



Program Title (Core In-Person)

**Sandtray Play Therapy: Level 7 – Grief and Trauma
(24 CEs) (In-Person)**

Description

Through experiential exercises and didactic methods, participants in this 4-day workshop will have opportunities to use art-making activities and sand tray building exercises to explore how grief and trauma are processed in the brain, mind, and body. Using both art and sand images, participants will engage in partner practice to learn how to stay regulated in their own nervous systems while holding the powerful nonverbal images that emerge from clients during play therapy activities. The overall goal for this workshop is to develop an appreciation for the complicated relational work that evolves between therapist and client while healing grief and trauma using play therapy and the expressive arts.

2022 On-Site Training Dates

Day 1	October 13	Thursday	9:30 am - 5:30 pm with 1.5-hour lunch break
Day 2	October 14	Friday	9:30 am - 5:30 pm with 1.5-hour lunch break
Day 3	October 15	Saturday	9:30 am - 5:30 pm with 1.5-hour lunch break
Day 4	October 16	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.

Prerequisites: Levels 1, 2, & 3 or 4; graduate degree in mental health or enrolled in a graduate degree program.

Continuing Education: 24 contact hours/6 half days.

Fees

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



Sand Tray Training Institute of NM

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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.

Educational Goals

This training will help participants to:

1. Identify intervention skills for facilitating sandtray play therapy for grief and trauma.
2. Discuss neuroscience issues in grief and trauma sandtray play therapy.
3. Describe symbolic patterns related to grief and trauma during sand tray play therapy.
4. Utilize mask-making for trauma and grief issues (optional activity).
5. Explain how making a map of losses and trauma may help children and adults to heal in conjunction with sandtray play therapy.
6. Utilize resilience collages to heal grief and trauma in conjunction with sandtray play therapy.
7. Explain the role of the right hemisphere in processing grief and trauma during sandtray play therapy.
8. Describe the overlap and the differences between grief and trauma.
9. Explain how play activities help to restore the functioning of the nervous system after trauma or grief experiences.
10. Discuss grief and trauma in sandtray play therapy as it relates to the polyvagal theory.
11. Explain liminal space in terms of sand ray play therapy for grief and trauma issues.
12. Describe the relationship of mindfulness and the witnessing role during sandtray play involving grief and trauma issues.

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 - 4 (6 contact hours each day)

9:30 – 11:00 Topic Presentation
 Discussion
 Training Demonstration
 Questions



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11:00 – 11:15 **BREAK**

11:15 – 12:45 Training Demonstration
Demonstration Discussion & Clinical Applications
Review & Questions

12:45 – 2:15 **LUNCH (on your own)**

2:15 – 3:45 Training Demonstration
Demonstration Discussion & Clinical Applications
Review & 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 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.

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



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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 “on-site classrooms” at our Corrales, NM location. 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 as soon as possible via email with the option to reschedule for a future training date or to receive a full refund of paid workshop fees. Travel and lodging cannot be covered by our institution.

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.



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Theresa is author of *The Interpersonal Neurobiology of Play: Brain-Building Interventions for Emotional Well-Being* (Norton Interpersonal Neurobiology series).