



Program Title (Core Online)

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

Online Interactive

Description

Through experiential exercises and didactic methods, participants in this 6-part 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 in play therapy.

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

Continuing Education: 24 contact hours/6 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 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.



Sand Tray Training Institute of NM

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

Fees for 2024

Professional Early	\$650 (Postmarked 30 days in advance.)
Professional Regular	\$710
Student Early	\$310 (Postmarked 30 days in advance.)
Student Regular	\$650

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 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 sand trayplay 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.
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



Sand Tray Training Institute of NM

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

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).

Location

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

Daily Schedule, Mountain Time*

Days 1 - 6 (4 contact hours each day; see APT for exception)

8:30 – 11:00	Topic Presentation Discussion Training Demonstration Questions
11:00 – 11:30	BREAK
11:30 – 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 6-part training participants will earn 24 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. 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. 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.

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



Sand Tray Training Institute of NM

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

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.

Materials

This workshop involves a lot of hands-on activities and supplies. Our training facility will send supplies to you charging only shipping & handling of \$40 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. Alternatively, we can send you a supply list that you may fulfill on your own.

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.