**Sandplay Wisdom: Understanding Sandplay Therapy**

(Routledge, 2021)

Harriet Friedman and I wrote this, our third book together, to share the highlights of what we think are the most valuable insights to help in the study and practice of sandplay therapy. This book is a culmination of our passionate interest and work with sandplay during more than four decades, what we have learned to focus on with this technique, and the many transformations that have occurred for our clients – as well as for ourselves. We have written this with our deep appreciation for the many people who have used, written about and added to our knowledge about this extraordinary technique. We hope this book will deepen and enrich you on your sandplay journey. -Rie Mitchell



*Chapters:*

1 What is sandplay?

2 How does sandplay heal?

3 Archetypal life stages

4 Childhood loss

5 Recovering from childhood trauma

6 Stages along the sandplay journey

7 Tracking themes in sandplay therapy

8 Age and gender issues

9 Transference and countertransference in sandplay

10 Sandplay and alchemy

11 Combining play therapy and sandplay therapy

12 Sandplay with adults

13 Final thoughts

*Listing on Routledge Web Site, including reviews:*

https://www.routledge.com/Sandplay-Wisdom-Understanding-Sandplay-Therapy/Mitchell-Friedman/p/book/9780367626280

Sandplay Wisdom provides key concepts for understanding and using sandplay therapy effectively, distilling insight from more than four decades of experience. Rie Rogers Mitchell and Harriet S. Friedman provide both core principles and hard-won practical tips to deepen understanding of sandplay therapy for both experienced and novice practitioners.

The principles presented provide key insight into many important therapeutic dimensions, including childhood trauma, archetypal life stages, age and gender issues, transference and countertransference, as well as sandplay with both adults and children. The book is illustrated with case material and images from real sessions throughout and provides invaluable guidance on working with clients in a vast range of contexts.

This important book will be essential reading for all sandplay therapists in practice and in training. It will also be of great interest to practitioners, academics and scholars of play and arts therapies.

*Also available on Amazon and Barnes & Noble:*

https://www.amazon.com/Sandplay-Wisdom-Understanding-Therapy/dp/0367626284/ref=sr\_1\_2?dchild=1&keywords=rie+rogers+mitchell&qid=1621269574&s=books&sr=1-2

https://www.barnesandnoble.com/w/sandplay-wisdom-rie-rogers-mitchell/1137814112?ean=9781000361179