



Program Title (Core In-Person)

Sandtray Play Therapy: Level 3 – Clinical Skills and Theory (In-Person)

Description

Participants in this two-day workshop will have numerous opportunities to develop and practice specific skills in working with the language of sandtray play therapy. Therapists will use exercises to learn when and how to translate play language into verbal language, and they will also explore the multidimensionality of sandtray play therapy as an expressive art. In addition, therapists will learn how to use the polyvagal theory of play to articulate how play helps to create a resilient nervous system.

Training Dates: Please check website – “Training Schedule” – for current dates.

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. This policy is subject to change based on new information provided by the CDC or the State of New Mexico.

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

Continuing Education: 12 contact hours/2 full days.

Fees

Professional Early	\$305 (Postmarked 30 days in advance.)
Professional Regular	\$325
Student Early	\$285 (Postmarked 30 days in advance.)
Student Regular	\$305

Note: Although tuition fees include a certificate of training, there is a fee for replacement certificates.

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 advanced skills for facilitating sandtray play therapy in clinical practice.
2. Describe images and behaviors that portray feelings of shame in the nervous system during sandtray play therapy.
3. Discuss the multidimensional nature of the sandtray play therapy process.
4. Demonstrate the ability to provide kind but accurate feedback to peers who are practicing the therapist/client roles.
5. Use a recording form designed for sandtray play therapy.
6. Explain the sandtray play therapy process from a science-informed perspective.
7. Describe the relationship of mindfulness and the witnessing role during sandtray play therapy.
8. Explain how play helps to build a resilient nervous system during sandtray play therapy.

Presenter: Theresa Kestly, PhD, RPT-S Psychologist

On-Site Location

Sand Tray Training Institute
294 Mission Valley Road
Corrales, NM 87048

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-day 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 Changes for Psychologists: We want to sincerely thank Risë VanFleet for being our co-sponsor for many years to cover CEs for psychologists. Recently she informed us that she will be focusing her work on her Filial Therapy and Animal Assisted Play Therapy®, and in so doing, she will no longer continue offering co-sponsorships. I have taken one of her Filial Therapy classes and read her book, *Animal Assisted Play Therapy*. I can enthusiastically recommend both, and I believe her work in both areas has contributed greatly to the field of play therapy. I wish her well in all her future endeavors. Thank you, Risë.

Searching for a Co-Sponsor: We will welcome any suggestions if you know someone who would be willing to co-sponsor our trainings for psychologists. Please contact us.

Checking Your Personal CE Requirements

It is always a good idea to check with your own credentialing agencies (state boards, affiliated agencies, etc.) to ensure that the CE credits you receive from us are applicable to your specific situation. You need to attend the entire training sessions to receive credit. Partial credits cannot be given. In cases of family or other unavoidable emergencies that interrupt your attendance for a short time, makeup possibilities for time missed may incur a fee based on our hourly consultation rate.

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