



# The Handbook of Sandplay Therapy

*By Barbara A. Turner*

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The theoretical mechanics of Jungian sandplay, a nonverbal psychotherapy, are used to explain and illustrate this valuable healing tool. Numerous clinical examples and explanations of the psyche, ego development, and conscious and unconscious states are used to examine the technique's ability to make the psyche change through psychological, mythological, and neurobiological paradigms in child and adult participants. Content themes, such as allegory and alchemy, are touched upon alongside spatial themes that include placement and the concept of center. Whether new to the field or veterans, clinicians will find this a solid basis on which they may cultivate their practice.

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## **The Handbook of Sandplay Therapy** By Barbara A. Turner Bibliography

- Sales Rank: #306116 in Books
- Brand: Brand: Temenos Press
- Published on: 2005-07-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.60" w x 6.00" l, 2.28 pounds
- Binding: Paperback
- 750 pages

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About the Author

**Barbara A. Turner, PhD**, is a certified sandplay therapist and a registered play therapist and supervisor.

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