

BOOK REVIEW

The Embodied Brain and Sandtray Therapy: Stories of Healing and Transformation

By Tammi Van Hollander, LCSW, RPT-S™ & Kay Pantier, MSE, MS, LPC-S, LMFT-S, RPT-S™

Editors Rita Grayson and Theresa Fraser share the heart of sandtray therapy in the beautifully written book, *The Embodied Brain and Sandtray Therapy: Stories of Healing and Transformation*. This heartfelt transformative book is both for seasoned sand therapists and those being introduced to sand therapy for the first time. The book's 15 chapters are divided into three parts and are written by authors from Australia, Canada, and the United States.

The *Introduction, Part One*, offers the history and neurobiological underpinnings to give evidence of this impactful work. Chapter authors, which include the editors, guide the reader through the development of “becoming” a sandtray therapist and not just learning to do sandtray therapy. The book creatively opens with an image speaking to us of his experiences.

Not only do we witness the stories from the child's eyes in *Part Two, Stories of Healing in the Sandtray*, but just like images speak and send us different messages, the stories shared have infinite wisdom, and we are transported onto this journey with them. Including topics of working across cultures, grief work, attachment wounds, and combining sandtray therapy with EMDR.

In *Part Three, Tying It All Together*, readers learn to tie the heart of sandtray and its legacy. The reminder to “trust the process” highlights the importance of the sandtray builder's work and the witness of the work. The reader can feel that felt sense of safety throughout the book.

The Embodied Brain and Sandtray Therapy: Stories of Healing and Transformation is a must-read for those who desire “to hone the art of creating and holding sacred space within sandtray” (p. 25). In reading this book, you will feel a healing energy that is transmitted to the builder, the witness, and the reader, and it will touch your heart. It is a sacred gift to the sand therapy community.

Grayson, R., & Fraser, T. (2022). *The embodied brain and sandtray therapy: Stories of healing and transformation*. Routledge.

