

Sand play Therapy Application Effect based on Examples in College Students' Psychological Health Education

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Abstract: Sand play therapy is also called family therapy, which is a kind of psychological treatment technology originated in Europe. This article mainly expounds the theoretical foundation of sand play therapy, with concrete examples, discusses the application of sand play therapy in college students' psychological health education for further play of positive role of sand play therapy in college students' mental health education.

Sand play therapy is a kind of psychological therapy, which refers to that visitors under the escort of therapists, select toys from toy shelf, then fill them in fine sand special container for casual creation model, and then based on Jung's "mental imagery", the therapist judges their psychological health through the analysis of the modeling created by visitors. Originated in Europe, sand play therapy was founded by Swiss psychologist Dora Karl. Since 1960 s, after nearly 50 years' development, sand play therapy is a kind of mature psychological treatment technology, and is playing an important role in the aspect of mental health education.

I. THE THEORETICAL BASIS OF SAND PLAY THERAPY

In 1962, Jung analysis information scientist Dora Karl's put forward the idea of "sand play therapy" in international analysis psychology meeting formally. In 1985, under Dora Carl's organization, international sand play therapy association was established. At this point, sand play therapy system is founded. Dora Karl thinks that Jung analytical psychology and Chinese culture are the ideological basis of sand play therapy, and Wells Winfield professional technology is an important component. From Dora Carl's point of view, we can learn that to fully understand sand play therapy, we must understand and grasp Jungian analysis psychology and Chinese culture.

A. The thinking foundation of sand play therapy

Through the analysis of sand play therapy, it can be found that sand play therapy operation relies on collective unconscious, prototype image of Jungian psychology, analysis of dream and clinical methods such as active imagination. Sand play, therefore, a psychological therapy, has "non-verbal" and "non-directive" features. In fact, sand play therapy reflect specific people's state of mind through "unconscious level of work" in order to take pertinent psychological treatment. This is the meaning of sand treatment. Zhuang Zi, a representative of Taoist school in China, wrote in "Replying the Emperor", "A nice person's heart is like a mirror. If fortune comes, meet it; if it goes, let it be. True to people and do not keep secrets. Therefore he wins without injury." This is a reflection of unconscious level work, and is also the real reflection of Sand play. Carl's had a further study on Chinese philosophy, and we can say Chinese philosophy has important enlightenment function to create sand play therapy.

B. The basic principles of sand play therapy

Sand play therapy must follow three basic principles, namely unconscious level of work, inductance cure mechanism and symbolic analysis principle. The three basic principles include basic conditions of sand play therapy: safety, protection and freedom. Sand play psychological therapy has "non-verbal" and "non-directive" features. The unconscious level work is one of the basic principles of sand play therapy. In sand play therapy, "unconscious level of work" needs to have a seat, accepting attitude and open mind, mature mentality, strong anti-pressure capacity to deal with a variety of self-consciousness effects. Dora Karl said the basis and training of psychology are to become a foundation for sand treatment analysts. To become a qualified sand treatment analyst, one should also have two conditions: the understanding of symbolic, and able to build a free and protected space. Because the modeling of the visitors created is the main basis of sand play therapy method to judge psychological condition of the respondents, therefore, sand play analysts must have

a complete and systematic knowledge of different sand bodies' symbolic meanings. Of all the psychological analysis and psychological treatment, induction is the key factor. There are sincere and transformation in induction and it can be said that without induction, sand play has no effective treatment.

II. SAND PLAY PLAYROOM CONSTRUCTION

Sand play therapy, as a professional psychological treatment technology, has played an important role in the aspect of mental health education. At present, our country's sand play research has made great achievements. Many colleges and universities in the south set up sand play playroom for college students' mental health education. Sand play room is necessary field to carry out sand play therapy. Sand play playroom request is not high. For most universities and colleges established common consulting room, only need to configure some basic materials and play. Generally, sand play playroom mainly includes sand table and sand shelf, sand, toys. Sand table and sand shelf are important facilities to carry out sand play. Consider visitors needs when choosing sand table and sand shelf, put sand table in moderate height, generally up to visitors' waist. Sands in sand therapy are very important. In sand play playroom, the sand should be chosen for good shapes, in addition, equip with coarse sand and fine sand to let visitors choose sand types. Toy is a tool for visitors to create model, also is the medium of communication between therapist and visitors. In toy preparation, be rich as far as possible to meet the needs of visitors to the degree that it can. In general, the toys should be human, plant, animal, building, etc.

III. THE APPLICATION OF INDIVIDUAL SAND PLAY THERAPY

Individual sand play therapy is generally divided into five stages, respectively: import, production records, understanding and dialogue, dismantle sand table and analysis. Import refers to that the therapist guides visitors for sand production. Production and record refers to visitors make sand table, and the therapist silently witness and record. Understanding and dialogue refers to after visitors finished sand production, therapists have conversation with visitors, mainly includes sand production idea, visitors understanding and theme of his work, and so on. In this process, the therapist should be accurately in asking degrees to avoid the bad feelings of visitors, and influence the follow-up work. Demolition of sand table refers to remove the visitors' sand table. In the process, the visitor can remove it, or it can be defused by therapists. Analysis and sorting refers to the therapist sort and analyze visitor's performance in whole sand treatment, preliminary judge visitor's state of mind and prepare for subsequent treatment.

IV. CASES

In recent years, along with our country's social economy rapid development, international exchanges are deepening. Under the impact of Chinese and foreign different values, young college students are facing unprecedented psychological pressure, and many college students have different degrees of psychological problems. These psychological problems are closely related to society, family environment, and the lack of sense of responsibility is the important factor causing these psychological problems. College students lack the sense of responsibility, which is generally characterized by no sense of belonging in class. This paper takes sand play therapy to establish the role of collective sense of belonging for college students, and focuses on the specific application of sand play therapy.

A. Study object

Counselor recommends a class, makes autonomy questionnaire to test the class (60), and selects 15 low score people. Based on voluntary basis, finally determine 10 people to participate in sand table game research. To rule out implied effect, explain activity properties to the students not participate in the activities.

B. Research tools

On college students' collective sense of belonging, homemade A, B two questionnaires. Other equipment such as sand table, digital camera and student activities summary are got.

C. Research design

Research adopts experimental intervention to analyze the summary of students.

D. Research process

1. Individual sand table

In three months, use students' personal free time for 10 students' two individual sand table therapies in individual sand table center of school psychological consultation. Every time is about 1 h, and each student gets a total of 16 times personal sand tutoring.

2. Group sand guidance

In three months, complete five groups and guidance, 2 h each month during the weekends in school counseling center group activities room.

E. therapeutic effect

1. Questionnaire results

Three months later, investigate the 10 people participated in the activities with student collective sense of belonging questionnaire B. There are 7 people who regard that individual and class have the same honor according to the results, and there are 8 who would make their contributions to the class. Nine people think life is very happy in this class.

2. Conclusion excerpts of students

After sand table activity, students made self-summary, and here we take two excerpts:

"Sand play made me find a different self, helped me to set up confidence, and my life is full of hope"

"Since childhood, I find it hard to trust someone, but after five group sand table, for the first time I have the sad feeling to depart people, and ask to take picture with people for the first time, which is unimaginable before."

F. Discussion

Feel and experience sand play can make college students to understand what position a person should be in collective in true practice, and what the responsibilities are in the community, learn about other people's respect and understanding, which is a foundation for the formation of a good personality and mental health.

After a series of discussion and analysis on the influence and role of sand play on psychological health problems of college students, we found that there is umbilical tie between college students' mental health and their positioning in collective and what kind of performance individual can play, etc. Sand play makes college students find personal positioning from accurate angle, and is also very effective for the improvement of human communication ability, at the same time, class presence should have also become more intense. We have to admit that sand play, as a treatment for human psychological health, is an important project, and it makes the outside and inside body get a certain amount of practice. Based on the analysis discussion and examples, sand play therapy has many mental health benefits on college students:

1. Venting and integrated personality

In today's society, every person will have trouble of one sort or another and chores. Sometimes stress and anxieties make a man hard to get a respite. Such an environment keeps people in deeply depressed work and study life; a lot of negative emotions are repeatedly accumulated. It is not difficult to see that sand play constructs an exclusive platform for college students to outlet the vent. A solid, hidden with high degrees of freedom, a small world with small space makes the students have completely relaxed mood by following their call to vent the entire bad mood. As a result, a lot of anxiety and fear in the heart gradually fade, and a sound and complete personality has been integrated at this time.

2. Self recognition and reconstruction

When in collective, if no right positioning, one will lose the direction of the struggle in the complicated relationship between collective and interpersonal gradually, and the heart is full of confusion and bewilderment. One advantage of sand play is that it can make the students have sense of belonging, make the students realize self and the environment, expand their interpersonal relationship and increase self-esteem significantly. Sand play method has a positive role and unspeakable influence for college students' self-recognition and target reconstruction.

3. Break communication barriers and enhance communication

College students spend a long time in the school life, so it is hard to avoid difficulties and confusing moment. Many people have a different degree of communication barriers when they entered the university, and some people even have violent conflicts in such groups. Group sand play is a kind of effective method to break the barriers of communication, in which students benefit a lot. They learned good communication knowledge, strengthened the communication with the surrounding, and effectively improved their conditions in the experience and learning process.

V. CONCLUSION

Sand play therapy is an advanced and typical psychological therapy, and it has obvious role in the formation of college students' psychological health. Through the study and research, we also find it helpful. Strengthen the exploration and study, and use it in mental health education of college students. It is worth extensive learning and advocate.

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