



WORLD JOURNAL FOR SAND THERAPY PRACTICE

PROMOTING THE ETHICAL PRACTICE OF SAND THERAPY

Editor's Commentary

The New Year is Here!

Linda E. Homeyer

U.S.A.

I know, all things “new year holidays” are past and it's March already! However, it is a New Year for the journal. Here we are, beginning the second year of publication and shifting from monthly issues, to quarterly. Another ‘new’ is that one of our articles is offered in both English and Spanish. It is our hope that we can offer more of these – in a person's first language as well as English. *If you are interested, please contact me!*

This first issue of the year provides three articles. The lead article, *Literature Review of Sandplay for the Treatment of Trauma in Children and Adolescents*, by colleagues in Spain, is provided in Spanish and English. It is a thorough review of using sandplay in trauma treatment, which, of course, includes sexual trauma. The authors' review includes research findings. As they indicate, many more studies and formats or protocols of clinical applications of sand therapy are needed; this review continues to provide us with a compilation of the existing literature.

Next, an article introduces us to a post-modern clinical theory, Relational-Cultural Theory, and its use of sand therapy. This is a valuable addition to our professional literature. It also includes, as a case example, its use in the treatment of an adolescent who has



experienced childhood sexual abuse. This provides another perspective and extends the understanding of the use of sand therapy in sexual trauma.

Keeping with our ongoing focus on providing readers with a collection of theory articles, we have Cognitive-Behavioral Theory applied as sand therapy in play therapy. Lisa Remey, a CBT play therapist, offers several examples, including directed, nondirected, and spontaneous use of the sand.

Our **World Association of Sand Therapy Professionals** is promoting the research-based sand therapy competencies in our upcoming

4th Annual Conference (Virtual)

Finding Your Home in Sand Therapy

May 17 & 18, 2024

Check out details [here](#).

The wonderful graphic is an original by Susan Falck for the WASTP Conference! What a wonderful depiction of our grounding and growth!

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