

SPT 502: Sandtray Play Therapy with Teens and Adults — A Mindful Approach

- Dates:** Nine Tuesdays, once a month, October 2021–June 2022
2023: 10/10, 11/7, 12/5 // **2024:** 1/16, 2/13, 3/12, 4/9, 5/7, 6/4
- Time:** 9:15 AM–12:15 PM ET; 6:15–9:15 AM in California; early afternoon in UK & Ireland; early evening in India & Russia; late night/early morning in Australia & Japan
- Location:** ONLINE Webinar
- CEs:** 27 non-contact hours. Course includes 4 hours of live class time with presenter.
- Instructor:** Dottie Higgins-Klein, LMFT, RPT-S, AAMFT Supervisor
- Ratings:** Participant Rating for the entire year of the SPT 502 course was 4.75 out of 5.
- Tuition:** \$700 - \$50 = \$650 with early reg. discount
(See payment and deposit information below.)



Course Overview

Sandtray Play Therapy — A Mindful Approach integrates sandtray theories with mindfulness meditation. An objective of this course is to enable you to integrate your own theoretical framework in the application of sandtray work with teens and adults. The course has nine 3-hour classes, once a month from October to June. This schedule can allow time to absorb the learning as you bring it into your work. Along with developing new skills, the Sandtray training nurtures a deeply respectful way of allowing the client's inner world to unfold.

Sandtray Play Therapy is a supplement to most traditional kinds of talking therapy. It has non-verbal and verbal capacities that help clients make discoveries and express both the resourceful and the traumatic sides of their life pain. Sandtray practice nurtures the client's conscious awareness of experience and reinforces the development of somatic awareness and affect modulation. Current research literature in the field of Interpersonal Neurobiology strongly supports these body-mind processes 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).

Who takes this course? We welcome all therapists of various theoretical frameworks who are trained in a teen/adult framework and want to include the power of sand miniatures in their work. This SPT 502 course is an especially valuable addition for RPT & RPT-S therapists. For those still working on their RPT credential, we would recommend our PFT 401/402 training that includes lots of sandtray in the course. (You are welcome to call us to discuss the options in person.)

Course Highlights

- **Sandtray Observation:** Through viewing photos and videos, we learn to value sand pictures through mindful silence, and mindful dialogue. Included are spontaneous trays and structured, trauma-based trays. Family Center trainings are outstanding in their instructional use of videos that demonstrate application of the theory: several classes include poignant video demonstrations of actual adult sessions.
- **Partner exercises:** Three classes include creating sandtrays with a partner. We can match you with another class member to work together on Skype during the class exercise time, or if two therapists are attending together, they work as partners. Following each exercise creating sandtrays, there will be a live class discussion with Dottie Higgins-Klein.
- **Power Point for theory:** Students follow the power points through their handout.
- **Sandtray analysis training:** This popular group experience engages the student in learning to understand what is happening in the sandtrays by "being with" the teen or adult client without being intrusive. It is hard to explain how powerful the communication can be when teens and adults take to this method from reworking ordinary life challenges, to healing painful trauma.
- **Objectives:** Objectives of the course include learning How to understand trays without interpreting them to the client, How to transform the therapist's projections into mindful questions or observations, How to cultivate the safe and mindful space that offers an approach of deep somatic healing of anxiety, depression, trauma, and attachment issues.



Reading Assignments

Approximately 1 hour reading every 2 weeks and no required papers. There is one paper for the Sandtray Certificate Program. Required Readings include:

- *Sandplay: The Sacred Healing*, by Kate Amatruda & Phoenix Helen Simpson
- *Mindfulness-Based Play-Family Therapy: Theory & Practice*, by Dottie Higgins-Klein (Norton, 2013)

The method of Sandtray Play Therapy presented in this course is rooted in the theoretical frameworks of Contextual Family Therapy and Mindfulness-Based Play-Family Therapy.

Recommended Reading:

- *Doing Contextual Therapy*, by Peter Goldenthal
- *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*, by Bonnie Badenoch

Prerequisites

Sandtray Play Therapy courses may be taken in any order. Participants in the United States must hold a graduate degree or be currently enrolled in graduate school in a related field. Participants outside the United States must have or be in the process of acquiring the appropriate credentials for practicing mental health services in their country.

The Sandtray Program

- The Family Center has two separate year-long courses (working with children and working with teens & adults) with one three-hour class per month, plus two three-day summer workshops, Relational Sandtray and Sandtray Using Focusing. Sandtray Play Therapy courses may be taken in any order. Play Therapy with teens and adults is different from Sandtray with children. Many teens and adults are willing to communicate more easily and profoundly through the symbolic miniatures, whereas children project imaginative stories in sand tray. The stories can reflect in metaphors the child's true inner world. There is also training in using reality related to anxiety in children.
- With clients of all ages, the ultimate goal is to learn how to work through presenting problems and intrapsychic issues, in ways that can accomplish root-level healing. Through practice, therapists learn the essential skill of reading the metaphors.
- **Video webinars include live segments:** The Sandtray Therapy classes are videotaped presentations combined with live partner exercises and live class discussion segments. Four of the classes include 45 minutes to an hour of live class discussion with Dottie Higgins Klein, including processing your face-to-face experiences of creating your own sandtrays.
- **APT Credits:** Participation is recognized by the APT as Play Therapy Specific non-contact hours. In the table at the end of this course description, you will find CE details.
- **Classroom ambiance:** The webinars were filmed in front of a live classroom audience. The teacher-class interaction provides a lively context and expands the range of the presentations with questions and answers that arise from broad group experience. There is also a chat room which allows dialogue among the actual online participants during the webinars. And our website has a Community Group where you can communicate with other class members; or contact Dottie Higgins Klein, with questions or comments about the training.
- **Sequence of Sandtray Courses:** Courses can be taken individually or as part of the Sandtray Certificate Program. 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. SPT 502, for teens and adults, can be taken before or after SPT 501, for children ages 3 to 12. See Certificate Program Brochure (being updated) and Participant Feedback from past classes on our website: www.fptcenter.com / brochures.
- **Class Schedule:** Classes are available on the scheduled day and time. When you miss a class you can make up the same class for no additional cost next time it is offered. We are not set up for On Demand viewing -- since we enrich your experience by using videos of real sandtray sessions, we need to insure protection of our clients' privacy. If you leave your home area, you may also connect online-- since we are Global! Also, besides the reasonable price attending from the comfort your home or office, there is no airfare and no hotel fees.
- **APT Approved Provider:** Family & Play Therapy Center has been approved by the Association for Play Therapy (APT) as an approved provider for continuing education since 1996. Director, Dottie Higgins- Klein, was awarded the professional training and education award for 2016 by the APT.
- **Discounts:** Brochures outline various discounts for US participants, as well as significant geographic discounts for international students, scaled to match the economies of most countries around the world.



Instructor

Dottie Higgins-Klein, LMFT, RPT-S, AAMFT Supervisor, received her Master of Family Therapy degree from Hahnemann University (now Drexel University). She is a Supervisor for the American Association of Marriage and Family Therapy (AAMFT) and a Registered Play Therapist Supervisor for the Association for Play Therapy (APT). Dottie was awarded the Professional Training and Education Award for 2016 by the Association for Play Therapy. Dottie 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 16 years. She is a life student of Tibetan and Zen Buddhism.

Dottie is the clinical and administrative director of the Family & Play Therapy Center and author of *Mindfulness Based Play-Family Therapy: Theory and Practice* (Norton, 2013). You can read the first 12 pages on Amazon. Dottie welcomes phone contact as well, and will continue to offer therapy, supervision, processing your personal sandtrays and occasional onsite trainings in small groups of 12 for the next ten years.

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TUITION	ANNUAL TUITION	\$700.00	CREDIT HOURS AVAILABLE	
	Deposit Due w/ Reg.	\$200.00 (\$150 early)	PA Social Work Board for LSW, LMFT, & LPC*	27 hr.
	8-Payment Plan is available; please call Jerry for details.		Association for Play Therapy** – <i>Play Therapy Specific</i>	27 hr.
DISCOUNTS	Early Reg. Discount: \$50 discount with reg. by 8/15			
	Full-Time Student & Recent Graduate: 10% discount			
	Full-Time, At-Home Parent Disc.: 10% discount			
	Retirement Discount: 10% discount			
	Generous Geographical Discounts for International Students:		* The Family & Play Therapy Center is approved by the Pennsylvania State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors to offer continuing education for social workers, marriage and family therapists, and professional counselors. The Family & Play Therapy Center maintains responsibility for the program. PA Social Work Board CEs transfer to many other states. Check with your state social work board. No fee for PA SW CEs.	
	See registration details online!		** 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. Those joining our exceptional Webinar Video Replays receive APT non-contact hours.	

Course Withdrawal Policy:

(a) If participant withdraws prior to four weeks before the first day of the course, then participant will receive a refund of the paid deposit and installments, minus a \$25 withdrawal fee.

(b) If participant withdraws within four weeks of the first day of the course, but earlier than one week before the first day, then participant will receive a refund of paid deposit and installments, minus a \$50 withdrawal fee.

(c) If participant withdraws within one week before the first day of the course, then participant will receive a refund of paid installments, minus a \$100 withdrawal fee.

(d) Once the course has begun, participant is committed to completing the course, and is responsible for payment of tuition.

(e) Absences: Tuition is not reduced on account of absences; however, participant may attend missed classes with no charge, the next time that the class is offered.



Professional Community Online

The Family & Play Therapy Center hosts a *Professional Community Online* that offers free membership to all mental health professionals from anywhere in the world.

Membership in this community of mental health professionals will allow you to

- Connect with fellow participants and expand your professional network.
- Discuss clinical questions with other mental health professionals.
- Pick up your schedules and readings, and receive course announcements for our trainings.
- Access our Interactive Live Online Classrom (iLOC), if you are joining us for class online.

Please follow these instructions to create a profile. If you are having any difficulty, we are always happy to answer any questions and to help guide you through the process. Please feel free to call us in the office at 215-844-4321 ext. 1. Thank you!

How to Create Your Profile in the Professional Community Online

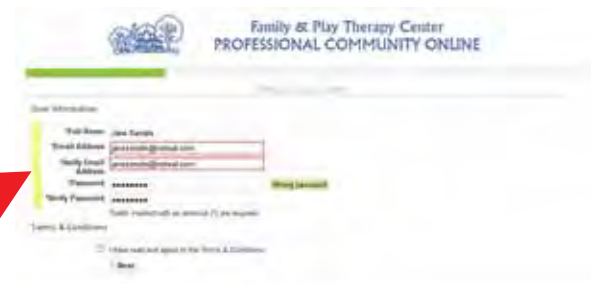
1. Go to our website: www.fptcenter.com
2. On the navigation bar across the top, click on the "Community" tab.



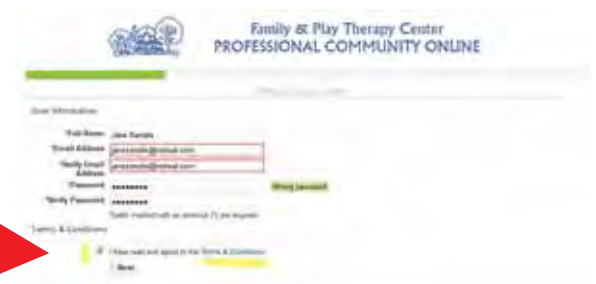
3. Click on the "Join Us Now! It's Free!" button.



4. Fill in your full name, e-mail address (2 times), and password (2 times). The email address that you enter here is the one where you will receive notices regarding the community site. This email address will not be displayed, and you may choose a different email below for display in the community.



5. Click box to indicate agreement to terms. Click "Terms & Conditions" link to read terms.

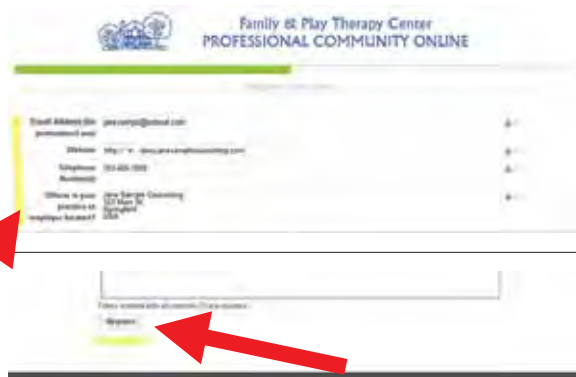


6. Click "Next" button.



7. Provide information requested. Fields marked with an asterisk are required. The others are optional. We encourage you to provide enough information to give other community members a sense of your background and practice. Please note that the email address that you enter here will be displayed to other members of the community, and it does not need to match the email address that you entered above.

8. When you have completed this information, click the "Register" button at the bottom of the page.

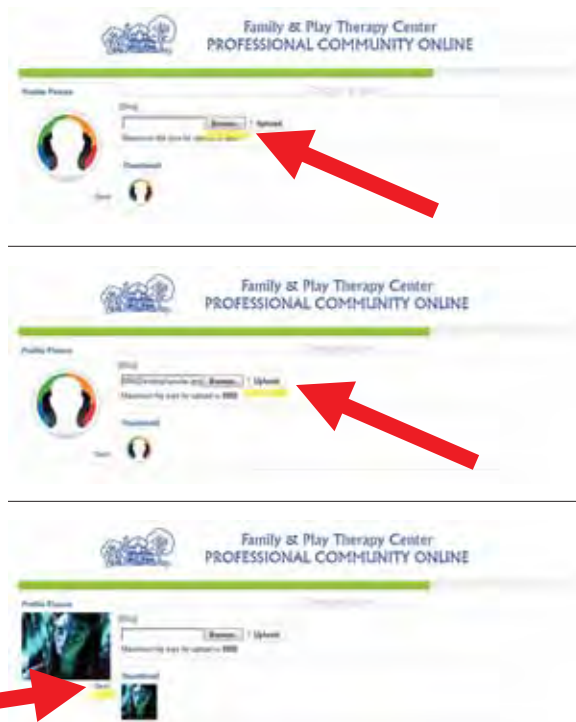


9. Here's where you upload your photo. You may click on "Skip" at the top and upload your photo later, if you don't have one handy. Please keep in mind that a photo on your profile will really allow others in the community to see you as a human being, rather than just a name on a list. In addition, you will only be eligible for certain perks, such as our free seminar attendance drawings, if you have a photo of yourself in your profile. If you are having any difficulty uploading a photo, please let us know, as we are always happy to help!

10. Click 'Browse'.

11. Find and select your photo on your computer. Click 'Upload'. You will see the photo and a preview of the thumbnail that will show up with your posts on the community site.

12. Click 'Next' to complete your registration.



13. Within the next couple of minutes, you will receive an email at the email address that you provided with your password in step 4. The email will contain an activation link. Just click on this link, and your profile will be activated. (If you are having trouble clicking on the link, please copy and paste it into the address bar on your browser.) You are now able to log in to the community site with your email address and password!

NOTE: If you have any difficulty in any of these steps, please give us a call in the office at 215-844-4321 ext. 1, and we'll be happy to guide you through the process!

REGISTRATION, DISCOUNTS, & POLICIES

How to Register Online for Courses and Seminars

NOTE: The entire registration process takes place over a secure, encrypted connection in order to ensure the privacy of your information, and we will never share your registration information with anyone else.

1. Create a Profile

In order to register for courses and seminars through our website (www.fptcenter.com), **you must have a profile in our community site** (Professional Community Online). If you already have a profile, go on to step 2. If you do not yet have a profile, please click the help button on our website (www.fptcenter.com) and follow the instructions for creating a profile. It's free and takes only a few minutes!

2. Log in to the Professional Community Online

Go to www.fptcenter.com. On the navigation bar across the top, click on the "Community" tab.

3. Click on the 'REGISTER' Tab

Once you are logged into the community site with your profile, just click directly on the 'REGISTER' tab at the top of the screen (NOT the 'View Registration & Make Payments' drop-down menu item below it) in order to start the registration process.

4. Select a Course

Review the listing of courses and select the course you wish to register for by clicking on the title or the 'Register' button.

5. Provide Contact Information

On the first page of the registration process, you will provide your current contact information. This contact information will be used only by us in order to communicate with you, and we will not share it with anyone else. If you are using a discount code (see more information below), then enter it on this page. When you have completed this page, click the 'Next Step' button.

6. Review Your Registration Information

On the next page, please review the contact information and the listing of amount due with registration. If you wish to make any corrections, use the 'Back' button. Otherwise, click the 'Next Step' button to continue.

7. Select Your Payment Method

On this page, please select which payment method you would like to use. If you would like to pay with a credit card (Visa, MasterCard, Discover, or American Express) right away in order to secure your spot in the course or seminar, then select 'Quickbooks Merchant Services'. Your credit card information will be handled with state-of-the-art security and encryption and will not be saved after being processed. If you prefer to pay later, there are several options: Mail in Payment, Call in Payment, and Payment from Agency. Please select the appropriate option. Once you have made your selection, click the 'Next Step' button.

8. Enter Your Credit Card Information (if applicable)

If you selected payment by Quickbooks Merchant Services, then you will enter your credit card information on this next page. Once you have completed this page, click the 'Submit' button.

9. Registration Complete!

You will receive a message on the screen that your registration has been submitted. You will also receive an email confirmation of your registration and credit card payment (if you made one). If you indicated that you will pay later, please be sure to follow up on that right away in order to be sure that your slot is held.

IMPORTANT: The confirmation email will include an attachment of our Ethical and Privacy Agreement. If you have not previously submitted a signed agreement, please print, sign, and return this agreement to us as soon as possible, as it will be required before you attend any course. You may return it by fax (+1 215 844 8877) or by email (administration@fptcenter.com).

DISCOUNTS

In addition to our Early Registration Discount, which will be automatically calculated in your online registration if it is currently available, we also have several other discounts available. We seek to make our courses as accessible as possible to therapists in a range of circumstances. Please note that Early Registration Discounts expressed as a dollar amount refer to the discount from full tuition rate; the discount is applied as a percentage and therefore adjusted based on other discounts applied. Please see specific information and requirements for discounts below.

Full-Time Student Discount — 10% discount — Automatically Calculated with Online

Registration — You qualify for the Full-Time Student Discount if you are currently enrolled in a full-time accredited graduate program in a field of psychology, taking at least 3 courses per semester, during the full term of a course at the Family & Play Therapy Center, and if you are paying for the course personally.

Recent Graduate Discount — 10% discount — Automatically Calculated with Online

Registration — You qualify for the Recent Graduate Discount if you have graduated from an accredited graduate program in a field of psychology during the year preceding your enrollment in a course at the Family & Play Therapy Center, and if you are paying for the course personally.

Full-Time At-Home Parent Discount — 10% discount — Automatically Calculated with Online

Registration — You qualify for the Full-Time At-Home Parent Discount if you are at home for child care and do not have employment beyond seeing up to three clients per week, during the full term of a course at the Family & Play Therapy Center, and if you are paying for the course personally.

Retirement Discount — 10% discount — Automatically Calculated with Online Registration —

You qualify for the Retirement Discount if you are a retired professional from a field of psychology and do not have employment beyond seeing up to three clients per week during the full term of a course at the Family & Play Therapy Center, and if you are paying for the course personally.

Geographical Discounts — 10%–65% discount — Automatically Calculated with Online

Registration — If (1) you are a *full-time resident* of a country that is listed in our Geographical Discount Tables (see below) and (2) you hold a **university degree** in a field of psychology, then you are eligible for a Geographical Discount for attending a course or seminar online through our Interactive Live Online Classroom as an *iLOC @ Home participant*. Please see the tables for percentage of discount and discount codes for use in online registration. If your country falls into Group 6 in our Geographical Discount Tables and you are unable to pay the discounted rate, we welcome you to call for information about applying for a need-based scholarship.

Geographical Discount Tables --- *iLOC @ Home ONLY*

To be eligible for these discounts for attending a course or seminar online through our Interactive Live Online Classroom *as an iLOC @ Home participant*, you must (1) **be a full-time resident** of a country that is listed in our Geographical Discount Tables and (2) **hold a university degree** in a field of psychology. If your country falls into Group 6 in the tables below and you are unable to pay the discounted rate, we welcome you to call for information about applying for a need-based scholarship.

GROUP 1 – 10% Discount

Andorra	Gibraltar	Macau
Australia	Greenland	Monaco
Austria	Guernsey	Netherlands
Bahamas	Hong Kong	Norway
Belgium	Hawaii (US State)	Qatar
Bermuda	Iceland	San Marino
British Virgin Islands	Ireland	Singapore
Brunei	Isle of Man	South Korea
Canada	Israel	Spain
Cayman Islands	Italy	Sweden
Denmark	Japan	Switzerland
Falkland Islands	Jersey	Taiwan
Finland	Kuwait	United Arab Emirates
France	Liechtenstein	United Kingdom
Germany	Luxembourg	

GROUP 2 – 20% Discount

Aruba	Faroe Islands	Poland
Bahrain	Greece	Portugal
Barbados	Hungary	Saudi Arabia
Cyprus	Lithuania	Seychelles
Czech Republic	Malta	Slovakia
Equatorial Guinea	New Zealand	Slovenia
Estonia	Oman	Trinidad and Tobago

GROUP 3 – 30% Discount

Antigua and Barbuda	French Polynesia	Mexico
Argentina	Gabon	New Caledonia
Belarus	Guam	Puerto Rico
Botswana	Latvia	Russia
Chile	Lebanon	Saint Kitts and Nevis
Croatia	Malaysia	Saint Maarten
Curaçao	Mauritius	Uruguay

GROUP 4 – 40% Discount

Anguilla	Iran	Saint Lucia
Brazil	Kazakhstan	Saint Vincent
Bulgaria	Libya	South Africa
Costa Rica	Montenegro	Turkey
Dominica	Northern Mariana Islands	Turks and Caicos Islands
Grenada	Panama	US Virgin Islands
Grenadines	Romania	Venezuela

GROUP 5 – 50% Discount

American Samoa	Cuba	Montserrat
Azerbaijan	Dominican Republic	Palau
Belize	East Timor	Peru
Bosnia and Herzegovina	Ecuador	Serbia
China	Jamaica	Suriname
Colombia	Republic of Macedonia	Thailand
Cook Islands	Maldives	Tunisia

GROUP 6

Option 1: Online Registration Now – 65% Discount

Option 2: If your country falls into Group 6 and you are unable to pay the discounted rate, please call us at +1 215 844 4321 to apply for a need-based scholarship.

Afghanistan	Haiti	Republic of the Congo
Albania	Honduras	Rwanda
Algeria	India	Saint Helena, Ascension and Tristan da Cunha
Angola	Indonesia	Saint Pierre and Miquelon
Armenia	Iraq	Samoa
Bangladesh	Jordan	São Tomé and Príncipe
Benin	Kenya	Senegal
Bhutan	Kiribati	Sierra Leone
Bolivia	Korea, North	Solomon Islands
Burkina Faso	Kosovo	Somalia
Burma	Kyrgyzstan	Sri Lanka
Burundi	Laos	Sudan & South Sudan
Cambodia	Lesotho	Swaziland
Cameroon	Liberia	Syria
Cape Verde	Madagascar	Tajikistan
Central African Republic	Malawi	Tanzania
Chad	Mali	Togo
Comoros	Marshall Islands	Tokelau
Côte d'Ivoire	Mauritania	Tonga
Democratic Rep. of the Congo	Moldova	Turkmenistan
Djibouti	Mongolia	Tuvalu
Egypt	Morocco	Uganda
El Salvador	Mozambique	Ukraine
Eritrea	Namibia	Uzbekistan
Ethiopia	Nauru	Vanuatu
Federated States of Micronesia	Nepal	Vietnam
Fiji	Nicaragua	Wallis and Futuna
Gambia	Niger	West Bank and Gaza
Georgia	Nigeria	Western Sahara
Ghana	Niue	Yemen
Guatemala	Pakistan	Zambia
Guinea	Papua New Guinea	Zimbabwe
Guinea-Bissau	Paraguay	
Guyana	Philippines	

COURSE WITHDRAWAL & PAYMENT POLICIES

Course Withdrawal Policy for Academic Term Courses:

Academic Term Courses are courses that meet over the span of several months on a biweekly or monthly basis. Tuition is composed of (i) a deposit, which must be paid at the time of registration, and (ii) installments, which may be paid according to the schedule described in the course brochure.

- (a) If participant withdraws prior to four weeks before the first day of a course, then participant will receive a refund of the paid deposit and installments, minus a \$50 withdrawal fee.
- (b) If participant withdraws within four weeks of the first day of a course, but earlier than one week before the first day, then participant will receive a refund of paid installments and a credit in the amount of the paid deposit to be applied to future training or supervision at the center, minus a \$50 withdrawal fee.
- (c) If participant withdraws within one week before the first day of a course or on the first day of a course, then participant will receive a refund of paid installments and a credit in the amount of the paid deposit to be applied to future training or supervision at the center, minus a \$100 withdrawal fee.
- (d) Following the first day of a course, participant is committed from completing the course, and participant is responsible for payment of full yearly course tuition. Full course tuition is not reduced on account of absences; however, participant may attend missed classes with no charge during the next time that the class is offered in the recurring cycle of the curriculum.
- (e) A late fee will be assessed for past-due balances and late payments. See our payment plan brochure for details.

Course Withdrawal Policy for Short Term Courses:

Short Term Courses are courses and seminars that meet over the span of one to five contiguous days. Tuition is composed of (i) a deposit, which must be paid at the time of registration, and (ii) installments, which may be paid according to the schedule described in the course brochure.

- (a) If participant withdraws prior to four weeks before the first day of a course, then participant will receive a refund of the paid deposit and tuition, minus a \$50 withdrawal fee.
- (b) If participant withdraws within four weeks of the first day of a course, but earlier than one week before the first day, then participant will receive a refund of paid installments and a credit in the amount of the paid deposit to be applied to future training or supervision at the center, minus a \$50 withdrawal fee.
- (c) If participant withdraws within one week before the first day of a course or on the first day of a course, then participant forfeits either (i) \$150 or (ii) half of the paid deposit and installments, whichever is greater, and will receive a credit in the amount the remaining paid deposit and installments.
- (d) Following the first day of a course, participant is committed to completing the course, and participant is responsible for payment of full course tuition. Full course tuition is not reduced on account of absences.
- (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.

Payment Plan for Academic Term Courses

The Family Center offers a payment plan for Academic Term Courses. Upon registration for the course, registrant pays the deposit. The tuition balance can be paid either in 8 monthly installments starting on September 1, or in a one-time payment on September 1 (or upon registration, whichever date is later). The installment plan is charged by the Center in our administrative office and there is no extra fee for this plan.

QUESTIONS?

If you have any questions, please call us in the office at +1 215 844 4321 ext 1.
Thank you!

**Family & Play Therapy Center
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Philadelphia, PA 19119**

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Email: workshops@fptcenter.com