

# Family Mental Fitness North East

## Programme Overview Sandplay Therapy – 1:1



EYFS	KS1	KS2	KS3	FAMILIES
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**Sandplay Therapy offers a deeply respectful, non-verbal approach to emotional healing for children aged 5–13. Rooted in Jungian psychology, it creates a secure space for symbolic expression using miniature figures and a sand tray. Without the pressure to talk, children externalise difficult feelings, fears, or memories in a way that feels safe and fully in their control.**

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### Purpose

To support emotional healing, regulation, and trauma recovery through safe, symbolic play in a structured 1:1 setting. The therapy gently helps children process experiences they may not have words for, building resilience from the inside out.

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### Impact

- Builds emotional safety and trust through consistent, gentle support
- Offers a therapeutic outlet for children who struggle to express themselves verbally
- Facilitates healing from early attachment disruptions, grief, loss, or trauma
- Reduces anxiety and helps children regain a sense of inner control

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### Outcomes

- Improved emotional regulation and self-awareness
- Stronger sense of self and emotional resilience
- Greater capacity to trust, reflect, and form healthy relationships
- Increased ability to cope with change, transitions, or past adversity

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### Example Session Structure

Each session includes:

- A calm welcome and grounding activity
- 20–25 minutes of uninterrupted sand tray play using miniatures
- Gentle, non-directive reflection by the practitioner

- Consistent closure and calm transition back to the day  
*Children use the same tray each week to build safety and therapeutic continuity.*
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### Who is it for?

- Children aged 5 to 13
  - Particularly suited for children with early trauma, loss, anxiety, or emotional shutdown
  - Ideal for those already in or waiting for CAMHS, or who are reluctant to engage in talk-based therapy
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### Group Size

1:1 sessions only

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### Session Duration

12 × 30-minute sessions

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### Cost Per Session

Schools and Public Bodies: £63

Subsidised for families: £31

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### For Funders

**Fully funded cost per 12-week programme: £888**

**(£74 per user per session)**

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

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Version: 1.0

Approved by: Director

Date: 19/08/25

Review Date: 19/08/26

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