



Program Title (Core Hybrid / online & in-person)

Sandtray Play Therapy: Level 7 – Grief & Trauma (24 CEs)

Online & In-Person Interactive

Description

This Level 7 is being offered as a hybrid training for both in-person and online participants. Through experiential exercises and didactic methods, participants in this 4-day workshop will have opportunities to use art-making activities and sandtray 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.

Participants at the site in Corrales, New Mexico will be using various sizes of trays and a large collection of miniatures provided at the site. Online participants will provide their own individual tray(s) and miniature collections at their local sites. Online participants will be able to view demonstrations taking place at the Corrales site. Interaction between online and in-person trainees will be possible, encouraged, and formalized through breakout rooms and large group discussions. Participants at the Corrales site will be able to interact with online participants through a large screen and sound system. Breakout rooms are facilitated between in-person and online participants through smaller computers and headsets.

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

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 for online participants. 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 Day 4 for possible makeup time. This makeup day is for the entire online 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.



Sand Tray Training Institute of NM

PO Box 800 ♦ Corrales, NM 87048 ♦ (505) 720-1177 ♦ sandtraynm@gmail.com ♦ www.sandtraytraining.com

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

Continuing Education: 24 contact hours/4 full days; the Association for Play Therapy (APT) designates interactive online learning as non-contact hours. The APT has stipulated that a maximum of 75 hours of non-contact “live webinars” training may be used for their application process to become a play therapist. This training, if taken online, meets the APT requirement for a “live webinar.” See CE section below for more details.

Fees

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

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

Equipment Needed for Online Participation: Unlike our “live classroom” in Corrales, NM, we require our online participants to have some basic equipment at their locations. Please request details: sandtraynm@gmail.com or 505-720-1177. There is a link on our website for this description of equipment: www.sandtraytraining.com

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 sandtray 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.



Sand Tray Training Institute of NM

PO Box 800 ♦ Corrales, NM 87048 ♦ (505) 720-1177 ♦ sandtraynm@gmail.com ♦ www.sandtraytraining.com

11. Explain liminal space in terms of sandtray 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

Location

Sand Tray Training Institute (Online ZOOM Platform & In-Person Attendance)
294 Mission Valley Road
Corrales, NM 87048

Requirements for Hybrid Level 7

In-Person: Participants at the Corrales location will need to show proof of COVID vaccination and testing within a specified timeframe for the training. See COVID Vaccine Policy details, page 6. This policy is subject to change.

Online: Participants will be using the ZOOM platform for the training. Participants need to leave their videos on for the entire training (for purposes of attendance and to facilitate group cohesion). Cell phones are not suitable since you are not able to view other participants or the demonstrations that will be done in the live training room. We request that you do not use virtual backgrounds during the training as they are usually unstable for constant viewing by other participants.

Participants will need some basic ZOOM skills:

1. Switching between gallery view and speaker view.
2. Sharing your screen.
3. Using the chat.
4. Muting your microphone.
5. Taking photos that you can send to other participants via text or email.

Note: Marcia Chadly has a series of “How To” videos on YouTube for how to navigate in ZOOM. Here is her link for how to share your screen: <https://youtu.be/5NZzP6BK9hs>
Once you view this video, there will be a long list of other helpful videos.

Questions: Please contact us if you have questions or need help with these requirements: sandtraynm@gmail.com 505-720-1177

Daily Schedule*

Days 1 - 4 (6 contact hours each day)



Sand Tray Training Institute of NM

PO Box 800 ♦ Corrales, NM 87048 ♦ (505) 720-1177 ♦ sandtraynm@gmail.com ♦ www.sandtraytraining.com

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 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.

APT Policy for Contact / Non-Contact Hours: APT considers all online training as non-contact CEs. APT has updated their policy as of July 1, 2022, to stipulate that for purposes of application, a maximum of 75 hours of “live webinar” training may be used to meet the 150-hour requirement. Our online trainings meet the APT requirement for a “live webinar.” Please check APT Credentialing Standards, especially standards 06 and 08, for detailed information on continuing education requirements for credentialed play



Sand Tray Training Institute of NM

PO Box 800 ♦ Corrales, NM 87048 ♦ (505) 720-1177 ♦ sandtraynm@gmail.com ♦ www.sandtraytraining.com

therapists. This document is available on their website, www.a4pt.org. The following statement will appear on certificates of online training participants.

This workshop meets APT's definition of a "live Webinar."

The APT offers a Registered Play Therapy (RPT) credential that has its own set of specific requirements. Although we are an approved provider, we do not organize our curriculum around those specific requirements, for example, so many hours in play therapy history, theory, skill practice, and so on. We cannot verify how the APT counts these hours in their credentialing. Please check with your supervisor and/or the APT to check with them how they would interpret our objectives and descriptions in terms of the specifics required.

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 as soon as possible via email with the option to reschedule for a future training date or to receive a



Sand Tray Training Institute of NM

PO Box 800 ♦ Corrales, NM 87048 ♦ (505) 720-1177 ♦ sandtraynm@gmail.com ♦ www.sandtraytraining.com

full refund of paid workshop fees. Travel and lodging cannot be covered by our institution.

Materials for Online Participants

This workshop involves a lot of hands-on activities and supplies. Our training facility will send some of the supplies to you charging only shipping & handling of \$40 (cost subject to change according to US Postal Service rates) if you register 30 days prior to the beginning of the workshop and if your mailing address is within the continental United States. If you register after that date, we will still send the supplies, but they may not reach you by the beginning of the workshop. For participants outside the United States, we will supply all the materials, but you will need to cover the extra costs of shipping internationally if you are outside the United States. Alternatively, we will provide a list of the materials you need if you want to assemble your own supplies. We can send a partial box of supplies, but the postage and handling cost is the same.

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.

COVID Vaccine Requirements for In-Person Participants: 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.

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



Sand Tray Training Institute of NM

PO Box 800 ♦ Corrales, NM 87048 ♦ (505) 720-1177 ♦ sandtraynm@gmail.com ♦ www.sandtraytraining.com

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).