



## Program Title (Core In-Person)

# Sandtray Play Therapy Level 6 – Expressive Arts and Play Therapy Integration (24 CEs) (In-Person)

## Description

The focus of this 4-day workshop is on integration of various play modalities in therapeutic settings, including sand tray play, puppets, games, art, and storytelling play. Through didactic and experiential methods, therapists will have opportunities to learn how and when to use various modalities with both child and adult play. There is special emphasis on integrating the sand tray with play therapy and verbal therapy. In addition, participants will have opportunities to practice nervous system attunement during play therapy exercises.

## June 2022 On-Site Training Dates

Day 1	June 2	Wednesday	9:30 am - 5:30 pm with 1.5-hour lunch break
Day 2	June 3	Thursday	9:30 am - 5:30 pm with 1.5-hour lunch break
Day 3	June 4	Saturday	9:30 am - 5:30 pm with 1.5-hour lunch break
Day 4	June 5	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 September 15 – 17 and September 22 – 24, 2022. The format for the Level 6 online training is 6 days (spanning 2 weeks) from 8:40 am to 1:00 pm each day, with a 20-minute break (New Mexico time zone).

**Prerequisites:** Levels 1-2; graduate degree in mental health or enrolled in a graduate degree program.

**Continuing Education:** 24 contact hours/4 full days.



# Sand Tray Training Institute of NM

PO Box 800 ♦ Corrales, NM 87048 ♦ (505) 720-1177 ♦ [sandtraynm@gmail.com](mailto:sandtraynm@gmail.com) ♦ [www.sandtraytraining.com](http://www.sandtraytraining.com)

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## Fees

Professional Early	\$610 (Postmarked 30 days in advance.)
Professional Regular	\$650
Student Early	\$570 (Postmarked 30 days in advance.)
Student Regular	\$610

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 facilitation skills for integrating sand tray play with other play therapy modalities;
2. Utilize puppet play to enhance play therapy;
3. Describe mosaic play as it relates to sand tray play therapy;
4. Utilize sand tray miniatures to create a genogram;
5. Explain how the use of clay (or masks) reinforces the image thinking that is also a core idea in sand tray play therapy;
6. Describe play therapy benefits of using parallel play such as coloring and doodling;
7. Explain how games may or may not enhance sand tray play therapy;
8. Discuss directive versus nondirective methods for utilizing collage making in play therapy;
9. Discuss how the polyvagal theory provides a science-informed perspective on using a variety of play therapy methods in conjunction with sand tray play therapy;
10. Identify the role of Panksepp's innate primary motivational circuits in sand tray play therapy;
11. Explain how self-regulation is built on the platform of co-regulation during sand tray play therapy;
12. Explain how play helps to build a resilient nervous system during sand tray play therapy.
13. Demonstrate skills in working online with supervisees and clients.

**Presenter:** Theresa Kestly, PhD, RPT-S

Psychologist



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## On-Site Location

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

## Daily Schedule:

Days 1 - 4 (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

## Continuing Education Credits

In this 4-day training participants will earn 24 CE contact hours verified with a Certificate of Training. Following is a list of organizations that have approved our training for continuing education requirements. To receive CEs, participants must be present the entire time of training. There are no exceptions to this policy.

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.



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**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,



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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).