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Sand Tray Therapy for Post Traumatic Stress Disorder Children Survivor of Suicide Bombing

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ABSTRACT (upto 300 words)

This study aims to explore the traumatic experience of children survivors of suicide bombing using Sand Tray Therapy. Sand Tray Therapy is widely used to help children process their trauma in a non-threatening environment. Two children aged 8 and 10 years old survivors of suicide bombing, who experienced Post Traumatic Stress Disorder (PTSD) based on the Child PTSD Symptoms Scale (CPSS), participated in this study. A single case research design was used, including three weeks of baseline observation, followed by six weeks of Sand Tray Therapy with treatment once per week each 90 minutes, and three weeks of post baseline observation. Visual analysis and descriptive statistics were conducted for CPSS scores while thematic analysis was conducted for the contents of the play. The study findings revealed that CPSS scores reduced in both participants after the treatment (\bar{x} pretest 21.5 and posttest 9.5). Furthermore, the participants were able to explore their emotions around the traumatic experience, releasing the negative emotions through play, communicating their needs, putting closure for their losing parents, and regaining a sense of control. Further research may investigate the de-radicalization process for children victims of terrorism or violent extremes groups through Sand Tray Therapy.



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BIOGRAPHY (upto 300 words)

As a licensed clinical psychologist, Sustriana Saragih (Sus), has a background in handling traumatized individuals for more than 10 years. Sus has intensive experience in providing counseling and psychotherapy with traumatized individual. She assisted individuals who are victims of domestic abuse, child abuse, sexual exploitation, refugee coming from conflict countries/war zone, victim of terrorist/violent extremist group, etc. In addition to that, she also provides counseling and psychotherapy for individuals, couples and families with issues related to stress, anxiety, burnout, depression, grieving and loss, and couple/marital conflict. She holds Master degree in Clinical Psychology and a Bachelor degree in Psychology. She used an integrative model to facilitate the healing process of the client, including psychosynthesis (clinical hypnosis), Behavioral Activation Therapy, CBT, SFBT, Family therapy, and play therapy.

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