



## 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 sandtray play therapy for both children and adults. Participants will explore various elements of the sandtray 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 sandtrays. 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 sandtray 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.

**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. 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 stipulated that a maximum of 75 hours of non-contact “live webinars” training may be used for their application process. This Level 1 training, if taken online, meets the APT requirement for a “live webinar.” See CE section below for more details.



# 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)

---

## 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.

**Equipment Needed for Online 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 website for this description of equipment: [www.sandtraytraining.com](http://www.sandtraytraining.com)

## Educational Goals

This training will help participants to:

1. Identify beginning skills for facilitating sandtray play therapy in clinical practice.
2. Create a sandtray play therapy clinical space.
3. Describe the importance of the nonverbal aspect of sandtray play therapy for healing trauma.
4. Utilize experiential exercises to anchor the basic theoretical tenets of sandtray play therapy.
5. List the three branches of the nervous system that are observable during the sandtray play therapy process.
6. Describe the beginning history of sandtray 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 sandtray play therapy clinicians.

**Presenter:** Theresa Kestly, PhD, RPT-S      Psychologist

## Location

Sand Tray Training Institute – Online ZOOM Platform  
294 Mission Valley Road  
Corrales, NM 87048

## Daily Schedule\*

Days 1 - 3 (4 contact hours each day)

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



# 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)

---

## 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 (see APT exception) 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 **National Board for Certified Counselors, NBCC** as an Approved Continuing Education Provider, ACEP No. 5972. Programs that do not qualify for NBCC credit are clearly identified. The Sand Tray Training Institute is solely responsible for all aspects of the program. The **New Mexico Board of Social Work** Examiners accepts all continuing education credits that are approved by NBCC. In addition, the Institute 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. The **Association for Play Therapy** accepts online training only as non-contact continuing education hours. It is always a good idea to check with your own credentialing agencies (for example, state boards, affiliated agencies) to ensure that the CE credits you receive from us are applicable to your specific situation. All courses meet the qualifications for 4 contact hours of continuing education credit per 1 half day of training (see APT exception).

**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 therapists. This document is available on their website, [www.a4pt.org](http://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 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).