

AFTERWORD

Maybe you are just beginning treatment.

Maybe you are in the midst of treatment.

Maybe you have completed treatment.

Maybe you are supporting someone who has health challenges.

Things like love, laughter and perseverance are steadfast anchors.

May these things continue to hold all of you....forever.

Surrounding you in hope,
Jenni

COMMENTS FROM PARENTS

My son, Griffin, really enjoyed making a sand tray. It was a wonderful tool to allow him to express himself in a unique way. It also helped take his mind off of the pokes and prods of treatment. He was able to refocus his attention from the difficulties of treatment to creating a beautiful masterpiece!

Mandy, Mother of Griffin

The sand tray really helped her express her feelings. This is her little story in her mind. After I saw what she put together and read her story, I got a small glimpse of what she was going through.

Angela, Mother of Angeleena

The sand tray art project was tremendously beneficial for both Bronwyn and me. Creating the sand tray was not only great fun, but it also allowed Bronwyn to express her fears and worries about her Cancer treatment and engage in therapeutic conversation with Jenni, her Child Life Specialist. Afterwards, I was able to see just what has been weighing on her mind; allowing me to address her emotional and psychological needs with her therapist. Such a wonderful project!

Heather, Mother of Bronwyn



ABOUT THE SAND TRAY FACILITATOR/EDITOR

Jennifer Gretzema is a Certified Child Life Specialist at University of Michigan's C.S. Mott Children's Hospital. She works with pediatric Hematology/Oncology patients and their families to provide psychosocial support during treatment. She also has a private counseling practice called Connections Counseling of Michigan in Brighton, Michigan where she sees children and adults. In addition to traditional talk therapy, Jennifer has seen the benefits of other creative therapies such as sand tray therapy and medical play therapy in building rapport and providing a safe space for expression, healing and growth.