

Part of our Sandtray Therapy  
Certificate Program  
See the program brochure  
on our website!



Family & Play Therapy Center  
6811 Quincey Street  
Philadelphia, PA 19119  
Phone: 215-844-4321  
Fax: 215-844-8877  
Web: www.fptcenter.com



# Sandtray Therapy Courses

## Mindfulness Based Sandtray/Sandplay Training for Psychotherapists

Mindfulness Based Sandtray Therapy integrates Sandtray theories with mindfulness meditation, which is a practice that nurtures conscious awareness of a person's whole-life experience. This method of Sandtray work reinforces the development, in therapy clients, of somatic awareness and affect modulation, body-mind processes which are strongly supported, by current research literature in the field of Interpersonal Neurobiology, as being of great value for healing trauma and for personal integration. Sandplay has a "notable ability to awaken and then regulate right-brain limbic processes and can make it a powerful way to address painful, fearful, dissociated experiences." (from *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*, by Bonnie Badenoch)

**Note:** Courses can be taken individually or as part of the Sandtray Certificate Program. See Certificate Brochure and Participant Feedback from past classes on our website: [www.fptcenter.com](http://www.fptcenter.com). The courses for children, adults, and relational family groups are grounded in different methodologies and may therefore be taken in any order unless otherwise noted. The courses can be attended in person at the center or online, through our Interactive Live Online Classroom (iLOC). As these are training courses rather than observation workshops, those joining us for class online will need a partner for three (Sandtray 501) or four (Sandtray 502) of the classes in order to properly experience the process of sandtray. If partners are together at the same site and share an internet connection, then there is an additional 10% discount. If you are not able to find a partner, we will help to connect you to another online class member, and you will complete this portion of the training with your partner through live webconferencing.

### Sandtray 501: Sandtray/Sandplay with Children Ages 3 to 12

30 hr. • One Thursday a Month • Next offered Sept. 2012–June 2013 • 9:30 AM–12:30 PM ET  
Onsite and Live Online • Tuition: \$900

- Competence in creating sand pictures, sand stories, and mindful silence – includes experiential learning
- Directed trays – as used in the initial evaluation meeting the family
- Spontaneous trays - in imagination (can be used working with all ages)
- Structured trays for use with ADHD and Developmental delays
- Group supervision experience sharpens metaphor skill and helps therapist to sense the chronological and developmental ages that are manifesting in the architecture of the trays.

*Theory is extrapolated from experiential components and from required reading: Sandtray: A Practical Manual (revised 2010), by Linda Homeyer and Daniel Sweeney*

**Prerequisite:** The course may be taken before, after, or concurrently with Sandtray 502.

See CE chart  
and fee info  
on reverse!

### Sandtray 502: Sandtray/Sandplay with Teens & Adults

30 hr. • One Tuesday a Month • September 27, 2011 – June 12, 2012 • 9:30 AM–12:30 PM ET  
Onsite and Live Online • Tuition: \$900

**Dates:** 2011 — Sept. 27, Oct. 25, Nov. 22, Dec. 20; 2012 — Jan. 24, Feb. 21, Mar. 20, Apr. 17, May 15, June 12

The theory of Mindfulness Based Sandtray Training with teens and adults is different from that of Sandtray with children. MBST is a supplement to most traditional kinds of talking therapy and allows clients to communicate verbally and non-verbally to express deeply the resource side and trauma side of life pain. Many teens and adults are willing to communicate more easily and profoundly through the symbolic miniatures. The course can be taken before, after or concurrently with the Child 3-12 course.

- Value of sand pictures, sequence of trays, mindful silence, and mindful dialogue
- Spontaneous trays – reality based
- Structured Trays - reality based
- How to understand trays without interpreting
- How to transform the therapist's projections into mindful questions or observations
- The 'safe and protected' space of a mindful approach for many issues including deeper somatic healing of anxiety, depression, trauma, and attachment issues

*Theory is extrapolated from experiential components and from required reading: Sandplay: The Sacred Healing, by Kate Amatruda & Phoenix Helen Simpson*

**Prerequisite:** The course may be taken before, after, or concurrently with Sandtray 501.

See feedback  
from past  
participants  
online!

## ABOUT THE INSTRUCTOR

Dottie Higgins Klein LMFT, RPT-S, AAMFT-S, began practicing mindfulness meditation in 1987 in a course with John Welwood called Psychotherapy as a Meditative Process. Having followed the framework that she learned over many years, including Focusing, she combines Mindfulness with Sandtray theory and practice and has been teaching sandtray post graduate courses for the past twelve years. She is a life student of Tibetan and Zen Buddhism. She is the Director of the Family & Play Therapy Center and author of the forthcoming book *Mindfulness Based Play-Family Therapy, Child Development, and Mindful Parenting: Weaving It All Together*. A summary of the book chapters is available on our website.

## Sandtray 503: Relational Sandtray/Sandplay Applications

20 hr. • Next offered August 2013 • 9:00 AM–5:30 PM ET • Onsite and Live Online • Tuition: \$500

Theory & Experiential Application 20 training hours (Families, All Ages)

This course covers many creative applications of mindfulness based Sandtray and invites the deeper relational expression of two or more clients, of various ages and generations.

- Directed trays can be adapted to two or more family members of varying ages, eg., child and parent, teen and parent, couples, two siblings, adult and parent, etc.
- Use of individuation and cohesive trays for divorce or stepfamilies
- Theory and demonstration using Reality Trays to transform a wide range of traumas
- Two- or three-generational family-of-origin trays: theory, application, and discussion
- Using contrasting symbols of strength and vulnerability with any two relationships
- Excellent video engages a selectively mute child 'telling' Sandtray stories with parental involvement.
- Exceptional couple video demonstrating a simple exercise using 6 objects for each. The depth of the conversation that happened is noteworthy. This exercise can be adapted for two people of various generations and ages. Experiential exercise follows video demonstration.
- Sandtrays for breaking patterns / undesirable ways of relating

**Theory is extrapolated from experiential components and required readings:** *Sandplay Therapy for Diverse Populations* by Barbara Labovitz Boik and E. Anna Goodwin and *Sandplay: Past, Present, and Future* by Rie Rogers Mitchell and Harriet Friedman.

**Prerequisite:** Some prior training in Play Therapy, Family Therapy, or Sandtray Therapy.

## Sandtray 504: Sandtray/Sandplay Theory & Focusing

28 hr. • Wed.-Sat. August 28-Sept. 1, 2012 • 9:00 AM–5:30 PM ET • Onsite and Live Online • Tuition: \$500 (Teens & Adults)

- Includes training in the use of Focusing, which is a somatic, contemplative experience of the inner landscape, developed by Eugene Gendlin. In addition to some trainings with Gendlin, Dottie trained in focusing for six years with author, John Welwood, PhD, who combines East-West spirituality and psychology, and with a group of therapists working in these approaches. She has used Focusing in her practice for over twenty years.
- Focusing will be combined with sandtray therapy for adults and adolescents. The form of Focusing in this course is not applicable to working with children.

Gendlin, a pioneer in the field of somatic therapy was honored three times by the American Psychological Association for his development of experiential psychotherapy. We use his book *Focusing*, which has sold over 600,000 copies and has been translated into twelve languages. Focusing adds a powerful experience to adult and teen sandtray process and is compatible with EMDR and with recommendations for treatment by Interpersonal Neurobiology (IPNB).

**Recommended Reading:** *Toward A Psychology of Awakening* by John Welwood, dedicated to Eugene Gendlin.

**Prerequisite:** This Course builds upon the Mindfulness Based Teen/Adult Course.

## Sandtray 505: Mindfulness Meditation Retreat

20 hr. • Dates to be announced • Onsite Only

- This is a personal retreat devoted to the self of the therapist. It will include mindfulness meditation, making personal sandtrays, journal writing, and a group process. It is important to learn Sandtray from the inside out.

<b>Sept. 2011–June 2012: Sandtray 501 &amp; 502</b>													
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PA Social Work Board for LSW, LMFT, & LPC* 30 hr.													
Association for Play Therapy** -- <i>Play Therapy Specific</i> 30 hr.													
Certification renewal for the American Nurses Credentialing Center 30 hr.													
<small>* PA Social Work Board CEs may transfer to other states. Check with your state social work board. No fee for PA SW CEs.  ** We are an approved provider for the Association for Play Therapy (#96-030). The Play Therapy Specific hours for this course are listed above. Those joining us through our Interactive Live Online Classroom (iLOC) receive APT contact hours.</small>													
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<p><b>Course Withdrawal &amp; Payment Policies:</b></p> <p>(a) If participant withdraws earlier than four weeks prior to the first day of a course, then participant will receive a full refund of the paid deposit, minus a \$25 withdrawal fee.  (b) If participant withdraws within four weeks before the first day of a course (but earlier than one week prior to the first day), then participant will receive a full credit in the amount of the paid deposit to be applied to future courses and seminars at the center, minus a \$25 withdrawal fee.  (c) If participant withdraws within one week before the first day of a course, then the deposit is forfeited.  (d) Following the first day of a course, all payments are due as scheduled, and participant is responsible for payment of entire course tuition. Tuition is not reduced on account of missed class days.  (e) A 1% late fee for past-due balances will be assessed at the end of each month, based on the amount past due on the last day of the month.</p>													

**To register, please call us at 215-844-4321 ext. 1.**

We accept payment by Visa, MasterCard, Discover, & American Express, as well as by check.

The Family & Play Therapy Center is approved by the Association for Play Therapy to offer continuing education specific to play therapy. Our provider number is 96-030. The Family & Play Therapy Center maintains responsibility for the program.