

# RESOURCES



## Bibliography

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*Sources to support theory  
and practice*

*The use of culture-relevant myths, symbols, therapeutic metaphors,  
and narrative Voice in Sand Therapy.*

*Compiled by Dee Preston-Dillon, MA, Ph.D.*

*This bibliography was compiled for my graduate students and clinicians who train with  
me in Sand Therapy*

*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 . . .*

**Existential Meaning -- The Poetics of  
Representation**

**attend  
the Wounds of Mortality, Freedom, Identity,  
Invisibility, Connection**



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.

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