To Know Who We Are We Reach Back in Time, Across Cultural and Geographic Boundaries . . .
We dig to discover . . . We Read to be informed . . . We Reflect to find relevance . . . We Witness to make connections . . . We Appreciate and begin again . . .

Sometimes We Understand and Heal . . .
Lascaux Cave Painting

Over 35,000 years ago . . .
We represented our inner world, our experience & cultural imaginings, on cave walls, monoliths, sand, & stone artifacts
Our capacity to represent flows from early ancestors to present

In Sand Therapy . . .
Images, neurological experience & story merge to bridge images and meaning for healing
Sand Therapy engages our capacity to imagine, to represent, to give voice & connect,
We are witnessed, validated, empowered
As others resonate with our experience . . .

We Exist

Dee Preston-Dillon, M.A., Ph.D.


