



Healing and Transformation in Sand Play

By Ruth Ammann

Open Court Publishing Co., U.S., United States, 1991. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****. Sandplay is a powerful method of psychotherapy, based on practical, creative modelling - literally a hands-on approach to healing the whole person. Sandplay has both diagnostic and therapeutic value, and is efficacious for adults and children. Since there are no preconceived ideas about art in sand, there is a wonderful freedom and flow in using sand creatively. This book focuses on the process of sandplay and how it works. Ammann's account draws upon her wide knowledge of myth and folk tale, but remains a practical work, dealing systematically with the how-to details, the necessary role of sand pictures in enhancing the self-regulation of the psyche, the two routes from psyche to sand pictures, and the symbolic interpretation of spatial phenomena. Ammann illustrates these principles in several case histories. Healing and Transformation in Sandplay contains a plea to therapists to make greater use of sandplay, alongside classical dream analysis. As a means to liberate the forces of the brain's right hemisphere - the intuitive and bodily rather than logical or rational - sandplay...

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