



## Program Title (Core In-Person)

# Sandtray Play Therapy Level 6 – Expressive Arts and Play Therapy Integration (24 CEs) (In-Person)

## Description

The focus of this 4-day workshop is on integration of various play modalities in therapeutic settings, including sandtray play, puppets, games, art, and storytelling play. Through didactic and experiential methods, therapists will have opportunities to learn how and when to use various modalities with both child and adult play. There is special emphasis on integrating the sandtray with play therapy and verbal therapy. In addition, participants will have opportunities to practice nervous system attunement during play therapy exercises.

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

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

**Continuing Education:** 24 contact hours/4 full days.

## Fees for 2024

Professional Early	\$650 (Postmarked 30 days in advance.)
Professional Regular	\$710
Student Early	\$610 (Postmarked 30 days in advance.)
Student Regular	\$650

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 facilitation skills for integrating sandtray play with other play therapy modalities.
2. Utilize puppet play to enhance play therapy;
3. Describe mosaic play as it relates to sandtray play therapy.
4. Utilize sandtray miniatures to create a genogram.



## 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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5. Explain how the use of clay (or masks) reinforces the image thinking that is also a core idea in sandtray play therapy.
6. Describe play therapy benefits of using parallel play such as coloring and doodling.
7. Explain how games may or may not enhance sandtray play therapy.
8. Discuss directive versus nondirective methods for utilizing collage making in play therapy.
9. Discuss how the polyvagal theory provides a science-informed perspective on using a variety of play therapy methods in conjunction with sandtray play therapy.
10. Identify the role of Panksepp's innate primary motivational circuits in sandtray play therapy.
11. Explain how self-regulation is built on the platform of co-regulation during sandtray play therapy.
12. Explain how play helps to build a resilient nervous system during sandtray play therapy.
13. Demonstrate skills in working online with supervisees and clients.

**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



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## Daily Schedule\*

Days 1 - 4 (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 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. To receive CEs, participants must be present the entire time of training. There are no exceptions to this policy.

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.



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## 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 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.

**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



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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.

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