

2024 IAST Summit								
Time Start	Time End	Tracks	Session Title	Description	Objectives	# CEs	Speaker	Room
PRE-CONFERENCE AND VIP DAY - FRIDAY, April 5, 2024								
7:00 AM	8:30 AM	Pre-Conference Attendees	Registration					
8:45 AM	9:00 AM	"	Welcome / Intro of Terry Kottman					Rainbow Room
9:00 AM	12:00 PM	"	Using Sandtray to Explore Your Weird and Wonderful Self	In this highly personal, experiential pre-conference workshop, you will use the magic of sandtray to explore your thoughts and feelings about your current situation and your future. You will create sand trays designed to delve into your beliefs about self, others, and the world; discover the impact of your culture on your patterns of thinking, feeling, and behaving; and investigate your mastery of the Crucial Cs of Connect, Courage, Capable, and Count.	1) Describe how to use sandtray to give a quick assessment of current functioning. 2) Define the difference between a directed sand tray and a quasi-directed sand tray. 3) Describe how to use sandtray with a "future self" visualization. 4) Explain how to use sandtray to explore beliefs about self, others, and the world. 5) List 4 elements of culture that can have an impact on how people think, feel, and behave. 6) Explain how to use sand tray to delve into mastery of the Crucial Cs (Connect, Courage, Capable, and Count).	6.0 (must attend both parts of the training)	Terry Kottman	Rainbow Room
12:00 PM	1:00 PM	"	LUNCH					
1:00 PM	4:30 PM	"	Using Sandtray to Explore Your Weird and Wonderful Self	see above	see above	see above	Terry Kottman	
DAY 1 - SATURDAY, April 6, 2024								
Time Start	Time End	Tracks	Session Title			Room	Speaker	Room
7:00 AM	8:30 AM	All attendees	Registration					Registration Area
8:15 AM	8:30 AM	"	Welcome and Introduction				Beth Moore	Ballroom (ABC)
8:30 AM	9:30 AM	"	Keynote Address				Amy Flaherty Hood	Ballroom (ABC)
9:30 AM	10:00 AM		Break					
10:00 AM	12:00 PM	Intermediate	Is It Really Over? Processing Death and Divorce in the Sandtray	We see clients at the lowest times in their lives, often when something or someone has died in their life - the death of a dream, a person, a relationship, or even parts of the self. It's no consequence that the death of a spouse and divorce are within the top 5 life stressors a person can endure. Join Rebecca Spooner and Amy Hood as they explore how grieving alters brain chemistry, ways to show up and guide a grieving person through the hellish landscape of a divorce or death, and also themes that you can expect to see as they work in the sandtray. Amy and Rebecca will also share personal stories from how they have navigated and even thrived after these life-changing experiences.	1) Examine and recite 3 different ways the brain is changed during the grief process 2) Gain knowledge of 4 themes that appear in the sand when processing death and divorce.	2	Amy Hood & Rebecca Spooner	Groovy Room
10:00 AM	12:00 PM	Intermediate	Sandifest: The Neuroscience of Manifesting in the Sandtray	Ever wondered what Manifestation really is or how to use it? This workshop aims to share the basics and neuroscience of manifestation. Neuroscience helps us understand that there is more than "just doing" as now we have deepened our understanding of these seemingly odd practices. Participants are then led through a guided sandtray experience to help melt the neuroscience into practice, while having the opportunity to manifest their own goals.	1) To identify the parts of the brain involved in manifesting. 2) To develop an understanding of the Negative Feedback Loop 3) Demonstrate the steps involved in using Manifesting in your Sandtray!	2	Nidhi Kirpalani	Rainbow Room
10:00 AM	12:00 PM	Basic	The Basics and Beyond! Setting Up & Processing in Sandtray Therapy	This course will seek to answer for participants; who can benefit from Sandtray Therapy, why and how this method of therapy works, and what is needed to get started and be successful. We will explore how to start a Sandtray session and participants will be invited to pair up and practice processing personal trays with other participants.	1) Participants will be able to list supplies needed to begin practicing Sandtray Therapy including; types of sand, sand tray options and where to find miniatures. 2) Participants will explore and discuss ways to set up a Sandtray space for optimal engagement. 3) Participants will demonstrate skills needed to introduce Sandtray Therapy to clients and process a Sandtray session.	2	Megan Cinnamon	Chill Room (Southpark)
12:00 PM	1:00 PM		Lunch Buffet			Dining Area		Dining Area
1:00 PM	3:00 PM	Basic	Adlerian Applications of Sand Tray Play Therapy: An Introduction	In this introductory workshop, we will explore how to use sand trays in each of the 4 phases of Adlerian play therapy: (a) building a relationship with clients; (b) exploring clients' lifestyle patterns; (c) helping clients gain insight into their patterns; and (d) facilitating clients making changes in their thoughts, feelings, attitudes, behaviors, and relationships.	1) List the 4 phases of Adlerian sand tray play therapy. 2) Describe 3 different types of sand trays used in Adlerian sand tray play therapy.	2	Terry Kottman	Groovy Room

1:00 PM	3:00 PM	Intermediate	Keeping Sandtray Neurospicy: ADHD and Autism in the Sand	Have you ever had a client on the Autism Spectrum or maybe a client who has ADHD, and you just weren't sure what to do? This session will give both educational and practical expertise about working with neurodivergent clients. Participants will dive into the world of neurodivergence and learn key aspects of working with clients from this population in the sandtray.	1) Participants will differentiate how working in the sandtray with someone who is neurodivergent may be different than working with someone who is neurotypical. 2) Participants will evaluate their own feelings about neurodivergence in the sandtray. 3) Participants will list at least two engagement and connection interventions and at least two social skills interventions using the sandtray.	2	Denise Hudson	Chill Room (Southpark)
1:00 PM	3:00 PM	Intermediate	Images in the Sand: Powerful Tool to Explore Parts of Self & Complex Trauma	Enhance your counseling toolbox with the power of images! Learn practical techniques for clients with complex trauma, diverse methods for effective counseling, and integration of parts of self to deepen the therapeutic process. This session will provide you with essential tools to enhance your practice and build your confidence. This hands-on training will significantly impact your counseling effectiveness and your clients' healing journey.	1) Develop a comprehensive understanding of utilizing images in sand therapy to explore and integrate parts of the self, particularly in addressing complex trauma. 2) Practice with on hands-on activities to allow clinicians to actively explore and implement sand therapy techniques, enriching their therapeutic toolbox. 3) Enhance the therapeutic relationship by exploring creative ways to use sand, collage, and parts of self work.	2	Claudia Ocampo	Rainbow Room
3:00 PM	3:30 PM	Break						
3:30 PM	5:30 PM	Advanced	It's All in the Cards: IFS, Tarot, and Oracle in the Sandtray	This is not your normal sandtray workshop. Our clients come to our therapy rooms with personal practices that are outside of what society deems as "normal". Practices such as Reiki, spiritual rituals, crystals along with tarot and oracle cards. There is space for these practices within the therapy room and the sandtray space. With a combination of Internal Family Systems parts work and energy healing practices, this workshop will on the integration of client rituals within the sandtray.	1) Discuss the core concepts of the Internal Family System model. 2) Analyze the use of tarot, oracle cards, and other healing energy cards in the sand. 3) Demonstrate sandtray directives that connect clients to increase and experience their self-energy.	2	Carmen Jimenez-Pride	Groovy Room
3:30 PM	5:30 PM	Intermediate	Play Your Funky Music: Using your Personal Soundtrack in the Sandtray	Have you ever thought about what the soundtrack to your life is? This session will allow people to see how music affects memory recall, how to began to curate personal playlists to further enrich that recall and begin to explore potential applications of personalized music in your own practice.	1) Identify how music can be utilized to help with memory retrieval 2) Discover considerations of themes to help you and/or your clients build their own playlist(s) and the dilemmas that may come up for you while doing so. 3) Understand potential applications and prompts that could be given in the sand that could be enhanced with music.	2	Decha Bailey	Rainbow Room
4:30 PM	6:30 PM	Intermediate	Using Adlerian Sandtray play therapy in Parent and Teacher Consultations	Learn to use sandtray to create custom-designed parent and teacher consultations that improve outcomes for children by implementing concepts from Adlerian sandtray play therapy. Gain new techniques for using sandtray to create a safe and supportive space for therapists, parents, and teachers to communicate and collaborate. Discover how to use sandtray to deepen your understanding of the parent and teacher's perspectives on the child's behavior.	1) Identify the Adlerian play therapy concepts of personality priorities and crucial Cs 2) Discuss how to use personality priorities and crucial cs to custom design parent and teacher consultations 3) Explore 3 sandtray prompts to use in parent or teacher consultation	2	Kim Feeney	Chill Room
DAY 2 - SUNDAY, April 7, 2024								
Time Start	Time End	Tracks	Session Title				Speaker	
7:00 AM	8:00 AM		Registration					
8:15 AM	8:30 AM		Welcome and Introduction				Amy Flaherty Hood Groovy Room	
8:30 AM	9:30 AM		Keynote Address				Terry Kottman Groovy Room	
9:30 AM	10:00 AM	Break						
10:00 AM	12:00 PM	Intermediate	Understanding, Exploring, and Influencing Neural Landscapes in Sandtray Therapy	In "Understanding, Exploring, and Influencing Neural Landscapes in Sandtray Therapy", scheduled for the final day of our summit, participants will have the opportunity to deepen their sandtray therapy practice with a nervous system-informed approach. Presented by Jackie Flynn, this workshop offers a unique combination of many of the creative aspects of sandtray therapy with an insightful understanding of the nervous system. During the session, therapists will learn how to seamlessly integrate a nervous system perspective into their sandtray therapy work. By guiding clients in the selection of miniatures that symbolize their states, therapists can help clients gain agency over their nervous system states and uncover somatic material that was previously unreachable. This will help deepen the therapeutic power of sandtray therapy, while helping clients to engage more actively in their healing processes	1) Explain how to use metaphorical representations in sandtray therapy to enhance understanding of the nervous system's states. 2) Demonstrate various sandtray therapy approaches, ranging from non-directive to directive, that promote shifts towards regulation using attuned movement, breath, sand, selection and placement of miniatures, and the sandtray itself. 3) Apply strategies that integrate knowledge of the nervous system into sandtray therapy to help processing, emphasizing attunement and sensory engagement for effective nervous system regulation.	2	Jackie Flynn	Groovy Room

10:00 AM	12:00 PM	Intermediate	Weirdly Attached, Using sandtray to sort and create healthy attachments	Working with clients who have attachment injury is difficult, can even be exhausting to counselors. Helping the client find ways to show their attachments in a Sandtray, begin to work with them on creating healthier views of being attached. How to take steps to create boundaries in relationships. Most importantly, how to help the counselor maintain healthy boundaries with a client who has a history of abuse through Sandtray work.	1) Review information on attachment theory, originally credited to Bowlby, and how Sandtray may apply to the healing/growth of healthy attachment in clients who have experienced C-PTSD. Audience will be able to identify two ways that Sandtray can support healthy attachments as outlined by Bowlby. 2) Audience will gain skills to look at a Sandtray and support clients being able to do some work on gaining a deeper understanding of healthy attachments they already have, and working to create healthy boundaries in relationships where needed. Audience will have prompts that can be utilized by clients during their next sessions. 3) Audience will be able to utilize at least one Sandtray prompt to work with counselors as clients in the tray. This supports counselors maintaining their own integrity of healthy boundaries for the length of their career. Allowing counselors to remain creative supports keeping it weird in our path to healing.	2	Heather Yasolsky	Chill Room
10:00 AM	12:00 PM	Intermediate	EMDR and Sandtray with Children	Learn how to merge Sand-Tray therapy and EMDR with innovative tools and simple resources for effective therapy sessions with children, adolescents and adults. Regardless of age, the patient is the lead, the nervous system and subconscious are the guides, while we are but mere escorts in their healing journey.	1) Learn to let the child lead you to their needed healing. You will learn to trust that the client knows what is best for their nervous system and their specific healing path by suspending all judgement and setting aside assumptions and meanings to selected miniatures or placement. 2) You will learn of innovative, non-invasive technology to facilitate bilateral stimulation that can be used as the client selects miniatures, places, and process their world in sandtray. 3) Learn to trust the client's own selection of the speed they need for bilateral stimulation throughout the session.	2	Lidia Belle	Rainbow Room
12:00 PM	1:00 PM		Lunch Buffet				Dining Area	Dining Area
1:00 PM	3:00 PM	Intermediate	Sandtray in the Courtroom	Learn what happens in court when the judge is looking at sandtray pictures and the therapist. Script to help therapists explain what sandtray is and use a language that the judge and attorneys will understand. Gain insight into the court's perspective of how sandtray is beneficial to the client. In this session we will role play courtroom scenarios and therapists will get to practice explaining pictures of sandtray worlds to the judge.	1) Participants will develop insight on the professional role of therapists entering the courtroom. 2) Participants will be able to explain Sandtray therapy tray used by clients in court	2	Virginia Willis	Rainbow Room
1:00 PM	3:00 PM	Advanced	Spoons in the Sandtray: Trauma, Chronic Illness, and Spoons	Sandtray Therapy can help us process trauma and chronic illness, while spoons can help us cope better and manage our daily lives with chronic illness. Spoons sound silly? Oh just wait, there's more! Join us as we dive into seriously fun coping skills with Sandtray & Play techniques; such as visualizing daily energy and life-giving tasks, balancing daily spoons, and finding jewels of energy.	1) Participants will measure life-giving vs energy-draining tasks in their daily lives using Sandtray Play Therapy. 2) Participants will identify trauma's connection to chronic illnesses, and the impact of balancing daily life tasks with chronic illness. 3) Participants will utilize evidence-based skills, such as Sandtray Play Therapy and wellness coping skills, to help clients manage chronic illness and improve their quality of life.	2	Beth Moore	Groovy Room
3:00 PM	3:30 PM		Break					
3:30 PM	5:30 PM		ICST-P Q&A				Board	
3:30 PM	5:30 PM	Intermediate	For the Jedi Council of Supervisors: Sandtray in Supervision We will Learn	Using Sandtray in Supervision is a unique integrated approach. Through experiential processes and lectures, they will present supervision issues, practical ideas for mentoring the supervisee using the sandtray, and assist participants in a deeper understanding of themselves as supervisors and as therapists. May the Supervision force be with you!	1) Identify theoretical foundations underlying supervision and consultation. 2) Create sandtray play therapy directives that would enhance the supervision process 3) Discuss sandtray play therapy themes in a supervisee case example.	2	Bianca Kisselburg and Addison Stewart	
3:30 PM	5:30 PM	Basic	Oh, the places sandtray can go!: Taking sandtray to weird (unique) settings	This program will focus on the creative and innovative ways to take sandtray therapy into non-traditional settings, such as schools, memory care centers, and shelter/foster homes, and work within the confines of non-traditional restrictions. Participants will be exposed to a variety of ways to transport and store sand and minis as well as specific miniatures that work well for on-the-go work.	1) Participants will differentiate how working in the sandtray with someone who is neurodivergent may be different than working with someone who is neurotypical. 2) Participants will evaluate their own feelings about neurodivergence in the sandtray. 3) Participants will list at least two engagement and connection interventions and at least two social skills interventions using the sandtray.	2	Denise Hudson	