



Program Title (Core In-Person)

Sandtray Play Therapy: Level 9 – Developmental Considerations with Adolescents and Adults

Description

Using both didactic and hands-on experiences, participants in this 2-day training will explore the impact of play therapy on both the emotional and physical health of adolescents and adults. We will draw from the polyvagal theory of play and the template of the hero's journey to explore themes that often arise during sandtray play therapy. Participants will have opportunities to look through a developmental lens at play as it emerges in the sandtray. We also will review issues of transference and co-transference that impact treatment outcomes with adolescents and adults. This training includes skill practice with workshop partners.

Training Dates – Please check [website](#) for current dates.

Prerequisites

Levels 1, 2, 3, 4, & 8; graduate degree in mental health or enrolled in a graduate degree program.

Continuing Education

12 contact hours/2 full days.

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 an original 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 skills in facilitating sandtray play therapy with adolescents and adults.



2. Describe an overview of developmental stages as they appear throughout the lifespan (early childhood, latency, adolescent, adult) in sandtray play therapy.
3. Explain the differences and similarities between adolescent and adult sandtray play therapy.
4. Discuss the value of play in strengthening vagal tone and physical health in adolescents and adults.
5. Discuss how play spans the 3 branches of the nervous system through positive emotions.
6. Identify the elements of the hero's journey in sandtray play therapy in both adolescents and adults.
7. Explain why face-to-face engagement is crucial for play in terms of the polyvagal theory.

Course Presenter

Aimee Jennings, LMHC, RPT-S™ is a Licensed Mental Health Counselor, a Registered Play Therapist-Supervisor with the Association for Play Therapy, and a Registered Sand Therapist-Consultant/Trainer (RST-C/T) with the World Association of Sand Therapy Professionals®. Aimee has over 30 years' experience in the field, and she has a full-time private practice in Orlando Florida where she works with children, adolescents, adults and families as well as providing supervision for counselors working towards licensure. Aimee specializes in the use of play therapy, sand tray therapy and expressive arts within her practice. She has previously worked in community mental health, outpatient settings and school-based programs. In addition to her clinical practice, she has held numerous positions with the Florida Association for Play Therapy since 2018, and is currently the Chapter Chair for the Central Florida region.

Aimee began her sand tray journey in 2002 when Theresa Kestly began teaching workshops in Florida. Over the next ten years she completed her sand tray training and helped to develop the sand tray training program at the Institute of Playful Healing. Aimee has taught over 140 sand tray workshops through the Institute of Playful Healing from 2011 through 2023. She is happy to be joining the Sand Tray Training Institute of New Mexico to continue teaching sand tray workshops in Florida.

Director of Sand Tray Training Institute of New Mexico

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,



Sand Tray Training Institute of New Mexico

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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](#)

On-Site Location

853 S.R. 436, Suite 2033

Casselberry, FL 32707

(407) 329-2833

aimeejennings13@gmail.com

Daily Schedule*

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

8:30 - 9:00 am	Gathering Time with Continental Breakfast in Corrales (Optional)
9:00 - 10:30 am	Topic Presentation & Discussion
10:30 - 10:45 am	BREAK
10:45 - 12:15 pm	Training demonstration
12:15 - 1:15 pm	LUNCH BREAK (on your own)
1:15 - 2:45 pm	Topic Presentation & Discussion, Training Demonstration, Questions
2:45 - 3:00 pm	BREAK
3:00 - 4:30 pm	Training Demonstration, Discussion & Clinical Applications, Review and 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 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. All courses meet the qualifications for 6 contact hours of continuing education credit per 1 full day of training.

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.