

## Using Sandplay Therapy to Assess Psychological Resilience

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**Abstract :** Sandplay therapy is a Jungian psychological therapy developed by Dora Kalff in 1956. In sandplay therapy, the client first makes a sandtray with various miniatures and then has a communication with the therapist based on the sandtray. The special method makes sandplay therapy has great assessment potential. With regarding that the core treatment hypothesis of sandplay therapy - the self-healing power, is very similar to resilience. This study tries to use sandplay to evaluate psychological resilience. Participants are 107 undergraduates recruited from three public universities in China who were required to make an initial sandtray and to complete the Ego-Resiliency Scale (ER89) respectively. First, a 28- category General Sandtray Coding Manual (GSCM) was developed based on literature on sandplay therapy. Next, using GSCM to code the 107 initial sandtrays and conducted correlation analysis and regression analysis between all GSCM categories and ER89. Results show three categories (i.e., vitality, water types, and relationships) of sandplay account for 36.6% of the variance of ego-resilience and form the four-point Likert-type Sandtray Projective Test of Resilience (SPTR). Finally, it is found that SPTR dimensions and total score all have good inter-rater reliability, ranging from 0.89 to 0.93. This study provides an alternative approach to measure psychological resilience and can help to guide clinical social work.

**Keywords :** sandplay therapy, psychological resilience, measurement, college students

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