

JUSTICE INSTITUTE OF BRITISH COLUMBIA COURSE OUTLINE

Division: Center for Leadership and Community Learning

Program: Creative and Expressive Therapies

Course Code: COUNS128

Course Title: Sand Play Therapy: Using the Healing Power of Imagery to Help Children, Youth and Adults Cope with the Challenges of Difficult Times

X	New Course		Revised Course
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Previous Course Code & Title:

Course Effective Date: February 1-2, 2007

Course Level:

	First Year		Second Year		Third Year		Fourth Year
X	Other:						

	Required	X	Elective	# of Credits: 1
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Delivery Method:

	Method	Hrs
X	Face to Face	14
	Online	
	Correspondence	
	Simulation / Lab	
	Practicum	

Is this course delivered only online? Yes No # Hours

Comments:

Pre-requisites:

Equivalent Course(s) within the JIBC:

Transfer Credit Exists at: (List Institutions)

Course Description:

Based on a holistic approach to the self-healing process (Holistic Expressive Therapy), this two-day course will focus on using the healing power of imagery through the medium of Sand Play Therapy to safely facilitate symbolic expression and transformation of painful experiences, and also provide ways of creating healing images in order to help children, youth, and adults face the challenges of their daily lives. Topics of discussion will include the therapeutic properties unique to Sand Play Therapy, setting up a Sand Play area, the many ways Sand Play Therapy (dry sand, wet sand, and water play) can be used to help children, youth, and adults heal themselves (illustrated by slides). Each afternoon, participants will be given the opportunity to make and witness sand play images as related to the information discussed in the morning. For this purpose, participants are asked to bring a small tray filled with sand, corn flour, or birdseed and a minimum of 15 to 20 of their favorite figurines/small objects.

Grading System:

Check whichever applies to this course: (if applicable)

	Letter Grades		Percentage		Pass/Fail		Credit/No Credit
	Complete/Incomplete	X	Attendance Only				

Passing Grade:

- 100% attendance in class
- Active contribution in large and small group discussions and activities

Grading Scale:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84	C-	1.67	56-59
B+	3.33	76-79	D	1.00	50-55
B	3.00	72-75	F	0.00	0-49
B-	2.67	68-71			

Evaluation - Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%		

Comments:

Course Goals: To give participants the opportunity to explore, experience and practice using sand play therapy to help children, youth and adults draw on its healing capacities to cope with the challenges in their lives.

Learning Objectives:

Upon successful completion of this course, the participant will be able to:

- Describe the theoretical principles of Holistic Expressive Therapy at the basis of using imagery and Sand Play Therapy as a therapeutic tool.
- Describe the therapeutic properties unique to Sand Play.
- Set up a sand play area.
- Be familiar with the guiding principles of conducting a sand play session.
- Describe various ways sand play can be used to help children and adults heal themselves while engaged in spontaneous play.
- Gain insights through a first hand experience of the sand play process.

Course Topics/Content:

- Overview of basic theoretical principles of Holistic Expressive Therapy, its approach to sand play therapy and the context within which sand play is used.
- The therapeutic properties of sand play
- Setting up a sand play area in various settings according to client population.
- Discussion of when and for whom sand play is most beneficial
- Conducting a sand play session
- Guiding and following the image making process for children and adults who are engaged in spontaneous play (illustrated by slides)
- Afternoons will be spent making, witnessing and debriefing sand play images as related to the information discussed in the mornings

Text and Resource Materials: ([APA Style Guidelines](#))

Required	Author Surname, Initials - Title	Date Published	Current Edition	Place of Publication	Chapter(s) Covered
1.					
2.					
3.					
4.					
5.					

Comments and Course Policies:

This course is only an introduction to the use of sand play therapy, as based on the principles of Holistic Expressive therapy. Although this approach uses a variety of structured interventions, these will not be addressed in this course.

To view the Justice Institute of BC Policies listed below, visit:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy

Academic Appeals Policy

Harassment Policy

Intellectual Property Rights Policy

Prior Learning Assessment Policy

Research on Human Subjects: Ethics

Student Code of Conduct

Student Records