

WELCOME TO THE EMDR-SANDTRAY TRAINING

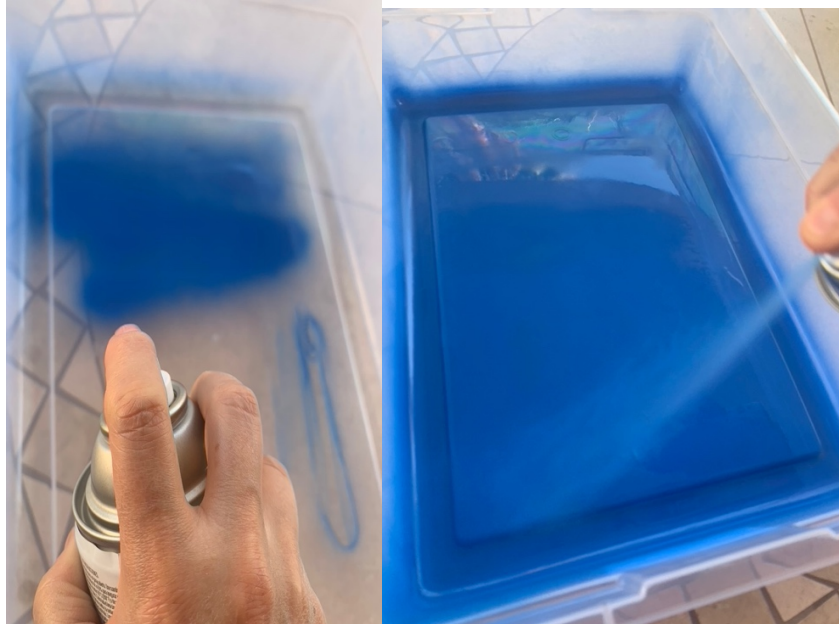
TRAINER: ANA M GOMEZ

There are a few things that you will have to do in preparation to the training. You will have time to practice during the training with an actual tray and also with a virtual tray thru the Online apps and websites I will be sending soon for you to practice in advance.

THE TRAY AND SAND: During the training we will cover how to select trays and sand but in preparation for your practice you are encouraged to have your own sand tray. Ideally you would need two trays, both may be of the same size or one may be smaller than the other. They are found in the market for less than \$10 USD like the one in the picture.



1. Buy blue paint suitable for plastic and paint the bottom of the tray. This will provide the opportunity to create rivers, lakes and oceans.

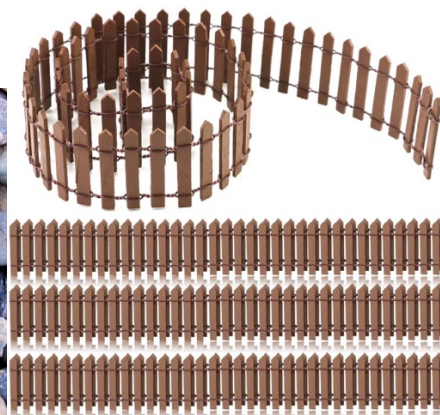


2. Once it is dried, place some sand inside. You may use construction sand. You also may use rice if you wish instead of sand.



THE MINIATURE COLLECTION

1. During the training, the types of miniatures you need will be explored in depth, but for the training please gather at least 50 figures. They may consist of nature items, people, animals and rocks or fences. Below are some examples:



I Look forward to seeing you at the training!

Ana M. Gomez