



Level 1: Sand and Play with the Body-Brain in Mind

A 5-day experiential training in The Body-Brain Approach to Sandtray Therapy

with Rita Grayson, LCSW, RPT-S

April 16 – 20, 2020

In Vancouver, WA (15 minutes from Portland International Airport)

Offered through SageSource Learning Center

In this clinical training you will learn the fundamentals of Sandtray Play Therapy. Through experiential exercises, you will gain a felt sense of Sandtray play and practice ways to expand your ability to be fully present with clients. At the same time, you will be learning concepts of Interpersonal Neurobiology in order to gain a deeper understanding of what happens in the brain when sand, play, and warm, empathic relationships are brought together into a powerful healing experience.

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:

- Facilitate a play therapy session using the Body-Brain Approach to Sandtray Therapy.
- Identify body-based information sources and ways they can be accessed in a play therapy session using the sandtray.
- Design body-based questions to deepen the play therapy client's experience of sandtray play.
- Explain why The Body-Brain Approach to Sandtray Therapy is an effective play therapy modality to address difficulties arising from early childhood and/or traumatic experiences.
- Connect foundational concepts of relational neuroscience to the primacy of the play therapist/client relationship as it manifests using the sandtray.
- Recognize the role of mirror neurons and resonance circuits while using the sandtray in the play therapy process.
- Describe the Window of Tolerance and the concept of co-regulation as it applies to the relationship between therapist and client during a play therapy session.
- Identify the benefits of offering non-directive sandtray play within the play therapy treatment process.
- List required and recommended equipment for sandtray work in play therapy.
- For the purpose of documentation, recognize play therapy themes as they appear during a sandtray therapy session.

Costs: (Includes tuition, supplies, breakfast and lunch. Dinner and lodging are on your own.)

Early registration on or before March 9, 2020 -- \$820.00

Late registration between March 10 and April 2 -- \$920.00

With permission only after April 2, contact Rita

CE certificate -- \$45.00

Continuing Education Credit Information:

This training awards 32.5 CE hours. CE certificates are issued at the end of the workshop upon completion of a course evaluation.

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.



Questions? Rita is happy to answer them! Contact her at Rita@LearnSandTray.com.

For **more information** about SageSource Learning Center, go [here](#).

To **register online**, go to LearnSandTray.com.

Your Instructor:

Rita Grayson, LCSW, RPT-S began her study of Sandtray Therapy in 2005 under Gisela Schubach DeDomenico, 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!

Daily Schedule

8:30 AM – 9:00 AM Breakfast and gathering time
9:00 AM – 10:45 AM Instructional time
10:45 AM – 11:00 AM Break
11:00 AM – 12:30 PM Instructional time
12:30 PM – 1:30 PM Lunch
1:30 PM – 3:15 PM Instructional time
3:15 PM – 3:30 PM Break
3:30 PM – 5:00 PM Instructional time

SageSource Learning Center's Absence Policy:

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. There are no refunds for missed days. It will not be possible to join a subsequent training for the days missed.

SageSource Learning Center's Cancellation Policy:

- \$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.

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.

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.