



Play Therapy Basics Trainings

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PLAY THERAPY 101

NOVEMBER 12, 2026 * 9:00 AM - 4:30 PM

6 CONTACT HOURS * IN-PERSON--ELIZABETHTOWN, KY * \$125.00

LIMITED SPACE AVAILABLE

Join us for a day of play while learning about the power of Play Therapy. Attendees will engage in a day of expressive play while learning the foundational principals of play therapy. We will discuss the importance of the relationship in play therapy as well as the importance of being present. Different approaches and theories of play therapy will be discussed including seminal theories to play therapy. Both directive and non-directive techniques will be practiced as attendees do their own expressive play work throughout the day. We will discuss the use of play therapy with individuals, families, and groups as well as with children, adolescents, and adults.

Objectives: Participants will: 1.) Identify and discuss the benefits of play and the therapeutic powers of play therapy. 2.) Explain the key components in play therapy including important values and beliefs one must hold in play therapy. 3.) List and explain significant theories in play therapy as well as play therapy history. 4.) Discuss the continuum of directive and non-directive play therapy. 5.) Prepare to set up play therapy spaces and how to discuss play therapy with clients and families. 6.) Apply creative and expressive interventions to use with clients and identify variations of interventions and how to process them.

SAND THERAPY FOR BEGINNERS

NOVEMBER 13, 2026 * 9:00 AM - 4:30 PM

6 CONTACT HOURS * IN-PERSON--ELIZABETHTOWN, KY * \$125.00

LIMITED SPACE AVAILABLE

Come engage in sand work while learning about utilizing Sand Therapy in Play Therapy. We will discuss the foundations of Sand Therapy as well as the integration of sand therapy in play therapy practice. Participants will have the opportunity to build their own trays while learning ways to work with individuals, families, and groups using sand trays. Utilizing sand therapy with children, adolescents, and adults will be reviewed as well as using both directive and non-directive techniques. Spend a day working in the sand as you learn ways to integrate sand therapy into your practice and where to look to learn more.

Objectives: 1.) Describe the use of directive approaches in Sand Therapy. 2.) Describe the use of non-directive approaches in Sand Therapy. 3.) Demonstrate comfort with integrating sand therapy into play therapy practice. 4.) Identify materials needed to set up a sand therapy space. 5.) Discuss ways to engage clients and families in sand therapy within a play therapy practice demonstrate competency in understanding client work in the sand tray.



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