



**Program Title** (Core Hybrid Online)

## **Sandtray Play Therapy: Level 5 – Couples, Family, & Group**

### **Online & In-Person Interactive**

#### **Description**

This Level 5 is being offered as a hybrid training for both in-person and online participants. Applying methods of group play therapy, participants in this 2-day training will learn how to facilitate sandtray play therapy with couples, families, and larger focus groups. Participants will have opportunities to experience both formal and informal processes for using sandtray play with groups including the use of ritual and ceremony for healing purposes. Integrating skills learned in previous training levels, therapists will learn how to balance individual with community needs within the group space. There will be a particular focus on how clinicians may utilize the polyvagal concept of connection versus protection for group facilitation. The group is limited in size to support our intention to provide in-depth experiential training.

Participants at the Corrales site will be using various sizes of trays, including miniature trays, individual trays, and a large 5-foot circular tray to explore a range of possibilities for group facilitation. Online participants will provide their own individual tray(s) and miniature collections at their local sites. Online participants will be able to view the group demonstration (large group tray) that will be done 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.

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

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

**Backup Plan in Case of Internet Outage for Online Participants:** 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 following Day 2 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.



# 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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**Continuing Education:** 12 contact hours/2 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. This Level 5 training, if taken online, meets the APT requirement for a “live webinar.” See CE section below for more details.

## Fees for 2024

Professional Early	\$325 (Postmarked 30 days in advance.)
Professional Regular	\$355
Student Early	\$305 (Postmarked 30 days in advance.)
Student Regular	\$325

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, 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 advanced skills for facilitating group sandtray play therapy in clinical practice.
2. Discuss complementarity of individual and community group work in sandtray play therapy.
3. Describe group techniques including ritual and ceremony for couples, families, and focus groups for sandtray play therapy.
4. List guiding principles for facilitating sandtray play therapy groups.
5. Explain how to balance individual and group methods for sandtray play therapy.
6. Discuss strategies for containing dysregulation during group sandtray play therapy.
7. Apply current principles of interpersonal neurobiology to group sandtray play therapy.

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

**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



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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).

### Location

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

### Requirements for Hybrid Level 5

**In-Person:** 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](mailto:sandtraynm@gmail.com) 505-720-1177



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## Daily Schedule\*

Days 1 - 2 (6 contact hours each day; see APT for exception)

9:00 – 9:30 Gathering Time with Continental Breakfast in Corrales (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 (on your own)**

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 (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. 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



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to meet the 150-hour requirement. Our hybrid trainings meet the APT requirement for a “live webinar” for our online participants. 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 ask them how they would interpret our objectives and descriptions in terms of the specifics required.

### **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. As of September 2023, PayPal added processing fees for credit card refunds. 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.

### **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. Our requirement for full attendance is a policy originating from the CE organizations that approve our trainings for continuing education credits.



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**COVID Policy (In-Person Participants):** To keep everyone safe and healthy, we request participants who have COVID-like symptoms or any other communicable disease the day of the workshop to cancel their registration. We will transfer tuition minus a \$50 transfer fee and any credit card fees that are incurred in the original payment and/or the refund. If a doctor's diagnosis is provided, there will be no transfer fee or credit card fee deductions.

Masks are not required, but you may use one if you choose. We will ask each person to use the handwipes that we provide before using the miniatures or the sand trays.

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. Transmission of the corona virus is still possible despite vaccinations, tests, and masks, and therefore if you choose to register for one of our in-person trainings, we are not able to guarantee that you will not contract the virus when you attend the in-person training. 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. Please contact us if you have questions: [sandtraynm@gmail.com](mailto:sandtraynm@gmail.com) or 505-720-1177.