



Program Title (Core In-Person)

Sandtray Play Therapy: Level 1 - Basic Tools and Methods (In-Person)

Description

This 2-day workshop introduces the basic tools and methods of sand tray play therapy for both children and adults. Participants will explore various elements of the sand tray process in the context of clinical applications for treating trauma, depression, anxiety, and other issues. This training interweaves didactic discussions with hands-on exercises using miniature figurines and sand trays. The purpose of the exercises is to demonstrate how relational play may be used as a neural exercise to address the stress that arises in the nervous system during traumatic or other problematic experiences. From these exercises, workshop participants will explore and discuss how sand tray play helps to develop flexibility in the nervous system supporting a more joyful and fulfilled life. Therapists will have opportunities to practice and refine basic skills and to ask questions in an online interactive small group setting.

March 2022 On-Site Training Dates

Day 1	March 30	Wednesday	9:30 am - 5:30 pm with 1.5-hour lunch break
Day 2	March 31	Thursday	9:30 am - 5:30 pm with 1.5-hour lunch break

COVID Vaccine Requirements: Verification of a full COVID vaccine protocol (Moderna, Pfizer, or Johnson) will be required to attend the training at the Corrales location. We cannot make exceptions to this policy. Masks will not be required. Our institution reserves the right to cancel the on-site training if the State of New Mexico determines that it is not safe to meet in groups due to an increase in COVID cases or if a new variant arises. If we cancel the training, only the full paid tuition will be refunded. We are not able to cover travel and lodging expenses.

Backup Plan: If the Sand Tray Training Institute must cancel the on-site training for any reason, participants will have the option to transfer to the online dates of March 30 – April 1, 2022. The format for online training is 3 days from 8:40 am to 1:00 pm each day, with a 20-minute break (New Mexico time zone).

Prerequisites: Prior knowledge or experience with the sand tray process is helpful but not necessary; graduate degree in mental health or enrolled in a graduate degree program.

Continuing Education: 12 contact hours/2 full days.



Sand Tray Training Institute of NM

PO Box 800 ♦ Corrales, NM 87048 ♦ (505) 720-1177 ♦ sandtraynm@gmail.com ♦ www.sandtraytraining.com

Fees

Professional Early	\$305 (Postmarked 30 days in advance.)
Professional Regular	\$325
Student Early	\$285 (Postmarked 30 days in advance.)
Student Regular	\$305

Note: Tuition fees include a certificate of training except for psychologists who may request a certificate of training from our co-sponsor for a \$20 fee.

No Equipment Needed for Participation: Our in-person training does not have any equipment requirements. There are enough miniatures and sandtrays at our local site to support hands-on experiences for each person.

Educational Goals

This training will help participants to:

1. Identify beginning skills for facilitating sand tray play therapy in clinical practice;
2. Create a sand tray play therapy clinical space;
3. Describe the importance of the nonverbal aspect of sand tray play therapy for healing trauma;
4. Utilize experiential exercises to anchor the basic theoretical tenets of sand tray play therapy;
5. List the three branches of the nervous system that are observable during the sand tray play therapy process;
6. Describe the beginning history of sand tray play therapy with M Lowenfeld and D Kалff.
7. Explain how play activities help to develop a flexible nervous system.
8. Discuss training recommendations for sand tray play therapy clinicians.

Presenter: Theresa Kestly, PhD, RPT-S Psychologist

On-Site Location

Sand Tray Training Institute
294 Mission Valley Road
Corrales, NM 87049

Daily Schedule*

Days 1 - 2 (6 contact hours each day)

9:00 – 9:30 Continental Breakfast (Optional)

9:30 – 11:00 Topic Presentation & Discussion

11:00 – 11:15 **BREAK**



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- 11:15 – 12:45 Training Demonstration
- 12:45 – 2:15 LUNCH BREAK
- 2:15 – 3:45 Topic Presentation & Discussion
Training Demonstration
Questions
- 3:45 – 4:00 BREAK
- 4:00 – 5:30 Training Demonstration
Demonstration Discussion & Clinical Applications
Review & Questions

*Schedule may vary at the discretion of the presenter due to curriculum updates and participant processing.

Continuing Education Credits

In this 2-part training participants will earn 12 CE contact hours verified with a Certificate of Training. Following is a list of organizations that have approved our training for continuing education requirements.

The Sand Tray Training Institute of New Mexico is approved by the following to offer continuing education credits: The National Board for Certified Counselors, NBCC (#5972); the **Texas State Board of Social Work Examiners** (#CS5455). The **New Mexico Board of Social Work Examiners** accepts continuing education as being Board approved if approved by other state social work boards in the United States (The Institute is approved by Texas). In addition, it is approved by the **Association for Play Therapy**, APT Approved Provider (99-052), to offer continuing education specific to play therapy. The Sand Tray Training Institute of New Mexico follows all CE guidelines and maintains responsibility for the program. All courses meet the qualifications for 6 contact hours of continuing education credit per 1 full day of training.

Co-Sponsor: Family Enhancement and Play Therapy Center (FEPTC) of Boiling Springs, Pennsylvania. The Family Enhancement and Play Therapy Center is approved by the **American Psychological Association**, APA (#0833) and the National Board for Certified Counselors (#5732) to offer continuing education credits to psychologists and counselors, respectively. The FEPTC is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. The FEPTC is also approved by the Association for Play Therapy, APT Approved Provider (#95-014), to offer continuing education specific to play therapy. We are approved by many state social work boards and try to obtain social work and other CE approvals on a state-by-state basis whenever possible. The Family Enhancement and Play Therapy Center follows all CE guidelines and maintains responsibility for the program. Six (6) continuing education credits per workshop day will be awarded to participants who



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attend the entire time of each of the workshops as listed above for our “live classrooms” at our Corrales, NM location.

Cancellation and Refund Policy

Registration fees are refundable (less \$50.00 administrative fee & any credit card fees) if written notice is post-marked no later than 30 days before the training begins. Refunds require a minimum 6-week processing time. Registrants may transfer/sell their enrollment to another qualified person at any time. Transfer fee is \$50.00.

The Sand Tray Training Institute reserves the right to cancel a workshop due to insufficient enrollment, inclement weather, instructor illness, instructor family emergency, or some other unforeseen event. Notice will be provided at the earliest possible date via email with the option to reschedule for a future training date or to receive a full refund of paid workshop fees.

Makeup Policy

Certificates can be awarded only when the training is attended in full. In case of medical or family issues, makeup work may be arranged on an individual basis at an hourly consultation rate. The requirement for full attendance is a policy issued by the CE organizations that approve our trainings for continuing education credits.

Presenter Information

Theresa Kestly, PhD, RPT-S is a psychologist, educator, consultant, and a registered play therapist/supervisor with the Association for Play Therapy. She is an international presenter, and she maintains a private practice with specialties in play therapy and sand tray therapy in Corrales, New Mexico for children, adults, families, couples, and small groups. Theresa served as a senior staff psychologist at the Albuquerque Family and Child Guidance Center in Albuquerque, New Mexico where she specialized in child, adolescent and family therapy, consultations with the Indian Health Service, and consultations with the Albuquerque Public Schools. She supervised psychology, counseling and psychiatry trainees as an adjunct faculty member at the University of New Mexico. Theresa served as the first president of the New Mexico Association for Play Therapy. She is the founder and director of the Sand Tray Training Institute of New Mexico in Corrales, New Mexico where she provides large-group seminars and small-group intensive training for psychotherapists in child and adult sand tray therapy. Theresa is author of *The Interpersonal Neurobiology of Play: Brain-Building Interventions for Emotional Well-Being* (Norton Interpersonal Neurobiology series).