

The Colorado School for Family Therapy

12101 East Second Avenue, Suite 101, Aurora, Colorado 80011-8328

Phone: (720) 859-0464 Fax: (720) 859-2970

E-mail: [leslieinstitute@cs.com](mailto:leslieinstitute@cs.com)



## **The Classroom or Independent Study Certificate Program in Sandplay Therapy**

### *Sandplay Therapy & How it Works*

Sandplay therapy and its various forms is a special therapeutic approach for working with children, adolescents, couples, their families and/or care providers. Sandplay, art, and play are natural mediums of children. Usually, children have not developed the cognitive or verbal skills that adults use to discuss feelings, emotions and experiences in therapy. A safe and structured playroom environment is established where children are encouraged to play in ways that reveal concerns, problems and issues they are struggling with.

Sandplay therapy allows:

1. Clients to communicate ideas, feelings & experiences.
2. Clients to recreate and resolve events (such as trauma, divorce, abuse or death of a parent or family member)
3. Clients can rehearse and master life skills and other techniques.
4. A window for adults, including parents, caregivers, and foster parents, into a child's world.
5. Clients to integrate the left brain and the right brain for insight and healing.
6. Clients to integrate conscious and unconscious material

A sandplay therapist is able to guide the clients in ways that are therapeutic and healing. This allows the sandplay therapist to observe and interpret the full range of systemic/relational dynamics that are

important to the client. The sandplay therapist is then able to enter into the intrapsychic and systemic reality of the child, resulting in appropriate suggestions/interventions.

The certificate program student can also earn play therapy credit with the Association of Play Therapy for Play Therapist credentialing. Students will learn to do sandplay therapy with adolescents, adults, couples, families, and groups. Three (3) classes are required for the certificate. The total program cost is \$1,800.00.

Instruction may be classroom or distance learning and students may earn the certificate either way. Graduates of the School's program will learn to apply sandplay therapy in clinical practice of psychotherapy as legally defined in the Colorado Mental Health Statute, particularly CRS 12-43-201(9) and CRS 12-43-202.

### Certificate Program

The Colorado School for Family Therapy is approved and regulated by the Colorado Department of Higher Education, Private Occupational School Board. The School maintains responsibility for the program. The School is also approved for veteran's benefits by the Colorado State Approving Agency.

The School offers weekend classes to complete the Sandplay Therapy Certificate requirements. Students may also earn a Certificate in Sandplay Therapy from the School through an independent study format.

### Courses

Courses include:

- Sandplay Therapy I: Introduction to Sandplay Therapy
- Sandplay Therapy II: Clinical Practice
- Sandplay Therapy III: Sand World Builder & Observer

Most Colorado School for Family Therapy classes are available in independent study formats. Students may earn a Certificate by home study or distance learning. Please check the programs and schedule pages at [www.familyplaytherapy.net](http://www.familyplaytherapy.net).

### Options

Marriage and Family Therapy courses for Licensed Marriage and Family Therapist (LMFT) licensure are also available. Please contact the School about earning certificates in Marriage and Family Therapy, Sandplay Therapy, Play Therapy, Art Therapy, Jungian Psychotherapy, Domestic Violence Treatment, and Addiction Counseling (CAC I, II, III, LAC), among other programs.

Please contact Dr. Leslie for information and enrollments at 720-253-5831 or [leslieinstitute@cs.com](mailto:leslieinstitute@cs.com).