

## Yellow Stream Certificate in Sandplay with Special Populations



**Two possible routes!**



**Play Therapist: CACPT Certification Route**



CANADIAN ASSOCIATION  
FOR CHILD AND PLAY THERAPY

**CACPT Route:** For those seeking to become Certified by that Canadian Association for Child and Play Therapy (CACPT), this is the recommended program to take in addition to the Green & Red Stream programs, to fulfill the requirement of 180 hour of play therapy training by CACPT.

Registrant's en-route toward Certification by CACPT should first complete the Green Stream (or an equivalent), prior to taking this yellow stream program (Note: it may be taken prior to the Red Stream).



**Special Interest & Advanced Practitioner**

This certificate program can be taken as a stand-alone specialized training for those wishing to explore this play intervention/modality. You do not require a Master's degree to enter this program. However, due to the focus on sandplay techniques, as applied to special population/referral issues, as well as a developmental approach (understanding developmental stages as represented in the sandtray), previous training in play therapy is strongly encouraged.

The Certificate in Sandplay with Special Populations program offers 35 hours of approved/certified training. It consists of 3 days of face-to-face training PLUS a pre-course on-line component (with a Mastery Test) and a post-course case conceptualization assignment (totaling 12 non-contact hours). Students will have three months to complete the required written case assignment.

This certificate program is part of RMPTI's fully integrated training program continuum, as it builds on the integrative approach to play therapy introduced in the Green Stream, with an emphasis on theory, techniques and applications to special populations.

Taking a developmental approach (understanding developmental stages as represented in the sandtray), the program focuses on sandplay techniques as applied to special population/referral issues (e.g., children of divorce,

traumatized clients, giftedness, anxiety/phobias, depression, etc.). Participants will have the opportunity to engage in experiential sandplay activities that range from interactive to static use of the sandtray, and will be exposed to various theoretical orientations of sandplay.

### **Program Goals**

The primary goals of this program are to deepen participants' understanding and experience with using symbols and metaphors in sandplay, expand inquiry skills, and abilities to track the sandplay process. The program also strengthens participants' substantive knowledge base of special population/referral issues, including:

- Trauma / Medical traumas/Complex grief & loss
- Anxiety/Phobias
- ASD
- Bullying
- Eating disorders
- Giftedness
- Working with families
- Working with twins

For full details please refer to the [application form](#). To access program dates see the [training calendar](#).

### **Who Should Attend?**

It is recommended that students enrolled in the CACPT Route of Certification take this program after completing the Green Stream. Like other Yellow Stream programs, this program is also designed for those practitioners who wish to add to their play therapy training resume. All hours accumulated in the yellow stream count towards play therapy certification/registration.

### **Entrance Requirements**

Completed or attending post-graduate level degree in Counseling, Psychology or Clinical Social Work or Completion of the Certificate in Therapeutic Play Skills (Green Stream).

### **Required Readings**

Carey, L. (1999). *Sandplay Therapy with Children and Families*. New Jersey: Book-mart Press.

### **Program Outline**

#### **On-Line Program:**

Historical & theoretical constructs

- Development of the Ego & Psyche
- Symbolization process
- Archetypes

- Conscious processing
- Transcendent function
- Progression & regression
- Stages of development (e.g., R. Bowyer)
- Compensation & Adaptation
- Cased study
- Personal exercises

**Day 1:**

- What is Sandplay?
- Theoretical applications
- Metaphors and Symbols – universality and uniqueness
- Personal Exercises
- Use of mapping
- Non-directive sandplay
- Personal process journals

**Day 2:**

- Use of sandplay with children 4-7 year
- Typical interventions with younger children and reasons for us
- Identifying re-enactments and trauma fragments
- Experiential exercise: moving sandplay
- Video examples and slides
- The directiveness continuum / Case conceptualization
- Reflecting and intervening – roles of the sandplay therapist
- Use of sandplay with children 8-11
- Case examples and slide presentation
- Practice using: sand stories and story stems
- Tracking developmentally significant issues
- “Moving” and/or interactive sandplay with specific populations – i.e., children of divorce, traumatized children
- Consciousness dimension and use of interpretations

**Day 3:**

- Warm-up exercise
- Case conceptualization and planning
- Sandplay with adolescents
- Special issues and considerations
- Case example
- Experiential non-directive exercise
- Enquiry and tracking with adolescents
- Parent involvement – How to provide parent feedback
- Special considerations when working with families or dyads
- Ethics and practice guidelines when using sandplay

## Learning Objectives

- To provide an overview of the use of sandplay in various counselling settings, with special populations, and to provide participants with *experiential learning opportunities*.

Upon successful completion of the course each participant will have gained:

- An introduction to the history and theoretical perspective guiding sandplay
- An understanding of the sandplay process & stages of sandplay
- An opportunity to work with sandplay with a variety of presenting problems/populations
- A deeper understanding when working with symbols and metaphors
- An introduction to working with various ages and stages of development when working in sand
- An appreciation to ethics and guidelines related to sandplay
- An introduction to working with sandplay and families
- Ways to provide feedback to parents and third parties
- An understanding of when to be directive or non-directive in sandplay
- Increased skills in inquiry and tracking when using sandplay
- An opportunity to practice using tracking/recording tools
- An appreciation for use of self & the holding process in sandplay work

## Methods

- Experiential activities
- Videos & case examples
- Reading assignments
- Written case conceptualization assignment

## Awards

Participants will receive a Certificate in Sandplay with Special Populations from Rocky Mountain Play Therapy Institute. This certificate confirms the completion of 35 hours of specialized play therapy training approved by APT and CACPT. All training hours count toward certification or registration as a play therapist.

The certificate will be awarded on the basis of:

- Satisfactory attendance (no whole module may be missed unless there are extenuating circumstances. A makeup assignment may be requested depending on time missed).
- Satisfactory completion of a written case conceptualization.