



## Program Title (Core Online)

# Sandtray Play Therapy: Level 2 – Symbolic Integration and Theory Online

## 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.

## January 2022

**Part A** January 27 Thursday 8:40 am - 1:00 pm with 20-minute break, MST  
**Part B** January 28 Friday 8:40 am - 1:00 pm with 20-minute break, MST  
**Part C** January 29 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:** Level 1; 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 for 2022

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 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

## 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



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 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).