



## Program Title (Core In-Person)

# Sandtray Play Therapy: Level 2 – Symbolic Integration and Theory (In-Person)

## Description

In this 3-part workshop, participants discuss and work with symbolic meaning and basic theoretical ideas related to healing trauma and other clinical issues with sand tray therapy. The purpose of the didactic information in conjunction with hands-on experiences is to demonstrate why it is important to help clients experience the sand tray materials in a way that allows them to collaborate with their embodied brains, not just their cognitive processes. A focus for this training is on trauma as it is embedded throughout the body rather than in the cognitive layers of the brain only. In Level 2, participants continue to build on the concepts of “play as a neural exercise” for developing a nervous system that is flexible and resilient. There will be opportunities to explore core issues in play therapy. Participants also will have opportunities to practice skills using symbolic language with a workshop partner.

## April 2022 On-Site Training Dates

**Day 1** April 2          Saturday      9:30 am - 5:30 pm with 1.5-hour lunch break  
**Day 2** April 3          Sunday        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 April 7 – April 9, 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:** Level 1; graduate degree in mental health or enrolled in a graduate degree program.



# Sand Tray Training Institute of NM

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## 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 skills for facilitating sand tray play therapy for trauma;
2. Describe culturally responsive sand tray play therapy techniques for clinical applications;
3. Compare universal and idiosyncratic symbolic material that emerges during sand tray play therapy;
4. Recite language that helps client experience their sand tray creations;
5. Describe the evolving meaning of symbolic material during sand tray play therapy (from unconscious to the conscious);
6. Identify the risks associated with interpretation in sand tray play therapy;
7. Describe the importance of Panksepp's play circuitry in the brain for developing a science-informed explanation for sand tray play therapy.
8. Demonstrate the facilitation of sand tray play therapy with peers.

**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**



- 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 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).