

Sandtray Summit 2021

Event Schedule

Fri, Nov 05, 2021

1:00pm

VIP - Building Your Brand Through Sandtray Therapy (So You Can Work Less and Make More \$\$) (no CEs)

Speaker: Amy Flaherty – President, Miniature Madness

☐ 1:00pm - 3:45pm, Nov 5

4:00pm

VIP - Tai Chi Easy (no CEs)

Speaker: Susan Ferguson

☐ 4:00pm - 5:00pm, Nov 5

☐ Southern Sandtray Hall

Sat, Nov 06, 2021

7:30am

Tech Desk (Place to Check-In and Ask Tech Questions) OPEN FROM 7:30 AM - 6 PM CENTRAL

☐ 7:30am - 6:00pm, Nov 6

8:00am

Opening Keynote by Amy Flaherty (no CEs)

☐ 8:00am - 9:30am, Nov 6

☐ Southern Sandtray Hall

10:00am

Sandtray With Adults with Complex Trauma and Dissociation (Intermediate)

Speaker: Jessica Bright

☐ 10:00am - 12:00pm, Nov 6

☐ Southern Sandtray Hall

Description:

This presentation seeks to expand clinicians' knowledge of dissociative disorders, the neurobiology of trauma and dissociation, and how to work with adults with complex trauma and dissociative disorders with sandtray. This presentation will provide techniques as well as case study examples on how to utilize sandtray therapy to assist clients with histories of complex trauma and dissociation.

Objectives:

1. Participants will learn to assess and identify the symptoms of dissociation, complex trauma, and dissociative disorders.

2. Articulate how the clinician can reduce the possibility of countertransference by co-regulating through sandtray therapy in-session.
3. Develop and practice 2-3 strategies/techniques for using sandtray with adult clients with complex trauma and dissociation.

Two CE hours are available for this session.

Identifying Trauma in the Sandtray: Using the Sandtray as an Assessment Tool (Basic)

Speakers: Jennifer Hayes and Myron Jones

- 10:00am - 12:00pm, Nov 6
- Holistic Sandtray Room

Description:

Participants will increase their confidence when working in the Sandtray with traumatized children by learning how to utilize the Sandtray as an ongoing assessment and intervention tool. Participants will grow in their knowledge of how to identify trauma-related diagnoses in the Sandtray and how to use the observed themes, patterns, and behaviors for supportive documentation.

Objectives:

1. Participants will learn how to confidently use a Sandtray as an assessment tool and establish a safe environment for the initial evaluation of highly traumatized children.
2. Participants will learn to competently identify trauma-related symptoms in the Sandtray.
3. Participants will learn how to use the Sandtray and observed themes/patterns to support a diagnosis and properly document.

Two CE hours are available for this session.

Sandtray Therapy 101: Back to the Basics (Basic)

Speaker: Megan Cinnamon

- 10:00am - 12:00pm, Nov 6
- Miniature Madness Room

Description:

It is crucial to have a good foundation to grow from when learning Sandtray Therapy. This presentation will allow participants to learn and gain confidence when beginning their journey. Participants will have the opportunity to ask questions and participate in their own sandtray and process with a partner.

Objectives:

1. Participants will demonstrate knowledge of the History of Sandtray Therapy and differentiate between Sandtray and Sandplay Therapy.
2. Participants will be able to list supplies needed to begin practicing sandtray therapy including types of sand trays, sand and where to find miniatures as well as setting up the sandtray space.
3. Participants will be able to discuss and utilize directives in Sandtray Therapy with a partner while also exploring themes in the tray.

Two CE hours available for this session.

The Trauma of Neuroscience (Part One) (Intermediate)

Speaker: Nidhi Kirpalani

- 10:00am - 12:00pm, Nov 6
- Playful Connections Sandtray Room

Description:

This introductory level training seeks to develop your knowledge of the brain structure and how trauma can impact normal brain development. Whilst Neuroscience is often a topic that some of us shy away from, it is a great foundation for the work that sandtray therapists do. This session is geared towards simplifying the

language and amplifying the confidence and understanding of how to utilize this knowledge in practice.

Objectives:

1. Participants will gain knowledge on the basics of the brain structure, especially how it relates to play and sandtray therapy.
2. To understand the effect of trauma on the brain and how this affects play and sandtray therapy.
3. Understand how different ages work in the sand and play from a brain science perspective.

Two CE hours are available for this session.

Clearing the Chaos: Bringing Psychodramatic and Sociometric Techniques into Your Sandtray Practice (Basic)

Speaker: Gwen Blake

□ 10:00am - 12:00pm, Nov 6

□ Room Sponsor: Play Therapy with Carmen Room

Description:

This presentation will begin with a didactic PowerPoint presentation covering the origins, history, and benefits of using psychodramatic and sociometric techniques in therapy. Participants will learn key elements of psychosomatic techniques and will explain how this is also useful in the sand tray and how it can be used in processing and deepening client's work in the sandtray. This presentation will offer a demonstration of a sociometric exercise geared toward decision making; exploring the "pros and cons" of each side of the decision, while interacting with the "hear and now". This exercise is powerful and brings clarity when a client seems "stuck". Participants will be given time to practice some of the techniques such as doubling, role reversal, and the decision-making piece, then all will return to the group for processing and sharing.

Objectives:

1. Participants will learn about and how to incorporate techniques of psychodrama and sociometry into their sandtray practice.
2. Participants will acquire skills to use a sociometric exercise to enhance their understanding of processing client's sandtrays while focusing on discernment, forward thinking, and their ability to make decisions for their future recovery and/or therapeutic efforts.
3. Participants will gain understanding of psychodrama and sociometric techniques and how they can be used in sandtray therapy.

Two CE hours are available for this session.

12:00pm

Lunch

□ 12:00pm - 1:00pm, Nov 6

1:00pm

From Survivor to Hero: Brainspotting in the Sand (Intermediate)

Speaker: Holly St. Pierre

□ 1:00pm - 3:00pm, Nov 6

□ Southern Sandtray Hall

Description:

Attendees will be introduced to the revolutionary neurobiological focused-mindfulness practice of Brainspotting in the sand. Come experience for yourselves the brain/body felt-sense connection that validates the statement by developer David Grand PhD, "Where you look affects how you feel" as you dive into the sand in a liberating, deepening trauma processing experience for yourself and clients with curiosity as a true client centered modality.

Objectives:

1. Attendees will be able to describe the difference between traditional talk therapy and neurobiological experiential Brainspotting.
2. Attendees will demonstrate how "where you look affects how you feel" in the healing of trauma therapy.
3. Attendees will utilize two Brainspotting techniques in the sand.

Two CE hours available for this session

You Want to do Sandtray Therapy: So Now What Do You Do? (Basic)

Speaker: Virginia Willis

- 1:00pm - 3:00pm, Nov 6
- Holistic Sandtray Room

Description:

This presentation will be for attendees who are unsure of where to start on their journey of sandtray therapy. It will answer questions regarding the types of sand, types of sandtrays, how to store miniatures and types of miniatures needed. The presentation will assist attendees in explaining sandtray to other professionals, clients and/or families. The presentation will include themes with different ages as well as regulation in the sandtray. Attendees will practice sandtray work during the session, as well as discuss questions and answers about Sandtray Therapy.

Objectives:

1. Answering frequently asked questions about how to start sandtray by therapists.
2. Introducing sandtray to client and/or family.
3. How to help therapists become more comfortable using sandtray.

Two CE hours are available for this session.

Trauma, Attachment, and Couples Work in the Sandtray (Basic)

Speaker: Jessica Bright

- 1:00pm - 3:00pm, Nov 6
- Miniature Madness Room

Description:

Utilizing sandtray within couples counseling sessions can allow partners to visual and understand each other's experiences. Trauma and attachment styles can affect the dynamics of the relationship. Incorporating in sandtray when working with couples with trauma histories can help to make breakthroughs with couples stuck repeating the same cycles. This presentation seeks to explore attachment styles, trauma, and working with couples in the tray.

Objectives:

1. Differentiate between the different attachment styles and the role of trauma.
2. Identify how attachment styles and trauma histories can affect relationships.
3. Identify and practice at least 3 techniques/prompts to utilize with couples in sandtray therapy.

Two CE hours are available for this session.

The Trauma of Neuroscience (Part Two) (Advanced)

Speaker: Nidhi Kirpalani

□ 1:00pm - 3:00pm, Nov 6

□ Playful Connections Sandtray Room

Description:

This introductory level training seeks to develop your knowledge of the brain structure and how trauma can impact normal brain development. Whilst Neuroscience is often a topic that some of us shy away from, it is a great foundation for the work that sandtray therapists do. This session is geared towards simplifying the language and amplifying the confidence and understanding of how to utilize this knowledge in practice.

Objectives:

1. Participants will gain knowledge on the basics of the brain structure, especially how it relates to play and sandtray therapy.
2. To understand the effect of trauma on the brain and how this affects play and sandtray therapy.
3. Understand how different ages work in the sand and play from a brain science perspective.

Two CE hours are available for this session.

Multicultural Competence in Healing Trauma with Children and Families (Basic)

Speakers: Nayda Perez de Ponce and Michele Hairston

□ 1:00pm - 3:00pm, Nov 6

□ Room Sponsor: Play Therapy with Carmen Room

Description:

Have you ever been curious about how people live in other parts of the world? This presentation will make you feel like you are traveling to other countries. It will also assist you to gain knowledge of the developmental domains of multicultural competence, the benefits of using the sand tray as a non-verbal expression of emotion, and the needs of families who have experienced a traumatic event. Healing begins when we feel understood and accepted.

Objectives:

1. Gain knowledge of the developmental domains of multicultural competence. Self-awareness improves the counselor's ability to communicate with clients from other racial and ethnic groups which improves the counseling relationship.
2. Increase trauma informed competence in therapy sessions and use of Sandtray for psychoeducation.
3. Learn how to create a "Safe Place" in the Sandtray for emotional regulation.

Two CE hours are available for this session.

3:00pm

Break

□ 3:00pm - 3:30pm, Nov 6

3:30pm

Sandtray and EMDR Therapies Integrated (Advanced)

Speaker: Jackie Flynn

□ 3:30pm - 5:30pm, Nov 6

□ Southern Sandtray Hall

Description:

Sandtray and EMDR therapies create the ideal therapeutic combination. Since Sandtray therapy can make the unconscious conscious, it is a great modality to support the imagery, bilateral stimulation, adaptive shifts, cognitions, regulation, and more of EMDR Therapy. In this session, we explore how the integration of Sandtray and EMDR can deepen the healing process through the 8 phases.

Objectives:

1. Review the 8 phases of the Basic Protocol of EMDR therapy: History Taking, Preparation, Assessment, Desensitization, Installation, Body Scan, Closure, and Reevaluation through the lens of Sandtray therapy integration.
2. Observe demonstrations of a client session using all 8 phases of EMDR therapy integrated with Sandtray therapy. (PHASE 1-8: HISTORY TAKING, PREPARATION, ASSESSMENT, DESENSITIZATION, INSTALLMENT, BODY SCAN, CLOSURE, & RE-EVALUATION).
3. Learn 3 Sandtray Directives to support each of the 8 phases of EMDR Therapy.

Two CE hours are available for this session.

Building Positive Connections Related to Adoption using Sandtray Therapy (Basic)

Speakers: Emily Patterson and Elizabeth Hevener

□ 3:30pm - 5:30pm, Nov 6

□ Holistic Sandtray Room

Description:

Each member of the adoption-kinship network is at risk of experiencing adoption-related trauma. A need for more adoption-competent therapists has been identified in order to provide quality care to adoptees, adoptive families, birth families, and others who have been affected by out-of-home placement.

Participants will learn how to use Sandtray Therapy to bring healing to adoption-related issues at every age.

Objectives:

1. Participants will be able to identify different types of adoptions, myths surrounding adoption, and the impact that adoption has on the adoption-kinship network.
2. Participants will learn common clinical themes that arise in therapy for the various members of the adoption-kinship network, as well as the counselor's role in helping the client to process these themes and develop an integrated identity.
3. Participants will practice using practical applications for using Sandtray Therapy to explore themes of grief and loss, identity, and attachment, and trauma relating to Adoption.

Two CE hours are available for this session.

Using the Enneagram in the Sandtray (Basic)

Speakers: Rebecca Spooner and Amy Flaherty

□ 3:30pm - 5:30pm, Nov 6

□ Miniature Madness Room

Description:

The Enneagram is a popular means of self-exploration and discovery. This workshop will help participants learn their own number, understand each number of the Enneagram, and learn how to work with each number of the Enneagram in the tray. The Enneagram is NOT a personality typing system, but a way of understanding the individual's motivations, coping strategies, childhood wounds and strategies for health.

Objectives:

1. To learn about all 9 numbers of the Enneagram: their motivations, their wounds, their means of coping and what health and dysfunction looks like for each number.
2. Help participants gain a greater understanding of what each number might look like in the tray. Provide example trays of individuals with different Enneagram numbers, and interventions to help each client better manage those aspects of their coping and relationship strategies.
3. Provide an opportunity for each participant to work on their own Enneagram numbers in the tray so they may learn from experiencing their own sandtray work.

Two CE hours are available for this session.

Living Off the Bell Curve - Gifted Trauma

Speaker: Julie Galloway

□ 3:30pm - 5:30pm, Nov 6

□ Playful Connections Sandtray Room

Description:

Together, we will explore the extraordinary circumstances related to gifted trauma. Participants will gain knowledge on assumptions related to giftedness, learn useful modifications to therapeutic approaches and explore the benefits of using Sandtray Therapy. Attendees should expect audience participation with lively discussions and Sandtray role play using prompts that target challenges facing gifted individuals.

Objectives:

1. Justify the importance of Sandtray Therapy as an evidenced-based approach to treating symptoms of trauma related to gifted individuals and their families.
2. Identify 3 challenges gifted individuals face that render them vulnerable to trauma and 3 common assumptions/stereotypes that negatively impact their mental health.
3. Discuss modifications that will best suit this unique population which will help therapists connect effectively when using Sandtray.

Two CE hours are available for this session.

Violence, Oppression, and Racism: Trauma Work in the Sand and Beyond (Basic)

Speaker:

□ 3:30pm - 5:30pm, Nov 6

□ Room Sponsor: Play Therapy with Carmen Room

Description:

Attendees will be presented with data on trauma survivors of political violence and oppression. Racism was rampant in this population as well. Besides, discussing trauma work with this specific population, lessons learned which can be applied to any treatment are underscored. Trauma work across the spectrum including oppression, violence, racism, and sexual violence are discussed. This workshop includes traumawork in and out of the sandtray.

Objectives:

1. Assess a trauma survivor's experience and detail how exposures to political violence and violence in general impact mental health including feelings of oppression.
2. Discuss how political violence and other forms of violence and racism are related and how one augments the other.
3. Apply trauma informed interventions including sand tray therapy to address the trauma incurred by this population.

Two CE hours are available for this session.

5:30pm

Closing with Raffle Prizes Announced

□ 5:30pm - 6:00pm, Nov 6

Sun, Nov 07, 2021

7:30am

Tech Desk (Place to Check-In and Ask Tech Questions) OPEN FROM 7:30 AM - 6 PM CENTRAL

☐ 7:30am - 6:00pm, Nov 7

8:00am

Keynote by Bessel van der Kolk

- ☐ 8:00am - 9:00am, Nov 7
 - ☐ Southern Sandtray Hall
-

9:00am

Virtual Meet and Greet by Bessel van der Kolk (ALL ATTENDEES)

- ☐ 9:00am - 9:20am, Nov 7
 - ☐ Southern Sandtray Hall
-

9:20am

VIP: Fireside Chat with Bessel van der Kolk (VIP MEMBERS ONLY)

- ☐ 9:20am - 10:20am, Nov 7
 - ☐ Southern Sandtray Hall
-

10:30am

Combining Sand Tray and Animal Assisted Therapy in the Healing of Trauma (Intermediate)

Speaker: Mary Rottier

- ☐ 10:30am - 12:30pm, Nov 7
- ☐ Southern Sandtray Hall

Description:

This presentation is an overview of combining Animal Assisted Therapy (AAT) and Sand Tray. It will give participants the ability to learn more about the field of AAT and how it can be used effectively with sand tray in helping clients process traumatic experiences. Participants will learn how animal-client relationships can facilitate sand tray sessions by improving co-regulation, attachment, empathy development, self-esteem, and acceptance.

Objectives:

1. Participants will learn the definitions of Animal Assisted Therapy (AAT), Animal Assisted Play Therapy (AAPT), and the benefits of incorporating the client-animal relationship into a sandtray session to help heal trauma.
2. Participants will be provided with an overview of the goals of combining animal assisted therapy and sandtray in the treatment of trauma. This includes goals associated with attachment, coregulation, empathy development, and mutual respect for the therapist, animal, and client.
3. Participants will learn the basics for how to integrate a relationship with animals into the therapy work, will view actual sandtray sessions, and will learn the requirements for identifying and training a therapy animal suitable for this work.

Two CE hours are available for this session.

Geek Therapy in the Sandtray: Processing Trauma Using the Hero's Journey (Advanced)

Speaker: Bianca Kisselburg

- ☐ 10:30am - 12:30pm, Nov 7
- ☐ Holistic Sandtray Room

Description:

Who is your favorite character from a movie, book or tv show? These characters have been integral parts of our child & adulthood and have helped us with the struggles we faced throughout our lives. These stories may be based in fantasy but also are driven in human emotion. Geek Sandtray therapy uses the hero's

journey to process through trauma creating one's own storyline to foster growth, empowerment, and resilience. May the force be with you!

Objectives:

1. Assess the benefits of storytelling within sandtray, play therapy, and trauma therapy.
2. Identify the tenets of Geek therapy and at least five directives that utilize the three phases and twelve stages of the hero's journey.
3. Demonstrate sandtrays using the monomyth or hero's journey.

Two CE hours are available for this session.

Building Hope & Resiliency by Unpacking a Pandemic Through Sandtray (Basic)

Speakers: Beth Moore and Susan Ferguson

□ 10:30am - 12:30pm, Nov 7

□ Miniature Madness Room

Description:

The pandemic has a profound impact on one's spiritual values. Clients need the sacred space to explore their spiritual beliefs in the Sandtray in order for them to come out of this global trauma while increasing their resilience. Counselors can create a sacred space through Sandtray Therapy to hear client's stories; while they respect, value, and honor their client's cultural & spiritual practices, beliefs, and values

Objectives:

1. Participants will develop a better appreciation of what counseling practices are most helpful, for developing spirituality.
2. Participants will gain knowledge of identifying core spiritual values using Sandtray Therapy.
3. Participants will engage in spiritual practices in the Sandtray designed to revitalize one's spirituality during times of dry periods in their lives.

Two CE hours are available for this session.

Assessing the Quality of the Parent-Child Relationship Through Sandtray (Basic)

Speakers: Candace Chuyou-Campbell and Chris Simpson

□ 10:30am - 12:30pm, Nov 7

□ Playful Connections Sandtray Room

Description:

The use of assessments are important as they help guide treatment. Part of treatment planning may include the parent-child relationship as this relationship can make an impact on a child's progress. In this program, attendees will learn the importance of examining the parent-child relationship through the use of sandtray. An experiential piece will allow attendees to incorporate what they have learned. This program is for those who are beginners.

Objectives:

1. At the end of the presentation, participants will be able to recognize the practical use of sandtray as an assessment.
2. At the end of the presentation, participants will be able to apply the information gained to assess the parent-child relationship when using sandtray.
3. At the end of the presentation, participants will be able to explain the benefits of using sandtray as an assessment tool.

Two CE hours are available for this session.

Turning Your Sandtray into a Regulation Tool (Basic)

Speaker: Lisa Dion

□ 10:30am - 12:30pm, Nov 7

□ Room Sponsor: Play Therapy with Carmen Room

Description:

The sand tray is a common fixture in therapy but thinking outside the “sandbox” allows therapists to use sand in a nontraditional way, fostering regulation. In this workshop, participants will explore the link between sand and the activation of the autonomic nervous system and discover how to turn their trays into a regulation tool that can deepen both the client's experience and their own healing.

Objectives:

1. Explore the five toys needed to turn your sand tray into a regulation tool.
2. Examine the link between how a child uses the sand and the activation in their nervous system.
3. Explore various ways to bring regulation into the sand tray to help deepen the child's experience.

Two CE hours are available for this session.

12:30pm

Lunch

□ 12:30pm - 1:00pm, Nov 7

1:00pm

Working with Couples in the Sand (Intermediate)

Speaker: Amber “Brooke” Weaver

□ 1:00pm - 3:00pm, Nov 7

□ Southern Sandtray Hall

Description:

Sandtray therapy can be an amazing tool to use with couples counseling. It provides nonverbal strategies, where other treatment approaches may be unsuccessful. It can build appropriate communication, which increases relationship satisfaction. In this session, you will learn appropriate strategies, specific directives, and popular miniatures to help fine tune your success in combining sandtray therapy with couples counseling.

Objectives:

1. Upon completion of this presentation, participants should be able to identify the advantages of using Sandtray Therapy with couples.
2. Upon completion of this presentation, participants should be able to facilitate appropriate directives for couples in the sandtray.
3. Upon completion of this presentation, participants should be able to apply strategies of sandtray, therapy for couples, where other treatment approaches were unsuccessful.

Two CE hours are available for this session.

Sandtray Therapy with Survivors of Chronic, Complex and Sexual Trauma (Part One) (Advanced)

Speaker: Nidhi Kirpalani

□ 1:00pm - 3:00pm, Nov 7

□ Holistic Sandtray Room

Description:

Worldwide, therapists describe significant burnout following their work with survivors of trauma, including

sexual trauma. This Workshop aims to develop therapists' competence in the field through experiential learning and exposure to theoretical knowledge. Participants will be supported on self-care techniques and tools to shield themselves from burnout whilst actively engaging their clients and understanding therapeutic progress of survivors.

Objectives:

1. To provide therapists with awareness of what chronic, complex and sexual trauma work entails in clients of different ages and cultural backgrounds.
2. To familiarize persons with the language, techniques, and tools to work with survivors of complex and sexual trauma.
3. Review several case studies to observe the therapeutic evolution of clients who experienced chronic/complex/sexual trauma.

Two CE hours are available for this session.

Healing Anxiety & Trauma with Sandtray During a Pandemic (Basic)

Speaker: Beth Moore

□ 1:00pm - 3:00pm, Nov 7

□ Miniature Madness Room

Description:

The world is in a crisis and anxiety is reaching an all-time high. Many people are frozen in anxiety, triggered by so many changes, and in sheer panic. Sandtray Therapy is an amazing multi-sensory approach that can regulate the nervous system, ground the body in the now, and soothe the spirit and intense emotions. Build resiliency and healing through integrative Sandtray Therapy.

Objectives:

1. Participants will develop coping skills for anxiety, stress, and isolation.
2. Participants will gain knowledge of the effects that COVID-19 has had on mental health and anxiety.
3. Participants will engage in intentional practices to help heal from anxiety and trauma, including Sandtray Therapy techniques that increase emotional resilience.

Two CE hours are available for this session.

The Walking Wounded - Parent Related Trauma Associated with ASD (Basic)

Speaker: Julie Galloway

□ 1:00pm - 3:00pm, Nov 7

□ Playful Connections Sandtray Room

Description:

Together, we will explore the extraordinary potential of helping parents heal from trauma related to ASD. Attendees will gain knowledge on current statistics, distress and treatment goals. We will explore the benefits of using Sandtray Therapy with helpful prompts that target this specific population. Attendees should expect audience participation and hands on activities that create a lively atmosphere for learning.

Objectives:

1. Justify the importance of Sandtray Therapy as an evidenced-based approach to treating symptoms of trauma related to raising a child with the diagnosis of Autism Spectrum Disorder.
2. Determine the unique challenges faced by parents with children on the Autism Spectrum.
3. Discuss strategies to help clinicians overcome the adversity and develop confidence when working with parents living with Autism.

Two CE hours are available for this session.

Processing Trauma in the Sandtray Through an Integrative Approach (Intermediate)

Speakers: Jennifer Hayes and Myron Jones

□ 1:00pm - 3:00pm, Nov 7

□ Room Sponsor: Play Therapy with Carmen Room

Description:

Participants will increase their abilities to use Sandtray with CBT and EFT to optimally help their clients in the healing process. It is also important to look at the attachment pattern when working with this population. While cognitive behavioral therapy targets the Frontal lobe, emotionally focused therapy targets the Limbic system and attachment provide a foundational framework, the Sandtray is the integral piece for comprehensive healing.

Objectives:

1. Participants will learn to use attachment theory with cognitive behavioral and emotionally focused modalities within the Sandtray.
2. Participants will learn and practice at least 5 interventions to help practice trauma in the Sandtray.
3. Participants will learn and practice how to use the 5 interventions through an integrative approach with the models listed above.

Two CE hours are available for this session.

3:00pm

Break

□ 3:00pm - 3:30pm, Nov 7

3:30pm

Healing Trauma From Safe Spaces with Internal Family Systems in the Sand (Advanced)

Speakers: Carmen Jimenez-Pride and Margaret L. Conley

□ 3:30pm - 5:30pm, Nov 7

□ Southern Sandtray Hall

Description:

When an individual experiences trauma they turn to safe spaces for acknowledgment, support, and healing, what happens to an individual when they experience trauma within their safe spaces? This workshop will explore how to address trauma from spaces traditionally considered safe experienced by populations of color to include spiritual institutions, schools, and communities with the Internal Family Systems model and sand tray therapy.

Objectives:

1. Participants will explain concepts of the Internal Family Systems model and the relationship with sandtray therapy.
2. Participants will discuss trauma and its impact within traditionally safe spaces expectancy by populations of color.
3. Participants will demonstrate sandtray techniques utilizing Internal Family Systems.

Two CE hours are available for this session.

Sandtray Therapy with Survivors of Chronic, Complex and Sexual Trauma (Part Two) (Advanced)

Speaker: Nidhi Kirpalani

□ 3:30pm - 5:30pm, Nov 7

□ Holistic Sandtray Room

Description:

Worldwide, therapists describe significant burnout following their work with survivors of trauma, including

sexual trauma. This Workshop aims to develop therapists' competence in the field through experiential learning and exposure to theoretical knowledge. Participants will be supported on self-care techniques and tools to shield themselves from burnout whilst actively engaging their clients and understanding therapeutic progress of survivors.

Objectives:

1. To provide therapists with awareness of what chronic, complex and sexual trauma work entails in clients of different ages and cultural backgrounds.
2. To familiarize persons with the language, techniques, and tools to work with survivors of complex and sexual trauma.
3. Review several case studies to observe the therapeutic evolution of clients who experienced chronic/complex/sexual trauma.

Two CE hours are available for this session.

Soul Healing Through Sandtray Therapy: Grief, Loss, Racial Trauma & COVID (Intermediate)

Speaker: Angel Onley-Livingston

□ 3:30pm - 5:30pm, Nov 7

□ Miniature Madness Room

Description:

An Experiential Approach to Sandtray Therapy in creating a community of engagement and village for healing trauma and loss around Racial Trauma and COVID19 through the use of incorporating music, healing modalities, archetypes, and symbols, relevant to the clients communal, spiritual, and cultural self. This is the creation of a comfort zone for healing.

Objectives:

1. Participants will gain experiential processes to use in the Sandtray through contrived and non-contrived prompts.
2. Participants will understand the use of mindfulness in Sandtray, through using all five senses.
3. Participants will learn ways to hold space and offer tangible ways to use the Sandtray for a healing sacred for grief and loss, and racial trauma.

Two CE hours are available for this session.

Working with Undocumented Immigrants and Refugees in the Sand and Beyond (Basic)

Speaker: Charissa Pizarro

□ 3:30pm - 5:30pm, Nov 7

□ Playful Connections Sandtray Room

Description:

This is an introductory workshop; attendees will be presented with ways to address the extensive trauma of undocumented immigrant and refugee children and families from a Culturally Sensitive and Trauma Informed Care framework in the sandtray. The importance of and how to help your client tell his/her story in trauma treatment is highlighted. Mental Health Providers are cautioned to increase self-care in trauma work to avoid burnout.

Objectives:

1. Describe an immigrant's journey and how specific risks and exposures immigrants face impact mental health.
2. Explain how to apply a culturally sensitive and trauma-informed care framework to a case example of an undocumented immigrant.
3. Apply trauma informed interventions in sandtray therapy as well as in clinical interviewing/ treatment to address the trauma incurred by this population.

Two CE hours are available for this session.

Healing after Trauma: Building the Crucial C's in the Sand (Basic)

Speaker: Kim Feeney

☐ 3:30pm - 5:30pm, Nov 7

☐ Room Sponsor: Play Therapy with Carmen Room

Description:

Looking for a way to help heal after trauma? Utilizing Adlerian Play Therapy and the theory of Crucial C's, clinicians can empower children to reconnect with the world, to feel a sense of purpose and meaning, to develop mastery and self-control, and to recognize the courage they have shown. In this workshop, participants will learn how to assess and build the 4 Crucial C's, as well as look for healing themes within children's sandtrays.

Objectives:

1. Participants will be able to describe each of the 4 Crucial C's.
2. Participants will be able to identify 3 prompts for each Crucial C in the sand.
3. Participants will be able to identify 3 healing themes in the sand.

Two CE hours are available for this session.

5:30pm

Closing with Raffle Prizes Announced

☐ 5:30pm - 6:00pm, Nov 7
