



Caribbean Sandtray Institute
Healing through Connection
presents

International Credentialed Sandtray Therapist Training Proposal (ICST)

Levels 1 – 4 : La Molina, Peru

Nidhi Kirpalani

International Credentialed Sandtray Therapy Provider #006
International Association for Sandtray Therapy

About the Company

Caribbean Sandtray Institute Ltd. (CSI) was developed and founded in August 2019 by Nidhi Kirpalani. The CSI believes that using the techniques of Sandtray Therapy and the Neuroscientific research behind the therapy, persons can heal through connection with themselves and others. As mental health professionals, we know about burnout and that feeling that something in the practice is missing. It is our goal to share this in-depth knowledge of Sandtray Therapy to heal as an individual, as a therapist, and as a support system for your own clients. The quick, positive transformation that we have experienced within ourselves and our clients makes us even more excited to share this with you!

Presenter Bio

Nidhi Kirpalani is an ICST-P (#006), owner and founder of Caribbean Sandtray Institute. She is a Clinical & Counseling Psychologist based in Trinidad and Tobago working in pediatric and adult psychology. Nidhi primarily works with the local Child Protection Agency, and conducts foster care and adoption assessments, forensic interviews and engages children, adults, and families in Sandtray therapy to address their history of abuse, neglect, and trauma.

Nidhi studied psychology at the University of the West Indies and the University of the Southern Caribbean. Nidhi completed the Registered Integrated Sandtray Training with Amy Flaherty (our wonderful Sandtray Yoda) at the Southern Sandtray Institute, Arkansas USA, in 2018. She was grandfathered into the International Credentialed Sandtray Therapist by the International Association for Sandtray Therapy in 2019. Nidhi then completed the ICST-Provider Training with Amy Flaherty, president of the IAST, in July 2019.

About the ICST Training

The ICST Training was developed using the Registered Integrated Sandtray Training (RIST) format developed by Amy Flaherty, president of the International Association for Sandtray Therapy (IAST). Persons who completed the RIST Training prior to ICST credentialing were grandfathered into becoming ICST, once registered with the IAST. (See section 3.4 of the IAST Approved Standards for the Internationally Credentialed Sandtray Therapist (ICST) Credential and Continuing Education Program).

The ICST Training is for mental health professionals who want to transform their lives, and the lives of their clients, using Sandtray therapy. It reduces burnout and the “not enough” feeling that some of us get when our clients leave with little results. Completing the ICST Training as a cohort provides a safe space for mental health therapists to heal through connecting with other like-minded individuals, and provide a lifetime of support and growth within that connection. The cohort style means that the same group of individuals will complete levels 1 through 4 together at the same time, meeting regularly and opening themselves to self-development and a transformed practice.

The ICST Training follows the IAST guidelines as provided on the website:

<https://sandtraytherapy.org/icst-and-icst-p-standards/>

The Training incorporates four levels, all with Approved IAST Provider – Nidhi Kirpalani, ICST-P #006.

Level 1: Introduction to Sandtray Play Therapy (in-person 13 CEs)

Level 2: The Neuroscience of Sandtray Play Therapy (in-person 12 CEs)

Level 3: Advanced Case Consultation and Personal Work in Sandtray Play Therapy (in-person 13 CEs)

Level 4: Advanced sandtray therapy course taught by IAST Approved Provider (in-person 12 CEs)

and 15 online case consultation hours with the same provider.

Level One: Introduction to Sandtray Play Therapy

This workshop is an introductory class to sandtray work 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 Two: The Neuroscience of Sandtray Play Therapy

This workshop is an advanced sandtray therapy class 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: Advanced Case Consultation and Personal Work in Sandtray Play Therapy

This class is a two-day advanced class for those seeking further training in sandtray methods used in play therapy. Personal work will be used to practice sandtray techniques. This workshop will be focusing on understanding one's own journey as a way to further appreciate the client's world. Participants are encouraged to bring favorite miniatures as well as a journal. Sand trays will be provided.

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

Level Four will be discussed by the group within the Level One Training. It will be primarily based on the needs of the group and chosen by the end of Level Two, with majority vote.

A detailed list of these topics will be presented to the group prior to attending the Level One Training. CSI is open to receiving suggestions for the group training at this time.

The voted option will be submitted to the IAST for approval. IAST requires a minimum of 90 days for approval.

Training Area

La Molina, Peru

Details of the venue are to be confirmed.

Proposed Training Dates

Level 1: 8th & 9th October, 2020 (13 hours)

Level 2: 10th & 11th October, 2020 (12 hours)

Level 3: 7th & 8th April, 2021 (13 hours)

Level 4: 10th & 11th April, 2021 (12 hours)

Proposed Training Times

Weekdays (Monday – Friday) : 1 p.m. to 8 p.m.

Weekends (Saturday & Sunday): 9a.m. to 4p.m.

Alternatively, the group can choose to do 9a.m. to 4p.m. or 8a.m. to 3p.m. each day.

Cost of Training

The Training in La Molina, Peru 2020 includes **50-hours of in person plus 15 hour Online Case Consultation!** That's **65 hours all in one training**, providing you with an International Credential in Sandtray Therapy!

The fee includes: Cost of Training plus a contribution for Trainer Travel Fees.

We have made attempts to keep both of these at minimum to support you in your development.

CSI follows the minimum as guided by the IAST ICST-P Standards visible at:

<https://sandtraytherapy.org/icst-and-icst-p-standards/>

Payment Plan	Cost of Training
Full One-Time Payment	USD\$3400
Twelve Monthly Payments	USD\$300

What do I get?

- 50 hours of in person training
- 15 hours of online training with Nidhi Kirpalani and your cohort
- 6 months Sandtray Suite Membership
- 2 Sandtray Therapy Books
- Handmade wooden Sandtray
- Personalized items
- Photos of your trays
- Training closer to you
- Savings on travel expenses, and less days off from work!
- Snacks & Drink Refreshments
- Tools to use in your practice
- Developing your Sandtray skills
- Personal healing, growth and development
- Support and Connection with a small group of like-minded mental health professionals in your area
- And many more surprises along your journey!

How many persons can register?

As per IAST Standards, in order to ensure that the training is comprehensive, in-depth, and rich in knowledge, the minimum number of participants is 10 ; and the maximum is 14.

A minimum of 10 persons must register for this training in Peru.

How do I pay?

We understand that working with international agents and international fees are challenging. We hope to supply you with options that can best work with you. Once the registration form is completed, we will send you the payment information for the convenient method you have chosen. We currently accept: cash, cheques, bank deposits, bank drafts.

At this time, our website and credit card option is being formatted to accept international credit cards. We are working on this to have it up and running as quick as possible!

How do I Register?

1. Please email us at: nidhi@caribbeansandtrayinstitute and complete the registration form.
2. Upon return of this registration form we will give you the payment information.
3. Submit your first payment to reserve your spot! This can be the full payment or the first of twelve payments to Nidhi Kirpalani at Caribbean Sandtray Institute.
4. Become a member of IAST

Cancellation and Refund Policy

Please note that the Caribbean Sandtray Institute's Cancellation and Refund Policy includes a 95% refund for persons who have decided to withdraw from the program within 30 days of the first payment. A 5% of the total fee is used to cover bank fees and an inconvenience charge. The program would also then be made open for additional person(s) to fill the incomplete spot(s).

If a cancellation is made after 30 days from the first payment, the received funds would be held and as a credit towards future international trainings with Caribbean Sandtray Institute. This Credit will have a five-year expiration, starting from the date of registration.

What can I expect?

The program is more than what you bargained for, brought to you right in Peru! Similar to the training I received from Southern Sandtray Institute, you will receive techniques, guides, practical experience, role plays, resources, and a positively life-altering change within yourself! Feel the beauty, brilliance, and healing power of Sandtray while forming a lifetime connection with similar minded professionals. Breathe it all in, and enjoy! Take the leap, come heal and connect with Caribbean Sandtray Institute in La Molina, Peru.

Would I get a certificate?

Yes, after each level you receive a Certificate of Completion. Upon Completion of all four (4) levels, the 15 hours case consultation, and meeting all other requirements by IAST, you will be able to receive the Credential from the International Association of Sandtray Therapy. This means you get a certificate with your name, membership number, and the credentials at the end of your name!

Caribbean Sandtray Institute

International Credentialed Sandtray Therapist (ICST) Training

La Molina, Peru

October, 2020

April, 2020

Registration Form

Name: _____

Personal Mailing Address: _____

Phone:

Date of Birth: dd/mm/yyyy

Age:

Gender:

Nationality:

Are you an IAST Member? Yes No

If not, have you applied, or plan to apply prior to the start of this ICST Training? Yes No

Current Job Title:

Employer:

Job Description:

Highest Qualification(s):

Are you currently a member of a Mental Health Association? Yes No

Are you in good standing with your country/board? Yes No

Please attach copies of your local membership and/or licensure.

Payment Options: (as outlined in the Training Proposal)

I choose to pay in full USD\$3400

I choose to pay 12 monthly payments of USD\$300

I prefer to pay:

via cash

wire transfer/bank draft

Cheque

*at this time credit card payments are not available. We are working on this for you.

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April, 2020

I have read and understand the payment options. I agree and understand I am not sure.

I have read and understand the Cancellation and Refund Policy as stated in the Training Proposal.

I agree and understand I do not agree.

I have read and understand the Standards of the International Association for Sandtray Therapy available at : <https://sandtraytherapy.org/icst-and-icst-p-standards/>

I agree and understand I do not agree.

Commitment to this training is essential for all four levels. The cohort style method of teaching adds value and depth to your training. CSI requires that persons register, attend. And pay for all four levels so as to provide this rich experience in your hometown.

I agree and understand I do not agree.

As per the IAST Standards, Certification would not be granted if participants do not attend **all** the training days and minimum 15 case consultation hours to meet the requirements of the IAST International Credentialed Sandtray Therapist (ICST). Please indicate that you agree, and failure to not attend parts of the training would result in you not achieving certificates and the credentials at this time.

I agree and understand I do not agree.

Name

Signature

Date