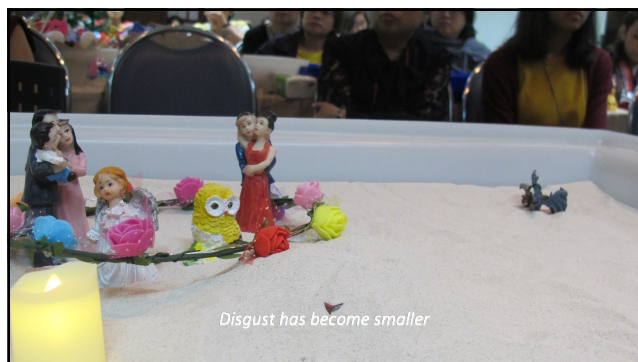
Beginning to experience connection, internally and externally with yearning for connection

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Keeping the sense of disgust away

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Disgust has become smaller

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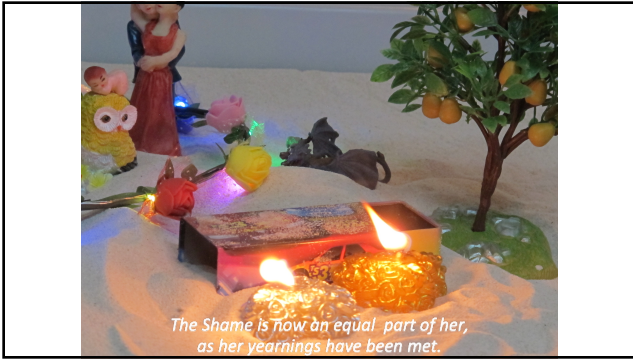
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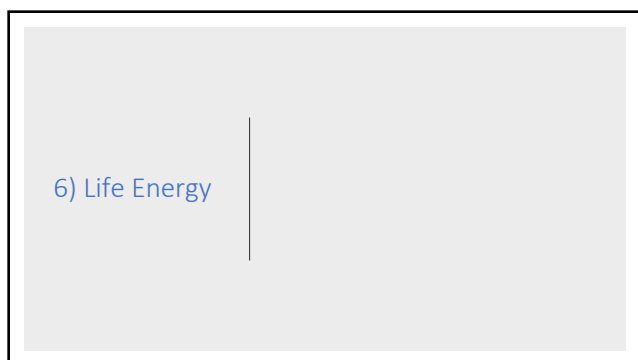
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You have put in a snake by the little girl. Tell me about the snake

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The fairy seems as if it is your life energy , keeping the little girl alive

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Integration is beginning as she brings together the little girl and the fairy

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How is it for the little girl now that she is alongside the fairy and all the flowers?

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You have added flowers candles-tell me what is happening for you right now. What is shifting in your body?

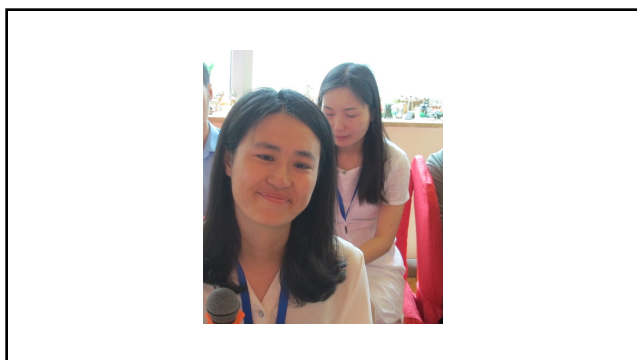
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My Book

Where Words Can't Reach
Neuroscience and the Sefir Model
in the Sand Tray

Madeline M. De Little, Ph.D.

2nd edition

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\$35 plus postage (@ \$50 Canadian)
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mdelittle@gmail.com
Or
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