

Introduction to the Body-Brain Approach to Sandtray Therapy

In this live interactive webinar, you will be introduced to the process of sandtray therapy from a neurobiological perspective. You will learn foundational principles of Interpersonal Neurobiology and how they inform the use of the sandtray within the container of the therapeutic relationship. Directed exercises will be offered to solidify learning, grounding you in the felt sense experience of sandtray play therapy.

This training will be held over two consecutive days and registration is capped at 12 participants.

In addition to a stable Internet connection and a private uninterrupted space, you will be expected to have access to a sandtray, a small collection of figures suitable for your personal exploration. Details regarding preparing for the training will be provided upon registration.

Target Audience: This beginner Sandtray training is for mental health professionals with a master's degree or higher. Students nearing the completion of their master's program may contact Rita@LearnSandTray.com to determine eligibility.

Participants in this training will be able to:

- Identify body-based “brains” other than the skull brain and relate the way these sources of knowing are accessed in a play therapy session.
- Define implicit and explicit memory and discuss the importance of inviting implicit memory into the play therapy process.
- Recognize the role of mirror neurons and resonance circuits in deepening the connection between play therapist and client in a sandtray process.
- Discuss, from a neurobiological perspective, the relative pros and cons of directive versus non-directive techniques in play therapy using the sandtray.
- Describe the differences between left and right hemisphere (mode) processing and provide supportive arguments for grounding play therapy in the right hemisphere.
- Describe the Window of Tolerance and the concept of co-regulation as it applies to the relationship between sandtray therapist and client during a play therapy session.
- List the equipment required to support the use of sandtray in play therapy.

Daily Schedule (Eastern Time):

- 10:30 AM – 11:00 AM Meeting available for sign in
- 11:00 AM – 12:30 PM Instructional time
- 12:30 PM – 12:45 PM Break
- 12:45 PM – 2:15 PM Instructional time
- 2:15 PM – 3:15 PM Meal break
- 3:15 PM – 4:45 PM Instructional time
- 4:45 PM – 5:00 PM Break
- 5:00 PM – 6:30 PM Instructional time

Continuing Education Credit Information:



Counselors: SageSource Learning Center has been approved by **NBCC** as an Approved Continuing Education Provider, ACEP No. 6717. Programs that do not qualify for NBCC credit are clearly identified. SageSource Learning Center is solely responsible for all aspects of the programs.



Social Workers: SageSource Learning Center, #1384, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Rita G. Grayson maintains responsibility for this course. ASWB approval period: 04/28/2019—04/28-2022. Social workers completing this course receive 32.5 clinical continuing education credits.

Please note: Not every state accepts ACE approved trainings. [Check here.](#)



Play Therapists: Rita Grayson, LCSW, RPT-S is an Approved Provider of continuing education by **The Association For Play Therapy**. APT Approved Provider 12-324.

CE certificates are issued at the end of the workshop upon completion of the course evaluation.

Cancellation Policy:

For Trainings:

- \$100. of your registration fee is non-refundable.
- 90 days before the training you can ask to switch to a different training without losing your non-refundable deposit. After that, you are committed to the training you registered for.
- If you cancel your registration 60 or more days before the training, you may request a refund of the money you have paid, less the \$100 deposit.
- If you cancel your registration less than 4 weeks before the first training day (for any reason), you will receive a 50% credit toward another training within the next 18 months.
- If you cancel your registration less than 2 weeks before the first training day you are not eligible for a refund.
- If you do not show up on the first day, you do not get a refund and you forfeit your right to attend any of the other training days.
- If SageSource Learning Center has to cancel the training for any reason, you are entitled to a full refund (including the non-refundable registration fee) or you may transfer your registration to another training.
- If the training is cancelled due to a natural disaster, SageSource Learning Center will not be liable for costs other than the registration fee.

- Any concerns about your registration are best handled by communicating directly with Rita. Email is best. Rita@learnsandtray.com

Important note: *A minimum of 6 attendees are needed to hold a workshop.*

Absence Policy for Trainings:

By registering for this workshop, you are pledging your full participation, which includes being on time each day and staying for the full session. Not all CE-granting organizations allow partial credit, so it is possible that missing any of the training time will cause you to forfeit CE's for the entire workshop. Partial CE certificates will be issued to the fullest extent allowed by the governing bodies. Participants who miss more than one day will be expected to repeat the entire workshop in order to meet prerequisites. If you miss one day due to illness or a family emergency, a make-up work packet will be provided, and you will be expected to review your completed work with Rita. Cost for the make-up packet and review is \$150. There are no refunds for missed days. It will not be possible to join a subsequent training for the days missed.

Grievance Policy:

The goal at SageSource Learning Center is to provide effective learning experiences for all students. If you have a problem with registration-related difficulties, course content, promotional or educational materials, workshop site, facilities, technological resources or any other course-related issues, you are expected to discuss them directly with Rita as soon as possible. All grievances of this nature are addressed via one-on-one conversations aimed at achieving a fair and balanced outcome for all involved.

If you experience difficulty with another training participant, you are expected to address the issue directly with the participant. If the difficulty cannot be resolved directly, you may call on Rita for assistance.

ADA Accommodations:

SageSource Learning Center is happy to accommodate your ADA needs. Please contact Rita directly before registering. Rita@LearnSandTray.com or (678) 557-4144.

Your Instructor:

Rita Grayson, LCSW, RPT-S began her study of Sandtray Therapy in 2005 under Gisela Schubach De Domenico, creator of the Sandtray-Worldplay method. In 2010 she completed Dr. DeDomenico's six level intensive training program. Rita has completed over 250 hours of instruction in Sandtray therapy and has received over 25 hours of clinical supervision from Dr. DeDomenico.

Since 2015, Rita has been studying Interpersonal Neurobiology with Bonnie Badenoch, author of *Being a Brain-Wise Therapist*, *The Brain-Savvy Therapist's Workbook* and *The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships*. She has integrated principles of Interpersonal Neurobiology into her trainings. Rita believes a solid understanding of how the body's wisdom guides

Sandtray Therapy and how The Body-Brain Approach facilitates development of integrating narratives is an important aspect of learning Sandtray Therapy.

Rita received her Master of Social Work degree from The University of Georgia in 1997. She has been in private practice since 2000. Over the years Rita has facilitated thousands of Sandtray sessions with children of all ages!

For dates, location, fees and deadlines, please go to http://learnsandtray.com/?page_id=1041

To register, please go to http://learnsandtray.com/?page_id=1039