

Mindfulness Based Sandtray Therapy

List of Courses

- **Sandtray 501: Sandtray/Sandplay with Children Ages 3 to 12**
- 30 hr. Training
- **Sandtray 502: Sandtray/Sandplay with Teens & Adults**
- 30 hr. Training
- **Sandtray 503: Relational Sandtray/Sandplay Applications**
for working with two or more family members
- 20 hr. Training
- **Sandtray 504: Sandtray/Sandplay Theory & Focusing**
- 20 hr. Training
- **Sandtray 505: Mindfulness Meditation Retreat—
Creating Your Own Trays**
- 20 hr. Training, including some Personal Sandtray credit

Courses may be taken individually or as part of the certificate program.
See Sandtray Course Brochure for course details!

Certificate Program Requirements

- **Certificate for Sandtray with Children and Families (70 hr.)**
Required Courses: 501, 503, and 20 hr. of Seminars
Required Supervision: 12 hr. Group & 8 hr. Individual
Add'l Requirements: 15 Personal Sandtrays & a 3-page Case Study
- **Certificate for Sandtray with Teens and Adults (90 hr.)**
Required Courses: 502, 503, 504, and 20 hr. of Seminars
Required Supervision: 20 hr. Group & 10 hr. Individual
Add'l Requirements: 20 Personal Sandtrays & a 3-page Case Study
- **Certificate for Sandtray with Children, Teens, Adults, & Families (120 hr.)**
Required Courses: 501, 502, 503, 504, and 20 hr. of Seminars
Required Supervision: 30 hr. Group & 10 hr. Individual
Add'l Requirements: 20 Personal Sandtrays & a 3-page Case Study

Notes: Completed certificates will reflect hours of training and supervision beyond the minimum requirements, including relevant Advanced Seminars taken at the Center. • Certificate requires individually made personal sandtrays. Trays that are done in class or during the Mindfulness Meditation Retreat will count toward this requirement. • Each certificate requires 10 hours of Individual Supervision with one case study, including a series of adult or child trays. • **All required courses may be taken through our Interactive Live Online Classroom (iLOC), as well as onsite in Philadelphia, using our three fully equipped sandtray rooms.**

See Sandtray Course Brochure with updated dates, fees, and course feedback on our website:
www.fptcenter.com

Interactive Live Online Classroom (iLOC)

Therapists taking a sandtray course live online need to join the class with at least one other therapist. Sandtray 501 attendees need a partner for 3 of the 10 classes. Sandtray 502 participants need a partner for 4 of the 10 classes. If partners are together and share the same internet connection, then there is an additional 10% discount. It is preferable to have a partner onsite with you; however, if you do not have a partner, we will help connect you to another therapist, and you will complete this part of the training with your partner online through live webconferencing. Participants also need a basic set of at least 200 miniatures and one sandtray.

Program Director

Dottie Higgins Klein, LMFT, RPT-S, AAMFT-S

Dottie began practicing mindfulness meditation in 1987, in a course with John Welwood called 'Psychotherapy as a Meditative Process'. Following the framework that she learned over many years, she combines Mindfulness with Sandtray theory and practice. Dottie has been teaching postgraduate sandtray courses for the past twelve years, and she is a student of Tibetan and Zen Buddhism. Dottie's book, *Mindfulness Based Play-Family Therapy, Child Development, and Parenting: Weaving It All Together*, is expected to be published later in 2011 and includes a chapter on Mindfulness Based Sandtray Therapy. Dottie is the Director of the Family & Play Therapy Center.

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Sandtray Therapy Certificate Program

*A Training Program for Psychotherapists
in Mindfulness Based Sandtray Therapy*



Join us live from anywhere through
our Interactive Live Online Classroom!

*** APT Contact Hours ***

AVAILABLE CONTINUING EDUCATION CREDITS:

- PA Social Work Board for LSW, LMFT, & LPC
- APA Credits for Licensed Psychologists
- Association for Play Therapy -- Play Therapy Specific
- American Nurses Credentialing Center
- Act 48 Credits

Courses can be taken individually
or as part of the certificate program.

See Course Feedback from past classes on our website:
www.fptcenter.com

What is Mindfulness Based Sandtray Therapy?

Mindfulness Based Sandtray Therapy is a bodymind approach that integrates Sandtray theory with mindfulness meditation principles, which nurture conscious awareness of a person's whole-life experience. The benefits of mindfulness meditation have been widely researched: an important instance is the work of Jon Kabat Zinn at the Stress Reduction Clinic of the University of Massachusetts Medical School. Current research literature on how the brain functions in regard to trauma and attachment is



strongly indicating the psychotherapeutic value of a practice that develops somatic awareness and affect modulation, by using techniques that access the intuitive wisdom that is informed by the body. These advances of understanding in the field of Interpersonal Neurobiology are presented in the writings of Badenoch, Ogden, Briere, Levine, McFarlane, Orloff, Schore, Shapiro, Siegel, Perry, van der Kolk, James, and others.

This body-mind approach is concerned with being fully in the present moment. (Stern, Tolle) It can appreciate a cognitive, behavioral perspective but takes the experience to a deeper and more holistic level of healing. In Mindfulness Based Sandtray Therapy, the therapist/client relationship, which is key to any successful psychotherapy, is grounded on respect for the conscious, pre-conscious, and unconscious factors of each lived experience as it unfolds. Sandtray, play therapy, art therapy, and focusing are recommended sensory modalities for healing trauma. Each of these provides a simple yet profound way to be with people through the joys and pains of living.

“ This confluence of sensory streams [...that take place in the brain during Sandplay...] may partially account for immediate richness of the experience.

—Bonnie Badenoch*

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“ Sandplay demonstrates a remarkable ability to pull the brain together.

—Bonnie Badenoch*

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An Overview of the 5 Core Courses

SANDTRAY 501:

Sandtray/Sandplay with Children Ages 3 to 12

Engaging in pretend sandtrays and learning: 1) use of language that allows the child to go more deeply into the unconscious; 2) how to understand metaphoric language; and 3) how to interpret the meaning of the imaginative sandtray for parents. Includes group supervision.

SANDTRAY 502:

Sandtray/Sandplay with Teens & Adults

Emphasis on the client-therapist dialogue to inform the main meaning of the sandtrays while de-emphasizing the therapist's interpretations. There can be both verbal and non-verbal components. Includes group supervision.

SANDTRAY 503:

Relational Sandtray/Sandplay Applications

This course covers many creative applications of mindfulness based Sandtray and invites the deeper relational expression of two or more clients. Directed trays can be adapted to two or more family members of various ages and generations, e.g., child and parent, teen and parent, couples, two siblings, adult and parent.

SANDTRAY 504:

Sandtray/Sandplay Theory & Focusing

The experience of Sandtray with Focusing (Gendlin) accesses body wisdom, the “felt-sense” that can be blocked by thinking too hard. This is an experiential component that allows therapists to learn the deeper meanings of sandtray making. MBST can be an enrichment that is integrated into many therapeutic modalities.

SANDTRAY 505:

Mindfulness Meditation Retreat

Creating your own sandtrays. Focuses on the self of the therapist and mindfulness meditation.

See Sandtray Course Brochure for course details!

“ It is helpful to consider how sandplay with children is different from the experience with adults.

—Bonnie Badenoch*

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Sand Analysis Component

This component emphasizes how to be with a client's sandtray in a mindful way, so that the tray's deeper meanings are revealed from the inside out. Dottie was introduced to these techniques through years of study with the prolific author and Buddhist psychologist John Welwood, and she adapted these techniques to sandtray. The collective experience is both valuable and enjoyable and gives the participants an exponential increase in their understanding of metaphors. Therapists also learn how to differentiate between the chronological age and the developmental age of the tray maker, how to be aware of projections, as they arise, and to tame them, and how to use their initial interpretation of a client's sand tray by transforming it into a mindfully discerned question or comment that may be posed to help clarify the client's own understanding of it.

Sand Analysis Component

Additional supervision of your clients' sandtrays is part of the certificate program. These hours can be received onsite or online with Dottie Higgins Klein or therapist supervisors who have taken the Mindfulness Based Sandtray Trainings at the Family & Play Therapy Center since 2001.

Individual or Group Sandtray Supervision, using live two-way video conferencing, is available as well as a monthly or biweekly individual sandtray process.

Sandtray/Sandplay Seminars

Seminars authors include prominent authors and are usually 6 hours long. Seminar hours taken with prominent authors of sandtray books at other locations can count toward our certificate.

“ The Sandplayer is assembling a largely right-brained narrative often based in implicit previously non-conscious themes. The interpersonal system of empathy with the therapist is strongly activated.

—Bonnie Badenoch*

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Qualities of Mindfulness Based Sandtray Therapy

- *Emphasis on learning to trust the experience of the sacred silence of the sandtray.*
- *Methods that unfold more of the meanings that the child, teen, or adult intends in his or her sandtray, while subordinating the therapist's interpretations.*
- *Appreciating the body/mind, intuitive/somatic approach to work with depression, anxiety, trauma, attachment, and intrapsychic and family-related issues.*

* Badenoch, Bonnie. *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*. New York: W. W. Norton & Company, 2008.