**Minis Used Often in Acute Care Settings**

People minis that are faceless and can be used for any person needed

Trees

Fences

Box, coffin and trash can

Bridge

Fire pit

Scull or skeleton

Super heroes- superman, wonder woman

Villains- hulk, grinch, Joker

Animals of all kind- these are used most often

Cross and tombstone

Fairy or unicorn (magical)

Transportation- ambulance and police car

**Minis to Avoid**

Sharp edges

Mirrors

Glass minis

Things that might be used to scratch or cut

**Important TIPS to Keep in Mind**

* Do count in and out minis that you plan to use in a group so all minis are accounted for and cannot be used to self-harm after sessions.
* Do limit the number of minis you have. This will save valuable time.
* Sandtray on wheels.
* Clear boxes that are stackable for easy storage and mobility.
* Organize minis in categories for easier selection

Consider directives for Sandtray Therapy in an Acute Care Setting that target the **All Important Safety Plan**. Most hospital settings due to the nature and severity of the patient’s situation insist on discharging patients with a Safety Plan that is well documented and in place prior to the day of discharge. We know when safety plans are well thought out and involve outside supports, the plan will be more beneficial for relapse prevention.

Time is valuable when working in an Acute Care setting, so combining both the Sandtray Therapy work while exploring the components of their safety plan is a win. It’s a two for one…and it helps the patient explore the idea and importance of the safety plan. Using Sandtray Therapy certainly can provide the means for patients who struggle to identify the missing elements of the document.

A typical safety plan has the following components-

* Triggers and Warning Signs
* Coping Skills
* Individual Supports and Resources

Don’t forget that you can use Sandtray Therapy in a family session. Allowing the family or support(s) to be a part of the safety planning is a great way to ensure the patient and family are aware of what will be needed once discharged from the hospital.

Directives to Consider

*Part One: Triggers and Warning Signs*

Create a scene in the tray that represents a time when you did something you regret. Show what happened before and after.

Build a tray that represents the people, places or things that leave you feeling upset or overwhelmed.

Create a tray that shows you feeling angry/sad by someone or something.

Build a tray that represents current barriers or hurdles you might face after discharge.

Create a scene of your thoughts before you reach for the (drug, self-harm).

Create a tray of someone demonstrating your biggest pet peeve.

*Part Two: Coping Skills*

Build a tray that shows what you can do to instead of (identify issue).

Create a tray that shows what your day would be like if you used (coping skill).

Create a scene that shows you successfully taking care of yourself.

Build a tray of activities or things that make happy.

Create a scene that shows you doing something that makes you feel proud of yourself at home/work/ school.

Build a tray that represents 3 things you can do the first month after discharge that will help you feel better.

*Part Three: Individual Supports and Resources*

Create a tray about a person or people in your life that have made a positive impact on you.

Build a tray that represents how your (parent, partner) helps you when you are struggling with something.

Create a tray that represents how you might feel the moment you walk into your first AA/NA meeting.

Build a tray that represents how you might feel the moment you return to school after being discharged from the hospital.

Create a tray that where you feel safe and supported.

Build a tray that represents your community/school. Show the people or leaders who are usually around, helping others when there is trouble. (targeting teachers, police, preachers etc)

*Family Session with Safety Planning Directives:*

Create a tray that represents what you need from your (parent/partner) when you are feeling overwhelmed or triggered?

Build a tray that describes your fears and worries about discharging back home.

Create a tray about how your parent/partner can show you love.

Build a tray that represents what you feel is impossible to overcome in your life.

Create a tray that represents what it would look like when you feel most connected to parent/partner.

*For more information or to inquire about private consultations please contact*

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