

LEVEL 1

Basic Tools and Methods for Experiencing Sandtray in Play Therapy

This is an introduction course for mental health professionals interested in how sandtray can enhance their play therapy practice for work with both children and adults. Participants explore the various elements of the sandtray process, in the context of play therapy, through hands-on exercises with miniature figurines and sandtrays. In this workshop, therapists use individual sandtrays to practice and refine basic skills. Prior knowledge of play therapy and sandtray is helpful, but not necessary. This is a TSTA qualified Level 1 course. (12 contact hours/2 days)

Learning Objectives

1. Discuss important influencers on the development of play therapy and sandtray therapy.
2. Describe the challenges and benefits of providing play therapy and sandtray to clients.
3. List the multi-cultural aspects of sandtray and play therapy.
4. Identify the factors that contribute to creating a "free and protected" space for all clients.
5. Practice the play therapy process of building and witnessing sandtrays.
6. Describe the neurobiology processes and benefits regarding the use of sandtray and play therapy with clients.

Schedule

This course is a 2-day session that will run 9:00-4:00 each day.