

LEVEL 8

Utilizing Sandtray Play Therapy with Families and Couples

This workshop includes discussion of advanced professional considerations regarding the use of sandtray play therapy with couples and families. Each participant has an individual sandtray for practice exercises and for creating individual sandtray worlds. This is a TSTA qualified Level 8 course. (12 contact hours/2 days)

Prerequisites: Completion of Levels 1-5.

Learning Objectives

1. List 3 benefits of introducing play within a family system.
2. Identify new techniques for working with couples and families in sandtray play therapy.
3. Describe 4 considerations when assessing if play therapy is appropriate for specific couples.
4. Discuss relational skills that can be assessed when using sandtray play therapy with couples and families.
5. List 5 steps for de-escalation in a therapy session.
6. Demonstrate the therapeutic skills for facilitating sandtray play therapy in the context of couples and family work.

Schedule

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