



Program Title (Topic Online)

Sandtray Play Therapy: Practicing Pairs

Presenter: Theresa Kestly, PhD

Description

Our *Practicing Pairs Triads* are designed to give therapists opportunities to practice play therapy skills, to create ongoing connections with other professionals, and to learn from topic presentations how to enhance facilitation skills. Participants will meet for a 30-minute focus topic related to skill development. Following the focus topic, breakout rooms will be organized with three clinicians in each room plus mentoring consultants who will visit rooms to provide feedback and assistance. Each practice round will take approximately 30 minutes with one clinician building a sandtray, a second clinician facilitating the processing of the tray, and a third clinician who will act as a coach (keeping track of time and providing 2-3 minutes of constructive feedback at the end of the practice session). There will be three practice rounds so that each therapist will be able to serve in each of the three roles (builder, facilitator, and coach). After each practice round, the entire group will reconvene in the MAIN room with the presenter for feedback and recommendations for further practice.

Dates for Practicing Pairs: You may register for as many of the following dates as you choose. Each event is on a Saturday, 10:00 - 1:00 pm, Mountain Time.

September 27, 2025

November 15, 2025

January 31, 2026

Backup Plan in Case of Internet Outage: In the event of internet connectivity problems at the host site, participants will be given a voucher for a future event or a refund. We have had very few problems with internet provider connectivity, but it has happened, and so we want to provide a backup plan. Full attendance is required to receive a certificate.

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

Continuing Education (CE): 3 contact hours*

*Note Exception: 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. See CE section below for more details.



Fees* for 2025

Professional Early	\$60 (Postmarked 30 days in advance.)
Professional Regular	\$75
Student Early	\$55 (Postmarked 30 days in advance.)
Student Regular	\$60

*Fees for Practicing Pairs: \$55 (\$18.33/CE), \$60 (\$20/CE), \$75 (\$25/CE)

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 or 505-720-1177. There is a link on our website for this description of equipment: www.sandtraytraining.com Each participant must have a laptop or other digital device that can display all the participants in the breakout rooms at one time. Smart phones (as your sole device) are not adequate for this training. Participants are required to have the ability to screen share and to send a photo of the sandtray from the builder’s perspective during the training. Mentors will be available before the training takes place to help with the acquisition of this skill if you reach out to us at least two weeks before the training. We are doing our best to make sure that processing of trays online honors the face-to-face connection described in the polyvagal theory by Stephen Porges.

Educational Goals

This training will help participants to:

1. Demonstrate the facilitation of sandtray play therapy with peers.
2. Identify, observe, and nurture sandtray play therapy skills in other professionals.
3. Discuss issues related to countertransference and co-transference in sandtray play therapy.
4. Explain the concept of right brain-to-right brain processing in sandtray play therapy.
5. List techniques for helping clients to regulate when images become overwhelming.

Presenter: Theresa Kestly, PhD

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



Sand Tray Training Institute of New Mexico

294 Mission Valley Rd Corrales, NM 87048 (505) 720-1177 sandtraynm@gmail.com www.sandtraytraining.com

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).

[APT Provider Approved Provider #99-052](#)

Location (online origination)

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

Training Schedule*

10:00 - 10:30 am	Theresa Kestly - Introduction / Focus Topic
10:30 - 11:00 am	Round 1
11:00 - 11:20 am	Main Room Feedback & Discussion
11:20 - 11:50 am	Round 2
11:50 - 12:10 am	Main Room Feedback & Discussion
12:10 - 12:40 noon	Round 3
12:40 - 1:00 pm	Main Room Feedback & Discussion

*Schedule may vary at the discretion of the presenters due to curriculum updates and participant processing.

Continuing Education Credits

In this half-day training participants will earn 3 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 3 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. 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 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 session to receive credit. Partial credits cannot be given.

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.

Cancellation and Refund Policy

Registration fees are nonrefundable, but a credit towards a future training will be provided if written notice is post-marked no later than 30 days before the training begins. Registrants may transfer/sell their enrollment to another qualified person at any time. Transfer fee is \$20.00.

The Sand Tray Training Institute reserves the right to cancel these Practicing Pairs trainings 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. The requirement for full attendance is a policy issued by the CE organizations that approve our trainings for continuing education credits.