



Little Tree Play Therapy House

Approved Training Workshop

Association for Play Therapy, USA

(APT Provider Number: 13-344)

***Sand Tray Group Play Therapy in Schools and Clinics from
an Interpersonal Neurobiology (IPNB) Perspective***

Accredited Play Therapy Training (Total 18 accredited hours)

Weaving together the science-informed concepts of interpersonal neurobiology (IPNB) and group dynamics, we will explore the healing power of relational play within the context of sand and miniatures. To accomplish this, we will review what neuroscientists are saying about the brain's need to make sense of life experiences through storytelling in ways that help people bond with one another. We will talk about brains and relationships as examples of complex systems that reach their best potential when differentiated parts of the system (whether they be neural networks or individuals in the group) link together to form a more coherent system. Translating this abstract concept to what actually unfolds in sand tray groups of all ages will be our unifying task over the three days of this seminar. Staying with an interpersonal focus, we will talk about mirror neurons and mindfulness as we explore the meaning of "holding space for group experience," along with the challenges that facilitators often experience when they attempt to stay fully present.

*Often the hands know how to solve a riddle with which the
intellect has wrestled in vain. – C. G. Jung*

Trainer:

Theresa A. Kestly, Ph.D.

Dr. Theresa Kestly (<http://books.wwnorton.com/books/Author.aspx?id=4294978771>) is a clinical psychologist, a registered play therapist-supervisor, and she is the founder and director of the Sand Tray Training Institute of New Mexico in Corrales (<http://sandtraytraining.com/>). She is author of *The Interpersonal Neurobiology of Play: Brain-Building Interventions for Well-Being*. Theresa is past president of the New Mexico Association for Play Therapy in the United States.

Day 1: Dynamics of Group Play Therapy

Day 2: Practical Matters: Planning, Organizing, and Implementing Sand Tray Groups in Schools and Clinics

Day 3: Facilitation Skills: Mindful Awareness at the Core

Training Details:

Date: 01 (Thu.) – 03 (Sat.) February, 2018

Time: 9:30am - 5:00pm (6 accredited hours per day)

Venue: Room 607, The Boys' and Girls' Clubs Association of Hong Kong, 3 Lockhart Road, Wanchai, Hong Kong.

Enquiry: Please call (852)-6227-8906 for Ms Cheuk or e-mail: info@littletree.com.hk.