It has been some decades since Dora Kalff introduced the world to the concept of sandspiel, or sandplay. The first generation sandplay therapists have admirably honored her groundbreaking methods through texts that have beautifully articulated sandplay’s theoretical underpinnings, history and clinical work as well as memorializing Kalff’s oral teachings (Bradway & McCoard, 1997; Weinrib, 2004; Rogers Mitchell & Friedman, 1994; Amatruda 1997; Markell, 2002). There are now two generations of sandplay therapists who never directly worked with Kalff, nor ever heard her speak. Most of these second and third generations of therapists have been waiting for a comprehensive perspective on the history, conceptual underpinnings, process, content and procedures of sandplay. The Handbook of Sandplay Therapy is accessible to beginning and advanced clinicians and teachers alike, and can be used in sandplay training programs, seminars and case consultations with practitioners who have completed their own process. It is an outstanding teaching tool that incorporates and organizes a thoughtful honoring of sandplay traditions.

In The Handbook of Sandplay Therapy, Barbara Turner presents three sections: theoretical concepts, processes, and procedures for effective sandplay practice. She is well versed in Jungian theory, and honors this work with the comment that: “...Jung’s theoretical model of the psyche intentionally makes space for the deepest order of transformation and the fullest development of human potential.” Turner’s regard for the opportunity to work with clients is evident in her language and conceptualization, as she notes, “Through the course of the sandplay process the client comes to know that who he or she ‘is’ is anchored in the deepest inner truth – in something divine.”

In The Handbook of Sandplay Therapy Turner successfully juxtaposes, and then weaves into a cohesive whole the disparate concepts of developmental theories, the mythological roots of sandplay process as illustrated in the story of Yggdrasil, the world tree, and the neurobiological basis of affect regulation and trauma treatment with sandplay. One section of the book is devoted to exploring content, spatial, motion and affect themes appearing in sand scenes. These are introduced as ways to enhance a therapist’s understanding of more complex issues. Several essential considerations emerge for therapists in Turner’s discussions: to be patient; to engage with client feelings; and to protect and contain the temenos of the relational field between client and therapist. She is clear that “Sandplay is appropriate when the therapist can properly contain it”, and she strongly encourages therapists to keep an open mind. Her attitude is summed up by the statement: “Let’s see what (the client’s) soul wants to say,” when viewing and interpreting a tray.
Turner genuinely encourages therapists to disagree with her presentation of procedures and practice, and above all stresses respecting the client. She discusses the need for professional growth, and in the tradition of mentoring speaks about acknowledging and learning from mistakes. Clearly organized case illustrations are presented, which enhance the flow of the text. Her approach is one of humor, flexibility, and creativity.

Barbara Turner is a gifted guide to deeper understanding of the theory, content, process, and practice of sandplay. She presents a fully realized grasp of Jungian and Kalffian perspectives. With her clarity and organization of this complex material, Turner has created a textbook with readable and informative text. Current sandplay therapists, successive generations of sandplay therapists, and those merely curious about sandplay can all appreciate what Turner terms the “profound and spiritual process” inherent in this work by reading The Handbook of Sandplay Therapy.

REFERENCES
Gloria Rose "Barbara" Turner (July 14, 1936 – April 5, 2016) was an American screenwriter and actress. She was notable for the intensive amount of research she conducted during the screenplay writing process. One of her daughters is the actress Jennifer Jason Leigh. Turner was born in Brooklyn, New York to Pearl Pauline (née Zises) and Alexander Turner. Her father was an Austrian-Jewish immigrant, and her mother was born in New York, to Austrian-Jewish parents. Barbara A. Turner, PhD, is a certified sandplay therapist and a registered play therapist and supervisor. Customers who bought this item also bought.

Doctor Barbara Turner's Handbook of Sandplay therapy is an excellent starting place for learning Sandplay therapy and Jungian theory; it is also a resource that even after years of study you will find you return to again and again. This is an excellent, well written, practical and comprehensive handbook. Doctor Turner is able to make difficult theoretical concepts understandable, she offers practical examples of concepts using case material and at the same time she points the way to appreciate the subtle and complex.