



SANDTRAY THERAPY SUMMER SCHOOL

August 4-9, 2026 • Croatia
Up to 36 hours of in-person or online classes!

APTI Approved Provider #15-001

APT Approved Provider #20-602



Images source: Web

Introduction to Play Therapy: When Play is Therapy

Claudio Mochi, MA, RP, RPT-S™ (Italy) and

Isabella Cassina, MA, TPS, CAGS, PhD Candidate (Switzerland)

August 4, 2026 • 09.30-12.45 (3 hours)

The module introduces the field of Play Therapy. An overview of major international institutions will be provided, emphasis on the difference between Play Therapy and Play-Based Therapy, and the various types and areas of intervention. Trainers will present the therapeutic powers of play, notions of neuroscience, a selection of major Play Therapy models, and provide a reference to research. Videos of play sessions will be shown and participants will have the opportunity to experience creative and fun activities.

Learning Objectives:

1. Describe the organization of the Play Therapy field in the world.
2. Outline the main reasons why play is relevant to brain development and wellbeing at all ages.
3. Argue the reasons that support the application of the therapeutic powers of play in clinical settings.
4. Use basic references on the state of research in Play Therapy.
5. Identify the main existing methodologies in Play Therapy.

PARTICIPANTS

Mental health, educational, rehabilitation, health and social work professionals working with people of all ages.


All modules are in English.

We are committed to making the training accessible to all. Please let us know if you have any special needs.

REGISTRATION DEADLINE

July 31, 2026

40% DISCOUNT
for enrollment by
April 15, 2026!
(see page 6)



Sandtray Therapy is “an expressive and projective psychotherapy involving the unfolding and processing of intra- and interpersonal issues through the use of specific sandtray material as a nonverbal medium of communication lead by the client(s) [across the life span] and facilitated by a trained therapist.”
(Homeyer & Sweeney, 2011)

Sandtray Therapy: Origins, Tools and Activities

**Claudio Mochi, MA, RP, RPT-S™ (Italy) and
Isabella Cassina, MA, TPS, CAGS, PhD Candidate (Switzerland)**

August 4, 2026 • 13.45-17.00 (3 hours)

August 5, 2026 • 09.30-12.45 e 13.45-17.00 (6 hours)

The module allows participants to enter the world of sandtray and miniatures by offering a variety of activities and techniques applicable in individual and group work in multiple intervention settings: private practice, educational and school settings, hospital and rehabilitation centers, etc. The origins and history of Sandtray Therapy, relevant neuroscientific principles, information on how to select tools for the session and set up the space or room will be introduced.

Learning Objectives:

1. Describe the origins and history of Sandtray Therapy methodology.
2. Outline the neuroscientific principles and theoretical foundations of Sandtray Therapy.
3. Identify the main situations/difficulties for which Sandtray Therapy can be used.
4. Discuss the four tools needed for Sandtray Therapy: sand, tray, miniatures and water.
5. Identify the essential characteristics of the space or room.
6. Analyze the diversity aspects and most common limitations of Sandtray Therapy.
7. Practice at least six activities and techniques for individual and group work.

VENUE

Online or in Ul. Erazma Barčića 9A, 51000, Rijeka-Croatia (at *Klub Mladih Rijeka*).

The connection link to Zoom and the slides are sent 3 days before the start. The list of materials needed for the practical activities is sent 30 days before the classes start (enjoy preparing miniatures and sand from now!).

CERTIFICATE

3 to 36 Contact CE Hours or Non-Contact CE Hours APT and APTI based on the amount provided for the module(s) attended.

100% class participation, completion of the evaluation, and passing the post-test (multiple-choice questions) are required for issuing the Certificate and CE Hours.

More information about the accreditations can be found on page 6.

Sandtray Therapy: Clinical Application

Theresa Fraser, MA, CPT-S, CPT (Canada)

August 6-7, 2026 • 13.45-17.00 e 18.00-21.15 (12 hours)

The trainer will be connected online but the module can be attended in person.

The module delves into the Sandtray Therapy methodology and its application in the clinical setting. The “seven step protocol” will be described, the role and skills of the professional during the session analyzed, information provided on how to prepare the session and process the necessary documentation. Participants will practice setting up sand trays themselves and witnessing the creation of trays of others. Case studies will be presented.

Learning Objectives:

1. Apply the steps of a Sandtray Therapy session according to Gisela De Domenico's Sandtray Worldplay© protocol.
2. Discuss the role of the professional during the Sandtray Therapy session.
3. Analyze how to take notes during the session and its organization.
4. Discuss how to evaluate the progress of a Sandtray Therapy process and determine its end.
5. Anticipate a variety of possible problem situations in sessions and the limitations of the methodology.
6. Identify key principles of how to use Sandtray Therapy (standard protocols) with individuals across the lifespan.
7. Practice building and attending Sandtray Therapy sessions (at least two simulations).

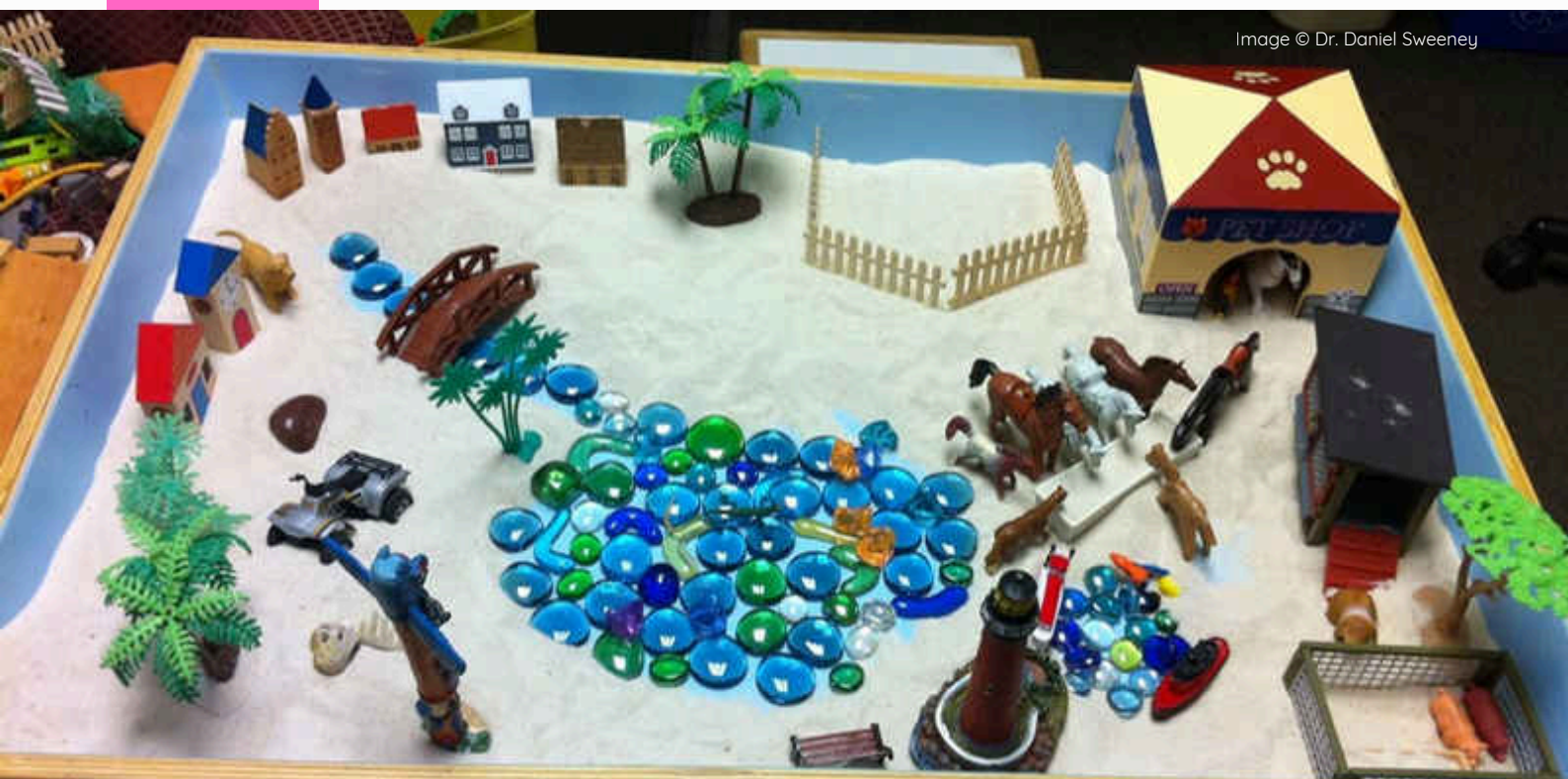


Image © Dr. Daniel Sweeney



Integrating Expressive Arts into the Sandtray Therapy Process

Isabella Cassina, MA, TPS, CAGS, PhD Candidate (Switzerland) and
Claudio Mochi, MA, RP, RPT-S™ (Italy)

August 8-9, 2026 • 09.30-12.45 e 13.45-17.00 (12 hours)

The module encourages the understanding and application of a variety of creative and expressive techniques and activities in the Sandtray Therapy process for the purpose of strengthening and expanding the mechanisms underlying the process of overcoming difficulties. Participants will have the opportunity to learn by experimenting firsthand in drawing, painting and collage, use of modeling materials, costumes, writing, poetry, movement and more.

Learning Objectives:

1. Identify benefits and limitations of integrating expressive arts into the Sandtray Therapy process.
2. Explain and plan the inclusion of expressive arts in the Sandtray Therapy session and/or process.
3. Analyze how the application of expressive arts to the Sandtray Therapy process can enhance its therapeutic powers.
4. Discuss the role of the professional during creative and expressive activities (directive and non-directive modality).
5. Explain how polyvagal theory provides an additional perspective on the use of expressive arts in conjunction with Sandtray Therapy.
6. Become familiar with a variety of creative and expressive materials.
7. Practice at least six activities and techniques for individual and group sandtray work.

METHOD

The presentation of theoretical material, videos, case studies, practical activities and simulations is planned. All is conducted in a playful and positive learning atmosphere.

CALENDAR

July 31, 2026.

Registration deadline.

August 04, 2026

"Introduction to Play Therapy" (3h)

August 04-05, 2026

"Sandtray Therapy: Origins, Tools and Activities" (9h)

August 06-07, 2026

"Sandtray Therapy: Clinical Application" (12h)

August 08-09, 2026

"Integrating Expressive Arts into the Sandtray Therapy Process" (12h)

August 31, 2026

Deadline for submission of evaluations and post-tests for the purpose of acquiring CE Hours.

Academy & Trainers



The International Academy for Play Therapy (INA) is a recognized nonprofit association located in Lugano, Switzerland (DDC No. 71055) and an Approved Provider of Continuing Education in Play Therapy by the Association for Play Therapy APT of the United States (#20-602) and the Association for Play Therapy Italy APTI (#15-001).

Isabella Cassina is a University Lecturer in Switzerland and Italy, Doctoral candidate in Expressive Arts Therapy, registered Therapeutic Play Specialist (APT), Social Worker expert in International Cooperation (University of Geneva) with over 12 years of experience in developing and managing projects for vulnerable populations. She is an international speaker on the topics Play Therapy and Expressive Arts and author of several publications including: The magic home (Cassina, 2020) and Introduction to Play Therapy (Mochi & Cassina, 2021). Director of Project Management for INA, Editor-in-chief of the APT Play Therapy magazine and Founding Member of IC-PTA.



Theresa Fraser is Director of the Maritime Play Therapy Centre in Pictou, Canada, a Certified Psychotherapist and Play Therapist Supervisor (CAPT) and a lecturer in Child and Youth Care at Sheridan College. Expert in Sandtray Therapy, she studied the Sandtray Worldplay© protocol for six years with Gisela De Domenico. Author of numerous publications including: The embodied brain and sandtray therapy: Stories of healing and transformation (Grayson & Fraser, 2021). In 2009 she was named Trauma Specialist of the Year by the National Institute of Trauma and Loss. Former president of the Canadian Association for Play Therapy (CAPT).



Claudio Mochi is Director of the University Master's Program in Play Therapy, Psychologist and Psychotherapist, Registered Play Therapist Supervisor™ (APT United States), expert in Emergency Intervention with over 25 years of international experience in trauma management. He has presented and trained in Play Therapy on 6 Continents totaling over 20 countries. Author of several publications including: Beyond the Clouds (Mochi, 2022) and Play therapy and expressive arts in a complex and dynamic world (Cassina, Mochi & Stagnitti, 2023). Founder and President of the Association for Play Therapy Italy (APT).



COSTS & DISCOUNTS

Includes in-person or online lectures, slides and articles, certificate, post-tests and related credits (Contact or Non-Contact CE Hours).

Module 1. “Introduction to Play Therapy” (3h) • € 69

Module 2. “Sandtray Therapy: Origins, Tools and Activities” (9h) • € 209

Module 3. “Sandtray Therapy: Clinical Application” (12h) • € 279

Module 4. “Integrating Expressive Arts into the Sandtray Therapy Process” (12h) • € 279

Attend 36 hours of classes (4 modules) in person or online:

-40% for enrollment by April 15, 2026 • € 499

-25% for enrollment by May 15, 2026 • € 629



The registration fee of € 99 confirms registration and is non-refundable.

In the unlikely event that the STSS is cancelled or postponed by the organizers, INA guarantees a full refund of the fee paid. Participants are responsible for any additional expenses incurred. The balance is due by **August 4, 2026** (the registration fee of € 99 is included in the total cost).

The in-person lecture option is guaranteed with a minimum number of registrants and will be confirmed no later than **May 15, 2026**.

HOW TO ENROLL

1. Send Curriculum Vitae to info@play-therapy.ch. At this time, let us know which modules you would like to attend and whether you would like to do it in-person or online.
2. Pay the registration fee of € 99 by bank transfer or PayPal (if you attend module 1, pay only € 69).

BANK REFERENCES & PAYPAL

International Academy for Play Therapy, Via General Guisan 2, 6962 Lugano, Switzerland.

IBAN: CH34 0900 0000 9122 4447 3 • BIC (SWIFT-Code): POFICHBEXXX.

Bank name and address: PostFinance SA, Mingerstrasse 20, 3030 Bern, Switzerland.

Subject: “STSS 2026.” Any transfer fees must be borne by the payer.

There is also the possibility to pay by PayPal ([click here or the bottom](#)).



CONFLICT OF INTEREST

This training and its faculty have no conflict of interest or competing interests in presenting the STSS. There is, moreover, no commercial support of any kind.

CREDENTIALS

The number of **Contact CE Hours or Non-Contact CE Hours** (3 hours to a maximum of 36 hours = 3 to 36 CE Hours) contributes to obtaining or renewing Registered Play Therapist (RPT) credentials. APT credits are awarded to mental health professionals only; APTI credits are awarded to both mental health (Play Therapy) and educational, rehabilitation, health and social work (Therapeutic Play) professionals.