



Program Title (Core Online)

Sandtray Play Therapy: Level 1 - Basic Tools and Methods Online Interactive

Description

This 3-part workshop introduces sandtray play therapy for treating trauma, depression, anxiety, and other mental health issues. Participants learn about the sandtray process through dialogic discussions and hands-on exercises with figurines and sandtrays. These exercises demonstrate how relational play can be a neural exercise to address stress in the nervous system that arises as a result of traumatic or problematic experiences. These exercises also show how sandtray play can help the nervous system become more flexible, leading to a happier and more fulfilling life. Therapists will have opportunities to practice and refine their skills and to ask questions in an interactive small-group setting.

Training Dates – Please check [website](#) 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 C 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

Level 1; graduate degree in mental health or enrolled in a graduate degree program.

Continuing Education

12 contact hours/3 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. This training, if taken online, meets the APT requirement for a “live webinar.” See CE section below for more details.



Fees

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 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 skills for facilitating sandtray play therapy for trauma.
2. Describe culturally responsive sandtray play therapy techniques for clinical applications.
3. Compare universal and idiosyncratic symbolic material that emerges during sandtray play therapy.
4. Recite language that helps client experience their sandtray creations.
5. Describe the evolving meaning of symbolic material during sandtray play therapy (from unconscious to the conscious).
6. Identify the risks associated with interpretation in sandtray play therapy.
7. Describe the importance of Panksepp’s play circuitry in the brain for developing a science-informed explanation for sandtray play therapy.
8. Demonstrate the facilitation of sandtray play therapy with peers.

Presenter

Theresa Kestly, PhD, RPT-S™ is a psychologist, educator, consultant, a Registered Play Therapist/Supervisor (RPT-S™) with the Association for Play Therapy, and a Registered Sand Therapist-Consultant/Trainer (RST-C/T) with the World Association of Sand Therapy Professionals®. 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).

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

Requirements for Online Training

Participants will be using the ZOOM platform for the training. Participants need to leave their videos on for the entire training (for purposes of attendance and to facilitate group cohesion). Cell phones are not suitable since you are not able to view other participants or the demonstrations that will be done in the live training room. We request that you do not use virtual backgrounds during the training as they are usually unstable for constant viewing by other participants.

Participants will need some basic ZOOM skills:

1. Switching between gallery view and speaker view.
2. Sharing your screen.
3. Using the chat.
4. Muting your microphone.
5. Taking photos that you can send to other participants via text or email.

Note: Marcia Chadly has a series of “How To” videos on YouTube for how to navigate in ZOOM. Here is her link for how to share your screen: <https://youtu.be/5NZzP6BK9hs>
Once you view this video, there will be a long list of other helpful videos.

For questions or help with these requirements, please contact us by email at sandtraynm@gmail.com or by phone at 505-720-1177.

Location

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



Daily Schedule, Mountain Time*

Days 1 - 3 (4 contact hours each day)

8:30 - 10:30 am	Topic Presentation, Discussion, Training Demonstration, Questions
10:30 - 11:00 am	BREAK
11:00 - 1:00 pm	Topic Presentation, Discussion, Training Demonstration, Questions

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

Continuing Education Credits

In this 3-part 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 **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 hybrid trainings meet the APT requirement for a “live webinar” for our online participants. 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 ask 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 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.

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.