Program Title (Core In-Person)

Sandtray Play Therapy: Level 2 – Symbolic Integration and Theory (In-Person)

Description

In this two-day workshop, participants discuss and work with symbolic meaning and basic theoretical ideas related to healing trauma and other clinical issues with sandtray therapy. The purpose of the didactic information in conjunction with hands-on experiences is to demonstrate why it is important to help clients experience the sandtray materials in a way that allows them to collaborate with their embodied brains, not just their cognitive processes. A focus for this training is on trauma as it is embedded throughout the body rather than in the cognitive layers of the brain only. In Level 2, participants continue to build on the concepts of "play as a neural exercise" for developing a nervous system that is flexible and resilient. There will be opportunities to explore core issues in play therapy. Participants also will have opportunities to practice skills using symbolic language with a workshop partner.

Training Dates – Please check website for current dates.

Prerequisites

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

Continuing Education

12 contact hours/2 full days.

Fees for 2027

Professional Early	$375 (Postmarked 30 days in advance.)
Professional Regular	$395
Student Early	$355 (Postmarked 30 days in advance.)
Student Regular	$375

Note: Although tuition fees include a 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 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. Describe Jungian play therapy in the context of the historical significance of Margaret Lowenfeld and Dora Kalff.
5. Recite language that helps clients experience their sandtray creations.
6. Describe the evolving meaning of symbolic material during sandtray play therapy (from unconscious to the conscious).
7. Identify the risks associated with interpretation in sandtray play therapy.
8. Describe the importance of Panksepp's play circuitry in the brain for developing a science-informed explanation for sandtray play therapy.
9. 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

On-Site Location

Sand Tray Training Institute
294 Mission Valley Road
Corrales, NM 87048

Daily Schedule*

Days 1 - 2 (6 contact hours each day)

9:00 - 9:30 am	Gathering Time with Continental Breakfast in Corrales (Optional)
9:30 - 11:00 am	Topic Presentation & Discussion
11:00 - 11:15 am	BREAK
11:15 - 12:45 pm	Training demonstration
12:45 - 2:15 pm	LUNCH BREAK (on your own)
2:15 - 3:45 pm	Topic Presentation & Discussion, Training Demonstration, Questions
3:45 - 4:00 pm	BREAK
4:00 - 5:30 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.