
ABSTRACT

Process of student counseling involving a verbal interview in combination with the creation of a miniature garden: The potential of a non-verbal medium

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This paper discussed the clinical functions of sand play and its effect on the interview process in a student counseling setting. While the client displayed intellectualization in the verbal interview, her persistence in sand play led her to contact “her real feelings” which broadened her experience, both internally and externally. In the early course of the therapy, the theme had been to divide the land and bury people underground. With the “wedding ceremony” of her sister, however, it shifted to a flowing river. It was at this stage, during the verbal interview, that the client started expressing her feelings, and advanced into the phase where her words corresponded with her sand play. I maintained that the verbal interview and the process of sand play made progress in a complementary fashion as the client yielded herself to the image autonomy. Such progress deepened as the client and the therapist influenced each other. This case seemed to indicate the potential and viability of using non-verbal means to deal with worries and promote independence among youth.

Key Words: sandplay therapy, student counseling, connection between verbal expression and image, potentiality of non-verbal means
