



Approved Standards for the
Internationally Credentialed Sandtray Therapist – Provider (ICST-P)
Credential and Continuing Education Program

Edition 1.0

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The International Association for Sandtray Therapy is the world's only *international* association dedicated solely to the spreading the healing power of sandtray therapy. It is a non-profit entity that exists to support, train and educate mental health therapists at the graduate level. Its purpose is to also help educate the general public about the process and healing power of sandtray therapy.

For additional information on the International Association for Sandtray Therapy or any of its programs, contact:

The International Association for Sandtray Therapy
2605 Southwest Square
Jonesboro, AR 72401
members@sandtraytherapy.org
www.sandtraytherapy.org

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FOREWORD

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ACCRONYMS AND ABBREVIATIONS

IAST. International Association of Sandtray Therapy

ICST. Internationally Credentialed Sandtray Therapist

ICST-P. Internationally Credentialed Sandtray Therapist – Provider

1.0 SCOPE

1.1 Current Standards.

The current standard for providers applies to those who currently hold or are seeking to hold the status of Internationally Credentialed Sandtray Therapist-Provider.

1.2 Scope of Standards.

The scope of this standard covers all ICST-P protocols and trainings provided specific to those wishing to obtain ICST status.

1.3 Non-IAST Trainings.

The scope of this standard does not cover trainings not associated or approved by the IAST, such as online trainings or other in-person sandtray trainings that are not providing hours to those who are working towards approval for ICST.

2.0 PURPOSE AND INTENT

2.1 Intent of the Provider Standards.

Current ICST-P Standards are in place to uphold the quality and recognition of the sandtray training programs required to obtain the ICST-P credential.

2.2 Details of Standards.

All details within the standard are in place to maintain support and clarity for those wishing to obtain the ICST-P credential as well as provide a reference for those who are currently providing sandtray trainings.

2.3 Updates of Standards.

The provider standard will be updated periodically as needs arise within the IAST community. The standard is in place to give providers a guide for the best practices with upholding the mission of IAST.

3.0 CREDENTIALING PROCEDURES

3.1 Initial Application for ICST-P. Initial application forms and fees must be completed by those wishing to be given the ICST-P status.

3.1.1 Initial Application Packet for ICST-P. All applicants will provide the following Initial Application forms and fees to be considered for ICST-P status:

1. Initial fee of \$160
2. Completed Initial Application for ICST-P
3. Proof of professional mental health licensure (see 3.1.10)
4. Copy of updated Certificate of Malpractice Insurance for those practicing in the United States.

3.1.2 Good Standing. All applicants must be a therapist in good standing with their current country/board and maintain an active ICST status. Good Standing includes:

- Maintain ICST credential in good standing
- Maintain license/association for primary practice
- Maintain good standing with current country/board
- Maintain active membership in IAST

3.1.3 Applicant's responsibility. Applicants are solely responsible for the accuracy and completion of the initial and renewal form of the ICST-P.

3.1.4 3-Day Provider Training. All applicants must also complete the 3-day provider-training provided by an IAST-approved vendor.

3.1.5 Application review. Applications must be completed and returned to the IAST board for review, allowing 2-4 weeks for application review.

3.1.6 Incomplete Application. Incomplete applications will not be considered. Applicants will be notified within 10 business days of incomplete applications and instructed as to what action needs to be performed to correct the incomplete application. Applicants will also be given a time frame in which the given corrections are to be made.

3.1.7 Initial Application Fee. Initial application fee is a non-refundable \$160. The application fee will be paid to IAST to process the initial paperwork and provide appropriate provider status. The application fee will be rendered to the IAST through the secure online portal.

3.1.8 Malpractice Insurance. All applicants must carry appropriate malpractice insurance in order to provide training. A copy of the applicant's Certificate of Insurance must be provided with application and associated fees.

3.1.9 Continuing Education. All applicants must complete 3 hours of continuing education each year.

3.1.10 Professional licensure. All applicants need to show proof of current mental health professional licensure, such as one of the following:

- Applicants In the United States:
 - Proof of professional mental health licensure for those practicing in the United States.
- International applicants:
 - International Providers will know the current country standards or regulations for Mental Health Therapists.
 - When practicing outside of the United States, applicants do not have be licensed where licensing is not established.
 - Be in good standing in country of practice.
 - Notification of approval to practice mental health therapy within the applicant's country or state of origin if applicable.
 - Proof of membership in a mental health association.

3.2 Renewal for ICST-P.

3.2.1 Renewal Application Packet for ICST-P. All applicants will provide the following Initial Application forms and fees to be considered for ICST-P renewal status every 2 years:

1. Renewal fee of \$100
2. Complete renewal application
3. Proof of professional mental health licensure (see 3.2.7)
4. Proof of 3 hours of continuing education that are provider-specific
5. Copy of updated Certificate of Malpractice Insurance for those practicing in the United States.

3.2.2 Good Standing. To maintain in good standing for the ICST-P, all applicants will need to:

- Maintain ICST credential in good standing
- Maintain license/association for primary practice
- Maintain active membership in IAST
- Complete and maintain records of all approved provider trainings

- Provide list to IAST of all newly graduated ICST from programs
- Maintain at least 3 hours of continuing education for ICST-P's (can be done at a bi-annual retreat for all providers)

3.2.3 Renewal Period. All current ICST-P will need to renew credentials every 2 years.

3.2.4 Renewal Fee. A renewal fee of \$100 will be required to process the renewal application. The application fee will be rendered to the IAST through the secure online portal.

3.2.5 Malpractice Insurance. All applicants must carry appropriate malpractice insurance in order to provide training. All applicants must provide a copy of their updated Certificate of Insurance with renewal application and renewal fee.

3.2.6 Continuing Education. All renewal applicants must complete 3 hours of continuing education each year.

3.2.7 Professional licensure. All applicants need to show proof of current mental health professional licensure, such as one of the following:

- Applicants In the United States:
 - Proof of professional mental health licensure for those practicing in the United States.
- International applicants:
 - When practicing outside of the United States, applicants do not have be licensed where licensing is not established.
 - International Providers will know the current country standards or regulations for Mental Health Therapists.
 - Be in good standing in country of practice.
 - Notification of approval to practice mental health therapy within the applicant's country or state of origin if applicable.
 - Proof of membership in a mental health association.

3.3 Marketing and Promotion

3.3.1 IAST Logo. All providers will maintain consistent use of the IAST logo and use of the mission statement.

3.3.2 Individual Marketing. Individual marketing for each provider will be decided by ICST-P and how the individual marketing will be conducted, given the best practices standards of marketing, as taught within the provider training.

3.3.3 Directory of Providers. Providers will be listed in a Directory of Providers on the IAST website, including name, location, brief bio (no more than 3-4

sentences), and any relevant information to aid in marketing and promotion of Provider trainings for the ICST credential.

3.3.4 Removal from Directory. If an ICST fails to submit renewal information when required, the IAST will remove the name of the person from the directory and revoke marketing privileges.

3.4 Standardization of training.

All providers will teach within the model as approved by IAST.

3.4.1 Best practices. The model for becoming an ICST is brain-informed and focuses on best practices in therapy, for both adults and children.

3.4.2 Sequential order of levels. Each level will build upon the prior training and must be completed in sequential order to obtain the ICST credential.

3.4.3 Required objectives. Providers must adhere to the teaching of each of the required objectives within the first three levels of the ICST.

3.4.4 Fourth Level.

3.4.4.2 Content for level 4:

- Level 4 will not be an introductory training but will be further skill enhancement in a specific area and expansion of how it relates to sandtray therapy.
- The fourth level, or level 4, can be an elective written by the individual provider, which allows the provider to express and teach his or her unique interests and talent within the sandtray.

3.4.4.3 Level 4 shall include:

- Objectives submitted to IAST for approval at least 90 days prior to providing the Level 4 training.
- The title of the training must have the words 'sandtray therapy'
- At least half of the objectives for the Level 4 training must relate to sandtray therapy
- At least 12 hours of direct contact training credits (1 hour = 1 CE credit)
- A specific population focus or topic as applied to sandtray therapy.
- The appropriate references as maintained by IAST.

3.4.5 Objectives for Levels 1-3 are provided in Appendix B of this Standard.

3.4.6 References and Trainings.

Providers may use appropriate reference materials to meet the objectives for each level. All references must be scholarly work and/or peer-reviewed works.

3.4.7 Number of References for Presentations.

- For each 6 hours of training, providers must have at least 5 cited references included in the presentation.
- If a provider conducts 12 hours of training, a minimum of 10 cited references must be provided as part of the training.
- Any limitations of the cited works must be addressed during the presentation of the material.

3.4.8 In-Person Training.

Levels 1-4 must be provided as Contact or in-person trainings. Online or live-streaming of trainings will not be accepted for Levels 1-4 of the required training program for ICST in order to uphold the experiential nature of this training.

3.4.9 Maximum number of participants. The maximum number of ICST participants/students is 14 for each level of training.

3.5 Standardization of Payment for Attendees

3.5.1 Minimum Payment Fee. In order to provide a consistent and high-quality trainings for all of those wishing to be an ICST, providers will be required to maintain a minimum payment fee for the ICST program.

If providing the levels 1-4 and 15 case consultation hours for training for the ICST, the total price must be at least \$3000 US dollars.

3.5.2 Maximum Payment Fee. Providers may charge more than this standard fee, with no maximum fee, but cannot go below the minimum payment fee.

3.5.3 Scholarships. Scholarships for individual attendees maintain the discretion of the individual provider.

3.5.4 Payment plans. Payment plans are allowed and may have additional fees, per the individual provider's discretion.

3.5.5 Individual Level & Classes Fee.

3.5.4.1 Individual Level Fee. If providing each level of classes in an individual format, such as Level 1 alone, payment must be no less than \$300 per level training lasting two-days.

3.5.4.2 Separate Case Consultation & Supervision Fee. If Levels 1-4 are provided as individual trainings/classes, then the supervision fee must be charged at a minimum of \$1800 for 15 hours of supervision. The training fee for each consulting hour is a minimum of \$120 per hour.

3.5.6 Additional hours fee. Additional hours required to complete the ICST credential can be completed through the IAST training portal online or at the Sandtray Therapy Summit, and are paid accordingly. Additional hours are \$120 per hour minimum, for a total of 15 hours of supervision.

3.6 Selection of providers and instructors

3.6.1 Number of ICST Providers & Members.

The number of ICST-P instructors allowed is consistent with the number of members of IAST as a whole.

- The maximum ratio for providers to members is 2%, meaning that the number of providers must not exceed 2% of the total number of members of the IAST.
- As the number of members increase, the available provider numbers will also increase.
- This rule applies to those within the USA.

3.6.2 Training Internationally.

- Those who training abroad as an ICST-P can do so if no other person has a provider number within that country.
- Providers need to be living the country where they provide training.
- Additional providers can be approved for a single country once an appropriate level of membership has been gained within that individual country.

3.6.3 First-Come First-Serve Basis. As membership increases and additional provider numbers become available, it will be on a first-come, first-served basis.

3.6.4 Wait List. IAST will maintain a wait-list for those wishing to be providers and provide training as needed to groups of at least 5 on a yearly basis by an approved IAST vendor.

3.7 Evaluations and Required Documentation

3.7.1 IAST Logo & Provider Number.

All providers must have the IAST logo as well as the provider number displayed on all marketing material as well as continuing education certificates.

3.7.2 Training Evaluations.

- Providers are required to conduct evaluations after each training.
- Providers will collect and maintain evaluations for a minimum of 7 years. Periodic audits of documentation may be conducted by IAST.
- The purpose of the training evaluations should be used to improve trainings and maintain a high level of quality from ICST providers.

3.7.3 Training Attendee Documentation. In addition, sign in and sign out sheets are also required to be collected and maintained after each day of training.

3.7.4 Certification Documentation. Certifications must be provided after each level is completed, signifying that the attendee as completed the level required for ICST.

The below must be provided on the attendee certificate:

1. attendee name;
2. event or program name;
3. name and credentials of trainer;
4. date(s);
5. city and state;
6. number of sandtray therapy credit hours awarded (one [1] hour credit = 60 minutes);
7. IAST Approved Provider XXXX (mandatory phrase)

3.8 Complaints and Grievances Procedures

3.8.1 Procedures. Complaints and grievances against any provider should be completed in writing and submitted through letter or email to the members@sandtraytherapy.org.

3.8.2 Response Time to Complaint.

After a complaint is received, the complainant will receive a written response within 10 business days notifying:

- the complaint has been received,
- the complaint is being investigated,
- and the complainant will be notified of a resolution when it is provided.

3.8.3 Rectify the Situation. IAST will work with the provider to rectify the situation to maintain the highest level of standards.

3.8.4 Revoke Provider Status. If a resolution cannot be addressed, IAST maintains the right to revoke provider status.

3.8.5 Maintain Provider Confidentiality. IAST also maintains the right to maintain confidentiality of complaints and grievances against the providers if desired best for all parties.

4.0 Contact Information.

The International Association for Sandtray Therapy
2605 Southwest Square
Jonesboro, AR 72401
members@sandtraytherapy.org

Appendix A:
Documentation of Consultation Calls

Call Number	Date	Time In/Out	IAST Provider

Signature of Applicant

Date

Signature of IAST Approved Provider

Date

IAST Provider Number

Signature of IAST Approved Provider

Date

IAST Provider Number

Appendix B Levels of Training with Objectives

Level 1: Introduction to Sandtray Play Therapy

This workshop is an introductory class to sandtray work provided within the play therapy setting. It will cover how to work with both children and adults in sandtray as well as specific methods and techniques.

Day 1

Based on the content of this workshop, I am able to:

1. Gain knowledge of the history of sandtray work in play therapy.
2. Understand the difference between sandtray and sandplay therapy.
3. Have a basic understanding of materials needed for this work, such as miniatures, sand, and sandtrays.
4. Understand and develop skills needed to process sandtray with adults.
5. List 20 directives for sandtray work in play therapy provided by the instructor and create others when given case examples from the instructor.
6. Work through several case studies of adults and gain an understanding of the process that occurred within the treatment.
7. Learn 10 themes in the sandtray, including those which indicate mental health concerns and healing.

Day 2

Based on the content of this workshop, I am able to:

1. Have an overview of developmental issues that occur within sand tray work with children and other special populations.
2. Gain a basic understanding of non-directive play therapy as how it relates to working with children in the sandtray.
3. Understand and experience role play of sandtray work and experience a role play of how this occurs with children and sandtray.
4. Work through several case studies of children and gain an understanding of the process that occurred within the play therapy treatment.
5. Learn the latest brain-informed research behind the power of sand tray in play therapy.
6. Experience a group sandtray and learn 3 ways that sandtray can be used in a group and family therapy setting.

Level 2: The Neuroscience of Sandtray Therapy

This workshop is an advanced sandtray therapy class provided within the play therapy setting. It will cover the brain science behind sandtray therapy and how this relates to working with clients in the sand.

Day 1

Based on the content of this workshop, I am able to:

1. Gain knowledge of the basics of brain structure, especially in how this relates to play therapy.
2. Learn the tenets of interpersonal neurobiology in a play therapy setting.
3. Review several case studies in terms of neuroscience integrating with play therapy.
4. Understand how different ages work in the sand and play from a brain science perspective.
5. Understand the effect of trauma on the brain and how this affects sandtray therapy.
6. Learn 2 new techniques to help explain the brain structure to how working in the play and sandtray setting.

Day 2

Based on the content of this workshop, I am able to:

1. Learn the Poly-vagal theory and how this relates to play and sandtray therapy.
2. Learn to interpret sandtrays based within brain science.
3. Understand the importance of implicit vs explicit memories within therapy and play.
4. Practice skills to enhance your work as a facilitator of sandtray therapy.
5. Implement the tenets of brain science research into your work in the sandtray.
6. Gain an explanation of how sandtray therapy can be a form of play therapy from a brain-informed method, including the nine pathways of integration.

Level 3: The Advanced Case Consultation and Personal Work of Sandtray Therapy

This workshop is an advanced sandtray therapy class provided within the play therapy setting. It will cover the personal work of sandtray therapy and processing with clients in the sand.

Day 1

Based on the content of this workshop, I am able to:

1. Recite how the brain works through the sandtray and play therapy process.
2. Discuss and review several personal case studies as well as those provided by the instructor within the play room.
3. Discuss several case consultations provided by participants in the sandtray and play therapy room.
4. Provide demonstration of personal work in the sandtray with the trainer and participants.
5. Analyze 2-3 differing theories regarding the use of particular methods of sandtray work in the sand.
6. Apply techniques in the sandtray and play therapy from both the client and therapist's perspective.
7. Identify 5-6 processing prompts appropriate for both children and adults in sandtray play therapy.

Day 2

Based on the content of this workshop, I am able to:

1. Analyze a live demonstration of the sandtray process and play therapy with a non-participant.
2. Discuss demonstration using clinical tools learned in the sandtray process the previous day.
3. Design 1-2 techniques to use in the sandtray therapy process from a particular theoretical orientation.
4. Assess and critique personal processing skills in the sandtray while in pair exercises.
5. Explain the importance of personal work within the sandtray as a tool to becoming an effective therapist through an experiential exercises.
6. Discuss how to incorporate sandtray and play therapy into other models of therapy.

Level 4: Further Skill Enhancement of Sandtray Therapy

This workshop is an advanced sandtray therapy class provided within the play therapy setting. It will cover the objectives written by the Provider.

Level 4:

See standardization of training above (Section 3.4.4)

Each ICST-Provider will write their own objectives for Level 4 to match the advanced training.