

*A Theoretical Study of the Efficacy of the Use of Group Sandtray Play within an Adlerian Context Working with Alcoholics to Overcome Denial*

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Abstract

This study is the first to investigate the use of Sandtray Play (playing with sand, water, miniature figurines and natural materials in a blue bottomed container) to tackle the twelve-steps originated in Alcoholics Anonymous (AA) using an Adlerian psychological model. The analysis suggests the clinical materials indicates the unique curative factors of a nonverbal psychotherapeutic form of expressive arts, Sandtray Play, to tackle the twelve-step within a group context assisted in overcoming denial tendencies.