AISPT
Associazione italiana per la sandplay therapy

COMITATO ETICO PER LA RICERCA

CODE OF ETHICS for Research – Guidelines 2026

Sandplay Therapy is based on a non-verbal, unconscious connection of mind, body, and spirit.
It is important for the researcher to honor this experience for the participant, and in the therapeutic or research relationship.

1.Research in Sandplay Therapy is conducted in a manner that respects the unconscious, individuation process of the client and minimizes, to the fullest extent possible, the effects research may have on this process.

A. follows ethical guidelines established by the Aispt.
B. contributes to the development and quality of Sandplay theory, practice, and/or research methodology.
C. embraces a variety of methods of inquiry, and emphasizes those methods that are most relevant to real-life clinical practice.
D. ultimately serves to improve quality of care for clients.

2.Research in Sandplay Therapy is based upon clinical practice that follows Dora Kalff's guidelines according AISPT

A. Sand scenes are created in a "free and protected" space
B. Therapist does not interpret, interfere with, or direct client's Sandplay Therapy
C. Therapist does not introduce topics of conversation from client's sand tray material
D. Therapist maintains an attitude of receptivity and acceptance to create a healing presence and atmosphere
E. Treatment involves a series of sand trays pictures that show a psychological process
F. Sandtray is not taken apart in presence of client
Sandtrays follow the dimensions specified by Dora Kalff and contain natural-colored sand.

3.Sandplay Therapist Qualifications

A. It is recommended that Sandplay researchers be licensed or under supervision of a licensed therapist with training in AISPT. The researcher's level of licensure, training and

years of experience needs to be noted, and they must be qualified and in good standing to practice by the appropriate governing board.

B. If a researcher does not have any of these credentials, their level of training needs to be documented and their participation in the project justified.

4.At the beginning of the research, it must assess whether its approach to the work is appropriate for a particular participant and must make appropriate referrals at any stage of the work if this appears to be in the participant's interest.

A. It must clearly state to the participant the nature, purpose, terms and conditions of the research, the duration and frequency of the sessions and and provide for the written Authorization for publication.
B. **Informed consent** must be made in a responsible manner and the researcher must inform the participant, with language appropriate to the participant, of the reasons why the Informed Consent is being made and of the right to revoke it at any time.
C. For participants under 18, Informed Consent must be given by both parents or legal guardians. The participant under 18 must, however, be informed of the research

5.Preservation of the anonymity of the research material is required.

A. Particular care must be taken both in the publication of clinical/research material and in the presentation of clinical material at clinical/research seminars, especially with those currently undergoing therapy.
B. Each research must safeguard the welfare and anonymity of partecipant when considering any form of publication of clinical material and must obtain the written Authorization for publication of the partecipant.
C. The researcher may not make audio or visual recordings of the partecipant, or use or allow observation of the participant through a one-way screen or mirror, without the consent of the partecipant.