



## Program Title (Core Online)

# Sandtray Play Therapy: Level 1 - Basic Tools and Methods Online Interactive

## Description

This 3-part 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.

## January 2022

<b>Part A</b>	January 6	Thursday	8:40 am - 1:00 pm with 20-minute break, MST
<b>Part B</b>	January 7	Friday	8:40 am - 1:00 pm with 20-minute break, MST
<b>Part C</b>	January 8	Saturday	8:40 am - 1:00 pm with 20-minute break, MST

**Backup Plan in Case of Internet Outage:** In the event of internet connectivity problems at the host site, the morning following the last day of the training will be used to fulfill any lost contact hours. We have had very few problems with internet provider connectivity, but it has happened, and so we request that you tentatively reserve the morning date after Part C for possible makeup time. This makeup day is for the entire group, not for individuals to do makeup for missed hours. Please see our [Makeup Policy](#) for further details of this policy regarding missed hours. Full attendance is required for certificates.

**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/3 half days; the Association for Play Therapy (APT) designates interactive online learning as non-contact hours. The APT has made a COVID-19 exception to their policy through June 30, 2022. See CE section below.



# 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	\$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.

**Equipment Needed for Participation:** Unlike our “live classroom” in Corrales, NM, our online training requires that you have some basic equipment at your location. Please request details: [sandtraynm@gmail.com](mailto:sandtraynm@gmail.com) or 505-720-1177. There is a link on our Constant Contact flyer for this description of equipment.

## 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 Margaret Lowenfeld and Dora Kalff.
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

## Location

Sand Tray Training Institute – Online ZOOM Platform  
294 Mission Valley Road  
Corrales, NM 87049

## Daily Schedule\*

Days 1 - 3 (4 contact hours each day)

8:40 – 10:45      Topic Presentation  
                            Discussion  
                            Training Demonstration



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## Questions

10:40 – 11:00 **BREAK**

11:00 – 1:00 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 3-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.

**APT Policy for Contact versus Non-Contact Hours:** APT considers all online training as non-contact CEs except for their COVID-19 policy now in effect through June 30, 2022. Please check with the APT for further updates after June 30, 2022. The following statement will appear on all certificates of training for this class while this policy is in effect.

Due to COVID-19 health concerns, this one-time online event has been approved by APT for (12 hours) CONTACT CE Hours.

**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



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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. Four (4) continuing education credits per workshop day will be awarded for online half days. Partial credit cannot be given. No exceptions can be made to this policy. Please call with any questions about your CE needs.

### **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).