

# Sandy Souls

Supporting individuals to share their story in the sand.

## A Therapeutic approach to wellbeing

Sand stories sits within the Therapeutic play category and may be used to support slight or mild emotional needs.

The focus is on care and support for emotional wellbeing, providing a safe space and containment to tell their story.

## What is Sandy Souls?

Sandy Souls is non-directive and allows the child to reflect on their experiences (home/school/community) to support their understanding, particularly for those who are not keen to talk or express themselves verbally. An Emotionally Available Adult (EAA) can support the child to understand themselves and their situations. Sandy Souls is used as a gentle therapeutic approach for children to tell their story and make better sense of their emotional world.

## How does sandy souls work?

The programme will consist of six 30 minute sessions with a trained EAA.



## What we will need:

A completed referral form with signed parental consent, emailed to [referrals@desc.herts.sch.uk](mailto:referrals@desc.herts.sch.uk).

Cost: £200 (invoice will be raised after the first session)

A consistent space each week for the intervention to take place.

Some time with the class teacher or SENCO and parents to complete an initial and end SDQ.

For more information please Contact DESC on 01442 247476.