

JOURNEYS TOWARD HEALING COUNSELING CENTER PRESENTS

Healing in the Sand: Skills for Play Therapy

Thursday, May 16 - Sunday May 19, 2024

Location: 151 Saint Andrews Court, Suite 710, Mankato, MN 56001

19 Contact Hours of CE
REGISTER ONLINE WWW.JTHCC.COM

FEATURING
JUSTIN D. KRUSE, MS, LMFT
HEATHER FRANTUM-MATHES, MS, LMFT, RPT-S, SEP

Workshops Held At:
Journeys Toward Healing Counseling Center
151 Saint Andrews Court, Suite 710
Mankato, Minnesota



SPONSORED BY JOURNEYS TOWARD HEALING COUNSELING
CENTER APT APPROVED PROVIDER 17-498

WORKSHOP DETAILS

HEALING IN THE SAND: SKILLS FOR PLAY THERAPY

Workshop Date(s)

May 16, - May 19, 2024

Continuing Education

19 Contact Hours of CE

Workshop Location

151 Saint Andrews Court, Suite 710
Mankato, MN

Presenters

Heather Frantum-Mathes,, MS, LMFT, RPT-S, SEP
Justin D. Kruse, MS LMFT

DESCRIPTION

Welcome to "Healing in the Sand: Skills for Play Therapy" - the workshop that will take your therapy practice to the next level! Get ready to learn how to create a magical world of sand in your therapy space, where your clients can explore and heal through symbolism and play. We'll teach you how to set up an office for working in the sand, use sand in practical ways, and create a safe and free space for your clients to express themselves. By the end of our workshop, you'll be able to identify the essential equipment needed for working in the sand, name practical skills to use with clients, understand the power of symbolism in the sand, and so much more! Plus, with JTHCC recognized as an APT Approved Provider you'll earn continuing education credits approved by the Association for Play Therapy. Discover the power of sand and learn how it can facilitate healing and transformation in this upcoming training. This powerful intensive training is for beginner and intermediate levels. Due to the intensive nature of this experiential training this workshop consists of 6 to 8 participants.

LEARNING OBJECTIVES

Upon completion of this four-day workshop on sand tray therapy, participants will be able to:

- Understand the historical context and underpinnings of sand tray therapy, including its origins and development as it pertains to play therapy with children and adults.
- Identify the different types of figures and trays used in sand tray therapy and their significance in the therapeutic process of play therapy.
- Demonstrate the ability to set up a sand tray play therapy room that is supportive of the therapeutic process, including selecting appropriate sand, lighting, and other environmental factors.
- Apply sand tray therapy techniques to address issues such as trauma, grief, and anxiety from a play therapy lens.
- Evaluate the effectiveness of play therapy and the use of sand in different clinical settings, including individual and group therapy.
- Describe 3 interventions that could be used with a child or adult where play therapy and the use of sand is being utilized. a comprehensive treatment plan using sand tray therapy techniques, including identifying appropriate figures and materials to use with clients.

WORKSHOP DETAILS

TARGET AUDIENCE

Counselors, psychologists, social workers, marriage and family therapists, and other mental health professionals.

CONTINUING EDUCATION

19 CE Hours APT Approved Provider: 17-498
CE are approved for the following:
MN Board of Marriage and Family Therapy
MN Board of Social Work
MN Board of Behavioral Health

DISCLAIMERS

- Registrants understand and agree that any photograph, video or audio recording of themselves may be used to further promote Journeys Toward Healing Counseling Center and other training opportunities
- The workshops are sponsored by Journeys Toward Healing Counseling Center for educational purposes only. Journeys Toward Healing Counseling Center is recognized by the Association for Play Therapy as an Approved Provider for Play Therapy Education
- The material presented is not intended to represent the only or best approaches to the topics being discussed and participants waive any claim they may have against Journeys Toward Healing Counseling Center for assurance on information presented.
- Due to the confidentiality and nature of topics presented, children (of any age) will not be permitted to attend any of the workshops.
- Play therapy credit is only awarded to mental health professionals.

CANCELLATION & REFUND POLICY

Requests for cancellation must be made in writing to Journeys Toward Healing Counseling Center prior to May 9, 2024, less a \$50.00 administrative fee per registration. Registrants can transfer their registration to another person if Journeys Toward Healing Counseling Center is notified.

WORKSHOP REGISTRATION

Payment for workshop registration can be completed by check or credit card. Credit card registration can be completed securely online at www.jthcc.com. If paying by check, send the registration form and check payable to: Journeys Toward Healing Counseling Center, 151 Saint Andrews Court, Suite 710, Mankato, MN 56001

May 16 - May 19, 2024:

\$700.00 - Early Bird Cost - Now until 3/16/24
\$775.00 - Regular Cost - 3/16/24 till 4/17/24

WORKSHOP SCHEDULE

THURSDAY, May 16, 2024

5:00pm-5:30pm (Registration Opens)
5:30pm (Workshop Begins)
5:30pm-8:00pm (Workshop Continues)
8:00pm (Workshop Ends for the Day)

FRIDAY, May 17 & SATURDAY, May 18, 2024

8:30am-9:00am (Registration Opens)
9:00am (Workshop Begins)
9:00am 10:30am (Workshop Continues)
10:30am-10:45am (Break)
10:45am-12:00pm (Workshop Continues)
12:00pm-1:00pm (LUNCH ON YOUR OWN)
12:00pm-2:30pm (Workshop Continues)
2:30pm-2:45pm (Break)
2:45pm-5:00 (Workshop Continues)
5:00pm (Workshop Ends for the Day)

SUNDAY, May 19, 2024

8:30am-9:00am (Registration Opens)
9:00am (Workshop Begins)
9:00am-12:00 (Workshop Continues)
12:00pm (Workshop Concludes, Complete Evaluations, Provide Certificates)

Journeys Toward Healing Counseling Center
151 Saint Andrews Court, Suite 710
Mankato, MN 56001
Phone: (507) 386-7121
Fax: (507) 344-0690

HEATHER FRANTUM-MATHES MS, LMFT, RPT-S, SEP

Meet the Presenter

Hi! My name is Heather, I am a Licensed Marriage and Family Therapist and Registered Play Therapist, Registered Play Therapist-Supervisor. My specific areas of interest include working with individuals of all ages to resolve and work through single episodes of trauma or complex trauma. I provide outpatient psychotherapy to children and adolescents who have been impacted by abuse, neglect, and trauma. I received certification through the Association for Play Therapy as a Registered Play Therapist.

services to other therapists seeking licensure or certification in Marriage and Family Therapy (LMFT), Licensed Professional Counselors, Licensed Professional Clinical Counselors and/or Play Therapy. I am a graduate of Minnesota State University, Mankato with a Master of Science in Community Counseling with specialized training in Marriage and Family Therapy and Play Therapy. I also hold a Bachelor of Science degree from Minnesota State

University, Mankato, majoring in Psychology. I have specialized training in Experiential Play Therapy, Filial Therapy, Theraplay, Parent Child Interaction Therapy (PCIT), both Sandplay and Sandtray Therapies, Incredible Years Groups, In Touch Therapy, and the DC: 0-5, which is the diagnostic criteria for children ages 0-5. I am also trained in Eye Movement Desensitization and Reprocessing (EMDR), a psychotherapy treatment used to reduce distress connected to psychological symptoms and trauma. I completed the Permanency and Adoption Competency Certificate in June 2017 to better serve families through the adoption process and the loss that surrounds adoption changes and transitions. In January of 2023 I completed the three year program and am now a Somatic Experiencing® Practitioner (SEP). Somatic Experiencing (SE) is a therapy that aids in the resolution of unresolved trauma that impacts the mental health and the functioning of individuals and their families.

Meet the Presenter

JUSTIN D. KRUSE MS, LMFT

Justin, a Licensed Marriage and Family Therapist and proud graduate of Minnesota State University, Mankato. I entered this profession out of a genuine desire to help others in a meaningful way. My clinical experience has ranged from the developmental impact of trauma to attachment to the use of multi-sensory forms of psychotherapy in the treatment of client difficulties. I work with individuals across the lifespan and have received specialized training in Experiential Play Therapy®, TF-CBT, EMDR, Filial Therapy, Theraplay®, Sandplay and Sandtray Therapy, Incredible Years Groups and the DC: 0-5. I am also a 2017 graduate of the Permanency and Adoption Competency Certificate program. And I've committed myself to study and training in Somatic Experiencing. With this close concentration on resiliency-based treatment, attachment, and trauma, I focus on re-establishing the client's innate capacity for emotional regulation and assist clients in the recognition and release of physical tension that may remain in the body in the aftermath of a traumatic event. I also specialize in strengthening family relationships through play and in addition to trauma and attachment, I've treated a wide range of mental health struggles including anxiety, depression, conduct and oppositional behaviors, and ADHD. My philosophy of service includes a collaborative, inclusive approach that draws upon the involvement and expertise of a range of disciplines, supports, and organization of the client system. I also work competently with individuals who identify as LGBTQ and provide trainings, supervision and consultation to therapists seeking licensure as an LMFT, LPC, or LPCC.

REGISTRATION FORM

To register for the workshops, which includes 19 Contact Hours of Continuing Education, you may register online/pay via credit card at www.jthcc.com OR please complete this form and mail it and a check payable to:

Journeys Toward Healing Counseling Center, 151 Saint Andrews Court, Suite 710, Mankato, MN 56001.

Name: _____

Primary Discipline/Degree: _____

Employer/Position: _____

Address: _____

City/State/Zip Code: _____

Email Address: _____

Phone Number: _____

WORKSHOP(S) ATTENDING: *Healing in the Sand: Skills for Play Therapy*

PAYMENT METHOD

Check Enclosed (Amount and Check Number): _____

Credit Card - Paid Online at www.jthcc.com

ATTESTATION

I have read and agreed to abide by the printed cancellation policy and all other organization policies in this brochure.

I have a disability as recognized by ADA/504 for which I will need special accommodations. If checked, registration must be received by April 17, 2024. Please list special accommodations being requested:

THANK YOU