

YELLOW STREAM PROGRAM

Certificate in Sandplay

Who Should Attend?

The yellow stream programs are designed for those practitioners who wish to add to their play therapy training resume. All hours accumulated in the yellow stream count towards play therapy certification. Practitioners require a total of 30 days of play therapy training as one part of their requirement for certification. This course prepares Counselors to use sandplay when working in a variety of settings.

Entrance Requirements

Completed or attending post-graduate level degree in Counseling, Psychology or Clinical Social Work or Completion of the Certificate in Therapeutic Play Skills (Green Stream).

Required Reading

Carey, L. (1999). *Sandplay Therapy with Children and Families*. New Jersey: Book-mart Press.

Location of Training

Training program is held at your site or at the Rocky Mountain Play Therapy Institute in Calgary, Alberta Canada.

Course Description

The “Certificate in Sandplay” Program is divided into 5 modules (4 days plus an on-line component). Each module will include specific topics related to use of sandplay with children, youth, and families. Participants will have the opportunity to engage in experiential sandplay activities that range from interactive to static use of the sandtray. Participants will be exposed to various theoretical orientations of sandplay and engage in both directive and non-directive approaches. The goal of this program is to deepen participants’ understanding and experience with using symbols and metaphors in sandplay. The program focuses on assisting participants to track the sandplay process and expand inquiry skills.

Module Descriptions

Module 1:

- What is Sandplay?
- Theoretical applications
- Metaphors and Symbols – universality and uniqueness
- Personal Exercises
- Use of mapping
- Non-directive sandplay
- Personal process journals

Module 2:

- Use of sandplay with children 4-7 years
- Typical interventions with younger children and reasons for use
- Identifying re-enactments and trauma fragments
- Experiential exercise: moving sandplay
- Video examples and slides
- The directiveness continuum / Case conceptualization
- Reflecting and intervening – roles of the sandplay therapist

Module 3:

- Use of sandplay with children 8-11
- Case examples and slide presentation

- Practice using: sand stories and story stems
- Tracking developmentally significant issues
- “Moving” and/or interactive sandplay with specific populations – i.e., children of divorce, traumatized children
- Consciousness dimension and use of interpretations
- Case conceptualization and planning

Module 4:

- Warm-up exercise
- Sandplay with adolescents
- Special issues and considerations
- Case example
- Experiential non-directive exercise
- Enquiry and tracking with adolescents
- Parent involvement – How to provide parent feedback
- Case Presentation – Present a case you have worked on and describe the sandplay process used
- Summary and Homework

Module 5:

- Ethics and practice guidelines when using sandplay
- Special considerations when working with families or dyads
- Experiential activity
- Processing with families
- Family theory and types of family trays
- Hand-in “Case conceptualization”

Learning Objectives

To provide an overview of the use of sandplay in various counseling settings and to provide participants with experiential learning opportunities.

Upon successful completion of the course each participant will have gained:

- An introduction to various sandplay theories
- An opportunity to work with sandplay with a variety of presenting problems

- A deepening of understanding when working with symbols and metaphors
- An introduction to working with various ages and stages of development when working in sand
- An appreciation to ethics and guidelines related to sandplay
- An introduction to working with sandplay and families
- Ways to provide feedback to parents and third parties
- An understanding of when to be directive or non-directive in sandplay
- Increased skill in enquiry and tracking when using sandplay

Methods

- Experiential activities
- Video clips
- Case examples
- Reading assignments
- Written case conceptualization
- Case presentation

Awards

Participants will receive a Certificate in Sandplay from Rocky Mountain Play Therapy Institute. This certificate confirms the completion of 40 hours of specialized play therapy training approved by APT (Approved Provider #06-179), and CACPT. All training hours count toward certification or registration as a play therapist.

The certificates will be awarded on the basis of:

- Satisfactory attendance (no whole module may be missed unless there are extenuating circumstances. A makeup assignment may be requested depending on time missed).
- Completion of readings
- Satisfactory completion of a written case conceptualization
- A successful presentation of a case study

How can I apply these skills?

Participants will be able to utilize sandplay with children, adolescents and families who are experiencing mild to moderate presenting

problems in a variety of counseling settings. Additionally, students will be able to provide feedback to parents.