Program Title (Core In-Person)

Sandtray Play Therapy: Level 7 – Grief & Trauma (24 CEs) In-Person

Description

Through experiential exercises and didactic methods, participants in this 4-day workshop will have opportunities to use art-making activities and sandtray building exercises to explore how grief and trauma are processed in the brain, mind, and body. Using both art and sand images, participants will engage in partner practice to learn how to stay regulated in their own nervous systems while holding the powerful nonverbal images that emerge from clients during play therapy activities. The overall goal for this workshop is to develop an appreciation for the complicated relational work that evolves between therapist and client while healing grief and trauma using play therapy and the expressive arts.

Training Dates – Please check website for current dates.

Prerequisites

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

Continuing Education

24 contact hours/4 full days.

Fees for 2027

Professional Early	$750 (Postmarked 30 days in advance.)
Professional Regular	$790
Student Early	$710 (Postmarked 30 days in advance.)
Student Regular	$750

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 intervention skills for facilitating sandtray play therapy for grief and trauma.
2. Discuss neuroscience issues in grief and trauma sandtray play therapy.
3. Describe symbolic patterns related to grief and trauma during sandtray play therapy.
4. Utilize mask-making for trauma and grief issues (optional activity).
5. Explain how making a map of losses and trauma may help children and adults to heal in conjunction with sandtray play therapy.
6. Utilize resilience collages to heal grief and trauma in conjunction with sandtray play therapy.
7. Explain the role of the right hemisphere in processing grief and trauma during sandtray play therapy.
8. Describe the overlap and the differences between grief and trauma.
9. Explain how play activities help to restore the functioning of the nervous system after trauma or grief experiences.
10. Discuss grief and trauma in sandtray play therapy as it relates to the polyvagal theory.
11. Explain liminal space in terms of sandtray play therapy for grief and trauma issues.
12. Describe the relationship of mindfulness and the witnessing role during sandtray play involving grief and trauma issues.

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 - 4 (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-part 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. If we cancel the training, only the full paid tuition will be refunded. We are not able to cover travel and lodging expenses. Please contact us if you have questions: sandtraynm@gmail.com or 505-720-1177.

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, and it is also a policy of our institution.

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.