



Program Title (Core In-Person)

Sandtray Play Therapy: Level 5 – Couples, Family, & Group (In-Person)

Description

Applying methods of group play therapy, participants in this workshop will learn how to facilitate sand tray play therapy with couples, families, and larger focus groups. Using various sizes of trays, including miniature trays, individual trays, and a large 5- foot circular tray, participants will be able to explore a range of possibilities for group facilitation. They will also experience both formal and informal processes for using sand tray play with groups. Integrating skills learned in previous training levels, therapists will learn how to balance individual and 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.

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

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

Continuing Education: 12 contact hours/2 full days.

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.

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 group sandtray play therapy in clinical practice.
2. Discuss complementarity of individual and community group work in sandtray play therapy.



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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 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).

On-Site Location

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

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



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- 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. 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.

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



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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.

COVID Policy: 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 or 505-720-1177.