



**Program Title (Topic, Hybrid, Online & In-Person)**

**Sand and EMDR**

**Presenter: Waldo Winborn, LPCC, RPT**

**Description**

This immersive two-day (12-hour) training is designed for mental health professionals seeking to ethically and effectively integrate Sandtray Play Therapy into Eye Movement Desensitization and Reprocessing (EMDR) treatment. Grounded in the Adaptive Information Processing (AIP) model and the therapeutic powers of play, this course explores the integration of EMDR's eight-phase protocol with the symbolic, relational, and sensory-rich experience of Sandtray Play Therapy.

Drawing from the traditions of the Sand Tray Training Institute of New Mexico, this training emphasizes developmentally appropriate, culturally responsive, and trauma-informed play therapy interventions for children, adolescents, and adults. Participants will engage in hands-on, experiential play-based learning, alternating between therapist and client roles in dyads to apply both EMDR and Sandtray Play Therapy techniques.

Through a balance of lecture, live demonstration, group discussion, and experiential play exercises, clinicians will develop practical skills for resource installation, trauma processing, and integration—especially with nonverbal clients, clients with complex trauma, and those needing symbolic access to early attachment wounds through play.

This 2-day workshop is offered as a hybrid training for both in-person and online participants. Participants at the site in Corrales, New Mexico will be using various sizes of trays and a large collection of miniatures provided at the site. Online participants will provide their own individual tray(s) and miniature collections at their local sites. Online participants will be able to view demonstrations taking place 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.

**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 for online participants. 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 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 to receive a certificate.



**Prerequisites:** Sandtray Play Therapy, Levels 1 & 2; EMDR Levels 1 & 2; Graduate degree in mental health or enrolled in a graduate degree program. Although this workshop offers opportunities to practice combining sandtray play with EMDR, it is not designed for beginners in the EMDR or sand modalities.

**Continuing Education (CE):** 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 Sand & SoulCollage® training, if taken online, meets the APT requirement for a “live webinar.” See CE section below for more details.

## Fees for 2025

Professional Early	\$350 (Postmarked 30 days in advance.)
Professional Regular	\$370
Student Early	\$330 (Postmarked 30 days in advance.)
Student Regular	\$350

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. Describe the clinical rationale for integrating EMDR’s eight-phase protocol with Sandtray Play Therapy using the Adaptive Information Processing (AIP) model and foundational play therapy principles.
2. Demonstrate at least two play-based techniques for incorporating Sandtray Play Therapy into EMDR Phase 2 preparation, including the development of internal resources through symbolic play and metaphor.
3. Apply Sandtray Play Therapy as a developmentally appropriate modality to support trauma reprocessing in EMDR Phases 3–7 while maintaining dual awareness and therapeutic pacing.
4. Identify ethical and culturally responsive play therapy considerations when using Sandtray Play Therapy in combination with EMDR across diverse child, adolescent, and adult populations.
5. Describe how co-regulation and embodied presence emerges through experiential play therapy activities.



6. Identify at least 2 clinical indicators of verbal limitation or dissociation and modify the use of Sandtray Play Therapy within the EMDR protocol to maintain dual awareness and client stabilization.

**Course Presenter:** Waldo Winborn, LPCC, RPT

**Waldo Winborn, LPCC, RPT** is a distinguished professional counselor based in New Mexico, with decades of experience in behavioral health. As a Register Play Therapist (RPT) and EMDR Certified clinician, he specializes in trauma-focused interventions for children and families. His clinical expertise extends to training and consultation, with a particular emphasis on sand therapy, play therapy, EMDR, and attachment-based approaches.

Waldo plays a pivotal role in advancing mental health practices in New Mexico, serving as a consultant for the New Mexico Early Education and Care Department's SEED program. Additionally, he holds leadership positions in the field, currently serving as the Secretary for the World Association for Sand Therapy Professionals and the President of the New Mexico Association for Play Therapy. His commitment to professional development is further reflected in his status as an approved clinical supervisor by both the New Mexico Counseling and Therapy Practice Board and the New Mexico Board of Social Work Examiners.

In 2009, Waldo co-founded Winborn Wellness & Counseling alongside Renee Winborn, LCSW. Under their leadership, the agency has expanded its reach, now providing comprehensive mental health services across four counties in Southern New Mexico. Dedicated to education and mentorship, he frequently facilitates trainings and workshops for mental health professionals, equipping them with trauma-informed and attachment-based therapeutic skills.

A veteran of the United States Marine Corps, Waldo brings a deep commitment to supporting individuals impacted by trauma and those who serve as caregivers and professionals in the field. Guided by the belief that *"Trauma does not affect just one person; it ripples throughout the constellation in which one lives and impacts all within the system,"* he remains steadfast in his mission to foster healing and resilience in individuals, families, and communities.

**Director of Sand Tray Training Institute of New Mexico:** Theresa Kestly, PhD, RPT-S

**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



## Sand Tray Training Institute of New Mexico

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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). Theresa is a trained SoulCollage® facilitator.

### Location

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

### Daily Schedule\*

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

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. This course meets the qualifications for 6 contact hours of continuing education credit per 1 full 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 hybrid 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 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, we do not designate 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 verify 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.

## Cell Phone Use

Cell-phone participation while driving does not meet the attendance requirement. Although cell phones are useful during the training to share images with other participants, they are not acceptable as your main online device at any time during the training because the small screen size does not allow you to interact fully with other participants. Please plan your lunchtime and evening activities so that you can be present at all times during the training.



## **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.