**Sandtray Prompts used in Stronger Together in the Sand: Strengthening Counselor Self-Efficacy in Trauma Work Through Sandtray & Symbolic Processing by Erika Rodriguez; BrainBuildersCounseling.com**

**Activity-**

Think of your work as a mental health provider.
If your counseling style were represented by a symbol or object, what would it be?
Examples -

- A bridge,
- a lighthouse,
- a shield,
- a guide

**Activity -**
Think of your work with a client.
What might these symbols or objects represent in a trauma narrative?
Examples -

- A bridge,
- a lighthouse,
- a shield,
- a guide

**Activity –**

*Prompt:*
Create a scene that represents a place of calm or joy.

**Activity –**

*Prompt:*

Build a tray that includes your support system - both internal (personal values, traits) and external (supervisors, mentors, etc).

**Activity –**

Create a scene showing movement from a challenge toward healing/resolution. Pick a figure that represents you. Then choose other figures that help tell the story of the challenge and where the figure is now.

Does the figure need anything to be moved, added, or changed?

**Activity –**

Build a tray that represents how the trauma stories you hear impact you emotionally and physically.

**Activity –**

Build a tray that represents a calm place or a place that brings you joy.

**Activity-**

Build a tray that reflects the parts of me that I see in my role as mental health provider? Include:

- a symbol for your strengths
- a symbol for a current counseling challenge
- a symbol representing support