



*It's not a quest to achieve
anything, it's simply a way of
spending time with what's
already there.*

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Personal Sandplay Immersion

Personal Sandplay Immersion is an individually designed depth process for those who wish to spend time listening more closely to their inner experience. Through sandplay, the soul is invited to speak in its own language through image, symbol, and felt sense, often beyond what words can reach. This immersion is held with care, privacy, and respect for each person's pace and readiness.

How It Works

1. A Co-Designing Conversation

The process begins with a dialogue between client and therapist to listen together for what is seeking attention. This conversation helps shape the immersion such as the pacing, number of sand trays (typically between four and ten), and any inner themes that may be gently explored so the process feels supportive and well held.

2. Entering the Sandplay Immersion

The sandplay process then unfolds through a series of sessions, each lasting approximately 60 to 75 minutes. The immersion may be completed within one to two weeks, depending on individual needs and rhythm. Images are allowed to emerge in their own time, without pressure to explain or resolve. At times, gentle nature-based experiences may be invited to support grounding, healing, and soul care, when this feels appropriate.

3. Reflection and Completion

As the immersion comes to a close, space is offered for reflection and integration. The process is brought to a gentle ending, allowing meaning to settle and the experience to be honoured, without forcing closure.

Suitable For

- Individuals who wish to connect more deeply with their inner experience, through image, symbol, and felt sense
- Those who feel stuck, in transition, or questioning, and sense that something within is asking to be listened to.
- Individuals curious about the language of the unconscious, and open to discovering meaning through symbolic expression rather than direct analysis.
- Those who wish to find gentle clues from the unconscious patterns, images, or themes that may guide further reflection.
- Individuals drawn to a depth-oriented process held without pressure for outcome or resolution.

Availability: January–February and August–September each year.



What to Expect

- There is no expectation to “produce” or “make” something in any session.
- Each session may include different elements, such as: sandplay, dreams, images and symbols, creative expression.
- The individual is invited to be guided by the soul, allowing the process to unfold naturally rather than directing it.
- After each session, there is a reflective conversation with the therapist, often supported by gentle prompts, to help the experience be held and integrated without forcing interpretation.

A Sample 9-Day Sandplay Immersion Rhythm

*The programme outline below is illustrative only.

Day 1 — Opening the Field and Sandplay

A sandplay session marks the beginning of the immersion. The space is opened with care, allowing first images to emerge and the psyche to begin orienting itself within the sandplay field.

Day 2 — Continuing the Sandplay Dialogue

A second sandplay session offers continuity. Images are allowed to respond to what has already been set in motion, without expectation of direction or meaning-making.

Day 3 — A Resting Day

A pause in sessions allows images to settle. A simple prompt (outside of session) may be offered to support embodied awareness, time in nature, or gentle reflection in daily life.

Day 4 — Sandplay session to deepening the Process

Sandplay resumes. The process continues to unfold at its own rhythm, with attention to pacing, containment, and what is ready to be seen or felt.

Day 5 — Continuing the Sandplay Dialogue

Another sandplay session supports the ongoing symbolic movement. Some immersions find momentum here; others remain quiet. Both are welcomed.

Day 6 — A Resting Day

Day 7 — A Resting Day

Day 8 — Sandplay session to deepening the Process

Sandplay resumes. The process continues to unfold at its own rhythm, with attention to pacing, containment, and what is ready to be seen or felt.

Day 9 — Sandplay Session and Closing Ritual

The final sandplay session brings the immersion toward completion. A closing ritual may be offered to honour the process and mark the ending, without forcing closure or final meaning.

- Each sandplay session lasts approximately 60–90 minutes.
- No sessions are held on rest days. These days allow the process to continue inwardly.
- On rest days, simple reflective exercises may be offered, when appropriate.
- Every immersion is individually shaped, including: the number of sessions, the pacing and intensity, the rhythm of session and rest days.
- The immersion is co-designed with the therapist, in response to individual needs, readiness, and what unfolds in the process.



Common FAQ

Do I need prior experience with sandplay?

No prior experience is needed. Sandplay does not require artistic skill or familiarity with symbolic work. The process meets you where you are, inviting images, sensations, and symbols to emerge naturally, without expectation or performance.

Is this therapy or a therapeutic experience?

This immersion is a depth-oriented therapeutic experience held within a psychotherapeutic framework. It is not a training, workshop, or group programme. While it may carry therapeutic depth, it is designed as a contained immersion rather than ongoing weekly therapy.

How do I know if the timing is right?

Timing is often felt rather than decided. You may notice a quiet pull inward, a sense of being at a threshold, or a feeling that something within is asking to be listened to. An initial conversation with the therapist can help discern readiness and timing together.

Can this replace my current therapy?

No. This immersion is not intended to replace ongoing psychotherapy. For those already working with a therapist, the immersion can serve as a complementary experiential process, offering symbolic material that may later be brought back into regular therapeutic work.

What if I don't have a personal therapist?

It is not necessary to have an existing therapist. For some individuals, this immersion stands as a self-contained depth process. If ongoing support feels needed afterward, this can be discussed, and appropriate options or referrals can be explored together.

What support is available after the immersion ends?

A gentle closing conversation is included as part of the process, offering space to reflect, integrate, and honour what has taken place. Some individuals return to regular psychotherapy, while others continue to integrate the experience independently in their own time. Follow-up sessions or referrals can be discussed if further accompaniment feels supportive. For some, the immersion becomes a rhythm of return, and they may choose to engage in a similar immersion on a yearly basis, when the timing feels right.

How often can I take part in a sandplay immersion?

The immersion is typically offered twice a year, with openings available during specific seasonal periods. Individuals are welcome to apply based on their personal needs, life circumstances, and readiness, rather than according to a fixed schedule.

Is sandplay only for children?

No. Sandplay is suitable for individuals of all ages. While it is often associated with work with children, sandplay is equally meaningful for adolescents and adults, offering a symbolic language that remains accessible throughout the lifespan.

How much does the immersion cost?

The fee depends on the number of sessions and the overall structure of the immersion. This is discussed and mutually agreed upon during the initial conversation, before the immersion begins.