

North Dakota Association for Play Therapy Conference 2025

Description and Objectives

Bridges in the Sand; Sand Tray Play Therapy

Sand therapy is an expansive therapeutic approach with the ability to reach across the life span. It is a psychotherapeutic tool that utilizes natural processing in an in-depth and creative way that brings light to increased awareness and insight. This 2-day training includes hands-on tools and practice while learning the principles of Sand Tray play therapy including sand and miniatures. This training encompasses the use of Sand Tray across multiple therapeutic approaches and includes the integration of play themes, metaphors and symbols providing many useful elements for providers to use in their work with youth, adults and families.

OBJECTIVES

1. Discover the effectiveness of Sand Tray and how to implement these techniques with Play Therapy.
2. Identify the history of Sand Tray Play Therapy including founders and leaders in the field.
3. Learn the importance of Sand Tray Play Therapy supplies including sand, trays, miniatures and displays across a variety of settings.
4. Discover and practice the 6 key steps in the sand tray process and incorporate Sand Tray Play Therapy into your practice.
5. Practice using a variety of miniatures creating personal sand trays for exploration of deeper meaning and understanding of the Sand Tray Process.
6. Apply Sand Tray Play Therapy techniques and protocols across a variety of therapeutic models.
7. Learn effective uses of Sand Tray Play Therapy prompts for targeting specific therapeutic goals.
8. Increase awareness of cultural and developmental considerations when selecting supplies and processing sand trays.

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Ethical and Legal Issues in Play Therapy

This session will review the 2022 APT Code of Ethics as well as cover legal issues such as receiving a subpoena, developing a court policy, and preparing to testify in court. The objectives are:

1. Discuss play therapy-specific ethical issues.
2. Discuss the process of responding to a subpoena.
3. Identify key components of providing play therapy court testimony.
4. Discuss recommendations for developing a court policy for your play therapy practice.