

**CANADIAN ASSOCIATION FOR SANDPLAY THERAPY
ASSOCIATION CANADIENNE POUR LA THÉRAPIE PAR LE JEU DE SABLE**

LEVELS OF CAST TRAINING

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INTRODUCTION

About CAST Training

Training in Sandplay Therapy is modality-specific continuing education and does not by itself provide the qualifications to practise psychotherapy. It is the responsibility of all professionals to ensure that their use of Sandplay Therapy complies with provincial licensure or registration in order to practise under the umbrella of their chosen profession.

About This Document

In April 2010, the CAST Teaching Member Committee decided to introduce training levels with “gates” that students must pass through during their CAST training. This decision was made in response to the introduction of regulatory legislation affecting the practise of psychotherapy in a growing number of Canadian provinces.

These levels help to ensure the quality of training and competency of our certified members, and demonstrates to outside agencies—such as new regulatory boards, government organisations and professional associations—that our training is in keeping with new standards. The levels additionally create awareness in trainees of the competencies and expectations which will be required of them as they move through the complete program.

Our goal was not to make the process of certification more difficult; rather to make the journey clearer, provide more deliberate tracking of the trainees’ progress and, through these, to make the process smoother for both teaching members and trainees. The requirements described for each level must be fully completed in order to attain that level and use the associated title (ex. a student must complete all requirements for Level II CST Status to call themselves a Level II Sandplay Therapy Intern).

Registrar Information

Throughout this document the trainees are asked to send copies of forms to the Registrar. Currently the Registrar is Barbara Dalziel and her email address is:

barbara.dalziel@sympatico.ca

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Two Training Streams

CAST offers two streams of training that lead to one of two statuses:

CAST/ISST Certified Sandplay Therapist (CST)
CAST Sandplay Practitioner (SP)

Candidates choose which stream to follow based on their professional qualifications:

Category A consists of professionals already licensed or registered, as required in their province of residence, authorizing them to independently practise psychotherapy. Professionals in this category are qualified to train in either the **CST Stream or SP Stream**. They may also choose to achieve SP status initially, and later continue their studies to become an internationally certified CST.

Category B consists of professionals who do not meet the requirements of Category A; but who have academic or other professional qualifications leading to knowledge and practice in a field related to mental health including, for example, art therapy, nursing, education or theoretical studies. They will be employed in an institution or agency and will not be practising Sandplay in an independent practice. Professionals in Category B are qualified only to train in the **SP Stream** to become nationally recognized as a CAST Sandplay Practitioner.

Privileges:

CAST/ISST Certified Sandplay Therapist (CST)

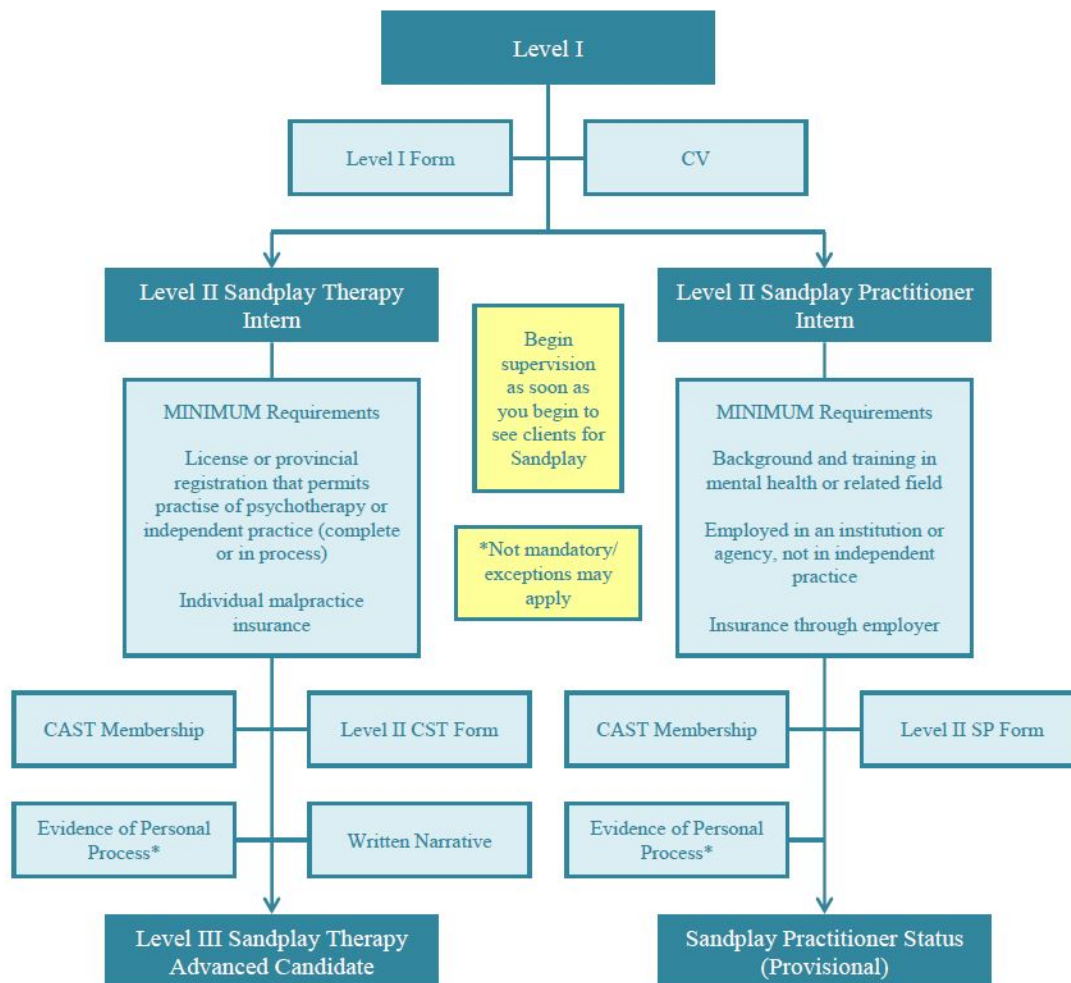
- Full member of ISST
- Full member of CAST, may attend AGM, and stand for the board
- Use of title while a member of ISST and CAST in good standing
- Can offer Sandplay in private practice (malpractice insurance required)
- Can provide personal Sandplay process (beginning Level 5)
- Eligible to become a CAST/ISST Teaching Member (beginning Level 6)

CAST Sandplay Practitioner (SP)

- Full member of CAST, may attend AGM, and stand for the board
- Use of title while a member of CAST in good standing
- Licensed or registered professionals:* Provide Sandplay in employment setting or in private practice (malpractice insurance required)
- Unlicensed or non-registered professionals:* Provide Sandplay only in an employment setting

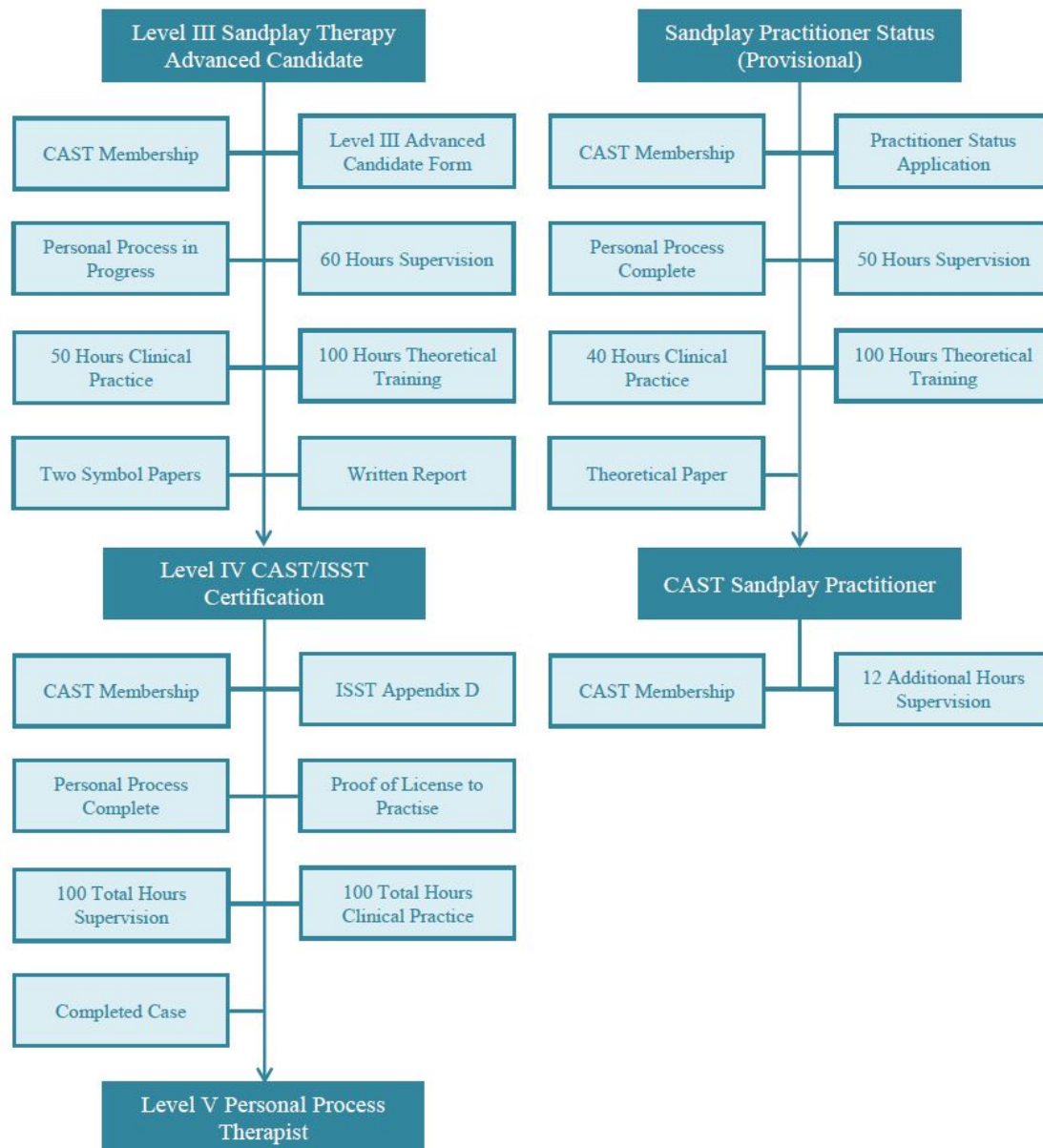
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CAST Levels of Training Flow Chart (Page 1 of 3)



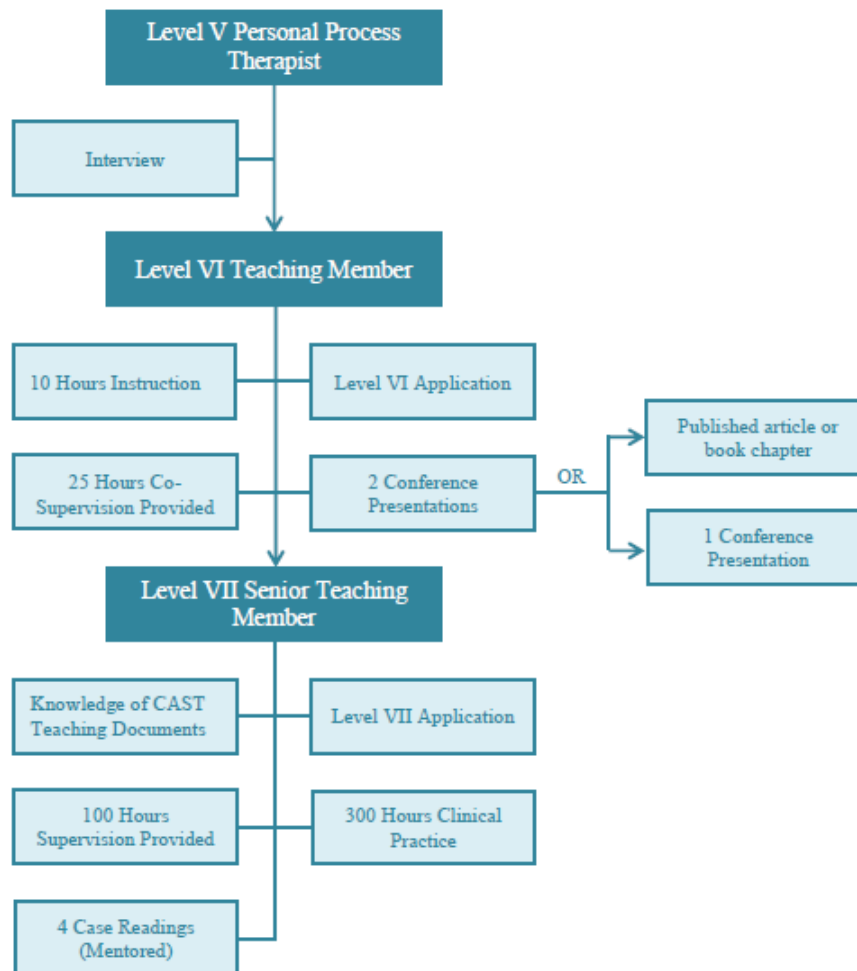
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CAST Levels of Training Flow Chart (Page 2 of 3)



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CAST Levels of Training Flowchart (Page 3 of 3)



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INTRODUCTORY LEVELS

Level 0: Introductory Training (CST and SP Streams)

CAST Membership:

Not required at this level

Privileges:

No title privileges

Requirements:

None

A maximum of 15 hours introductory instruction in Sandplay Therapy with an ISST/CAST Teaching Member may be done before applying for CAST training. This training may occur at an agency or other place of work, or in a small introductory workshop.

Level I: Entry to CAST Training (CST and SP Streams)

CAST Membership:

Not required at this level

Privileges:

No title privileges

Requirements:

1. Introductory training is not a prerequisite for this application
2. Submission of a signed and completed application form, filling in the sections appropriate for the applicant's professional category. This form will provide information about:

Category A Professionals (CST Stream or SP Stream)

- Summary of educational background and attached CV
- Evidence of knowledge of psychotherapy, psychopathology and psychodiagnosis

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- Evidence of past psychotherapy: if this has not occurred, a personal process of greater than 50 hours will be expected
- Licensure or registration to practise psychotherapy if applicable
- Current practice of psychotherapy
- Professional memberships/affiliations in psychotherapy
- Evidence of malpractice insurance
- Signed declaration of understanding on application form

Category B Professionals (SP Stream)

- Academic or other professional qualifications leading to knowledge and practice in a field related to mental health
- Current employment setting, current job title/role
- Current area of practise and population served
- Evidence of past psychotherapy: if this has not occurred, a personal process of greater than 50 hours will be expected
- Professional memberships or affiliations
- Signed declaration of understanding on application form

Demonstration of fulfilment: By trainee

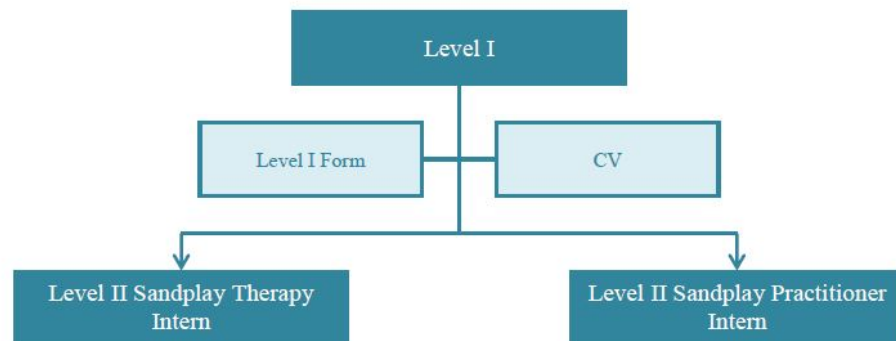
- Fully completed and signed Level I application form
- Submission of CV
- Interview if required

These must be submitted to the teacher of the program in which the trainee wishes to enrol, and to the Registrar.

Supervision: Once an active Sandplay Therapy practice is begun by any student of Sandplay Therapy, they must be under the supervision of an ISST/CAST Teaching Member and must carry malpractice insurance, either through their place of work or, if in private practice, through a professional carrier.

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Flow Chart Level I-II



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LEVELS FOR CAST/ISST CERTIFIED SANDPLAY THERAPIST (CST)

Level II: Entry to CAST/ISST Certification Program (CST Stream)

CAST Membership:

Required at this level

Privileges:

Title “Sandplay Therapy Intern,” the trainee may not call themselves a Sandplay Therapist

Requirements:

1. Submission of a signed and completed Level II (CST) application form. This form will provide information about:
 - Licensure to practise psychotherapy (*Licensure or registration to practise psychotherapy is required by CAST where it applies provincially. In provinces with alternative regulations or designations, the individual may appeal to CAST. Alternately, if the trainee is training concurrently in psychotherapy as they do their CAST certification, a detailed plan of that training must be submitted in order to continue with the CAST training, and their certification will not be granted until licensure is complete.)
 - Evidence of malpractice insurance (policy number and carrier):
 - Personal professional malpractice must be held for private practice
 - Insurance through place of work is acceptable if practising Sandplay Therapy is limited to that place of work
 - Evidence of supervision of Sandplay practice, if relevant
 - Evidence that personal process has started, if relevant
 - Signed declaration of understanding on application form
2. A written narrative of minimum 5 pages which addresses the following topics:
 - What brought the trainee to Sandplay Therapy (min. 2 pg.)
 - What the trainee hopes to gain by training in Sandplay Therapy (min. 2 pg.)
 - What resources the trainee brings to Sandplay Therapy, including some experiences from the trainee’s life that might be appropriate or applicable
 - A brief life story including the challenges the trainee has faced

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- The trainee's past experience of psychotherapy (including the name of the trainee's primary therapist and the number of years the trainee was in therapy), what the trainee gained from the experience, how it helped them to change

CAST Teaching Members and the Registrar respect and will protect the confidentiality of the material in the written narrative.

This principle shall apply to the application review process as follows:

- The written narrative will be read by the CAST Registrar and the designated Teaching Member to whom the candidate submits it;
- Submissions may be made in hardcopy by mail or by digital attachment to email;
- After their review, the candidate may request by writing or email that the narrative be returned/deleted; and
- Should a committee of CAST Teaching Members wish to interview the candidate as part of this application process, the narrative will be shared with the members of that committee.

N.B.: In the event that the report is in question, an interview or re-submission may be required.

Demonstration of fulfillment: By trainee

- Fully completed and signed Level II application
- Narrative of 5 pages minimum
- Name of personal process therapist, if applicable

This form will be submitted to and reviewed by the Registrar and the appropriate teaching team and must be received at least 1 month before entering the next stage of training (training past 39 hours).

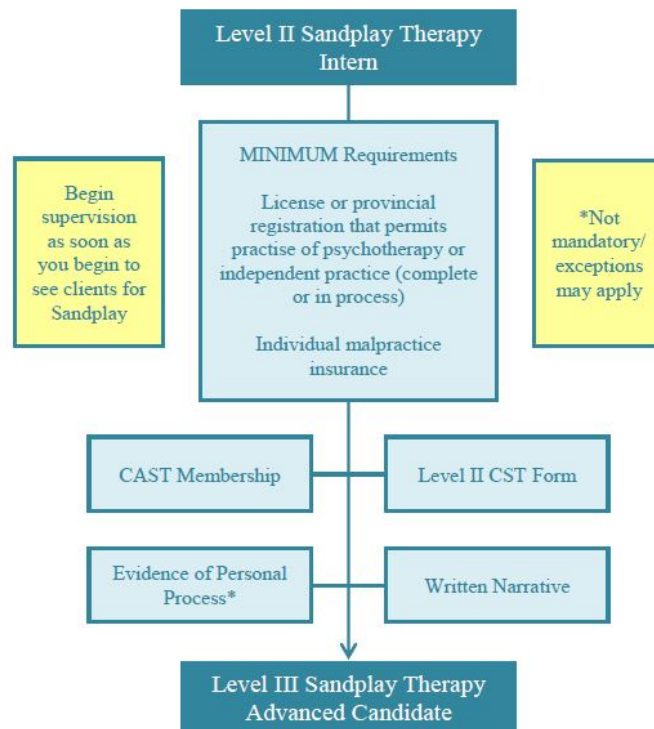
The Registrar shall notify all members of the Teaching Member committee of applications by trainees to Level II before the acceptance is finalized and sent to the trainee.

An interview for acceptance into the Certification Program may be required.

Once accepted into the certification program, trainees are expected to maintain a personal record of the number of: clinical hours of Sandplay practice, supervision hours as well as who provided those hours, and their personal process hours. All training and supervision certificates should also be retained, as well as formal correspondence from the Registrar.

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Flow Chart Level II-III (CST Stream)



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Level III: Acceptance to Sandplay Therapy Advanced Candidate Status (CST Stream)

CAST Membership:

Required at this level

Privileges:

Title “Sandplay Therapy Advanced Candidate,” the trainee may not call themselves a Sandplay Therapist.

Requirements:

1. Submission of a signed and completed Level III Advanced Candidate application form. This form will provide information about:
 - Licensure to practise psychotherapy
 - Evidence of malpractice insurance (policy number and carrier):
 - Personal professional malpractice must be held for private practice
 - Insurance through place of work is acceptable if practising Sandplay Therapy is limited to that place of work
 - Evidence that personal process has started:
 - Trainee must have completed at least 10 sessions and must submit a signed statement from their therapist confirming number of sessions
 - Candidate’s choice of advisor (with whom a minimum of 30 hrs supervision will be done overseeing the case preparation and submission)
 - Evidence of supervision of Sandplay practice
 - Signed declaration of understanding on application form
2. Completion of 2 symbol papers
 - The first paper is read and approved by the Teaching Member to whom the candidate submits it.
 - The second paper must be read by a different Teaching Member, for which a fee will be charged
3. Photocopies that confirm completion of:
 - 100 hours training
 - 60 hours supervision
 - 50 clinical hours with Sandplay clients
4. Submission of a 5-page written report describing:
 - How the candidate understands the free and protected space

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- A difficult client situation and how it was resolved
- How the candidate understands their strengths and vulnerabilities, reflecting upon how they relate to their potential for growth and development as a future Sandplay therapist
- An understanding of transference and countertransference

CAST Teaching Members and the Registrar respect and will protect the confidentiality of the material in the written report.

This principle shall apply to the application review process as follows:

- The written report will be read by the CAST Registrar and the designated Teaching Member to whom the candidate submits it;
- Submissions may be made in hardcopy by mail or by digital attachment to email;
- After their review, the candidate may request by writing or email that the narrative be returned/deleted; and
- Should a committee of CAST Teaching Members wish to interview the candidate as part of this application process, the narrative will be shared with the members of that committee.

N.B.: In the event that the report is in question, an interview or re-submission may be required.

Demonstration of fulfillment: By trainee

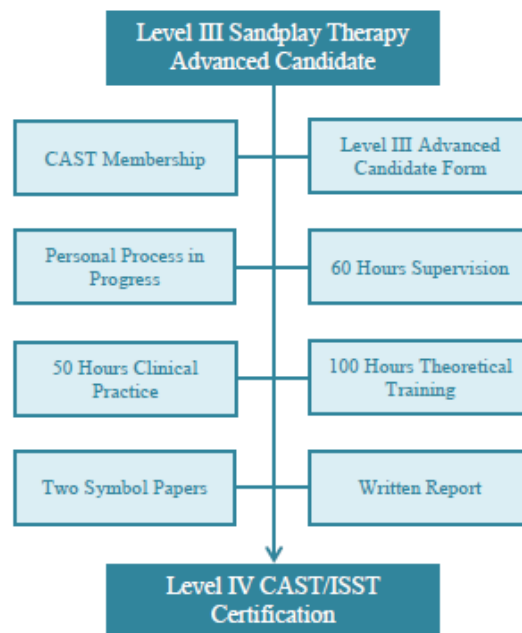
- Fully completed and signed level III form
- Letter from personal process therapist
- 5-page written report

The above will be submitted to and reviewed by the Registrar, Advisor and another Teaching Member of their choice.

The Registrar shall notify all members of the Teaching Member committee of applications by trainees to Level III before the acceptance is finalized and sent to the trainee.

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Flow Chart Level III-IV (CST Stream)



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Level IV: Acceptance for CAST/ISST certification (CST Stream)

CAST Membership:

Required at this level

Privileges:

Consideration for CAST/ISST certification

Title upon completion “CAST/ISST Certified Sandplay Therapist”

Requirements:

1. Photocopies that confirm completion of:
 - 40 additional hours supervision since Level III
 - 50 additional hours clinical practice with Sandplay clients since Level III
 - Personal process if not previously submitted to trainee’s file
2. Completion of case report (ready for submission to ISST)
3. Completion of personal process
 - Including a signed statement from personal process therapist attesting to completion

Licensure to practise psychotherapy is required by CAST where it applies provincially. In provinces with alternative regulations or designations, the individual may appeal to CAST. Alternately, if the trainee is training concurrently in psychotherapy as they do their CAST certification, a detailed plan of that training must be submitted in order to continue with the CAST training, and their certification will not be granted until licensure is complete.

In addition, following receipt of acceptance by the three readers and certification by ISST, the Advisor is required to submit to the Candidate and the Registrar any additional recommendations for the Candidate to pursue (e.g. clinical hours of practice, more supervision hours). The Advisor will base these recommendations on their experience of the Candidate and feedback from the three case readers. The Advisor may seek consultation from another Teaching Member if necessary in setting these recommendations.

Demonstration of fulfillment: By Advanced Candidate and Advisor

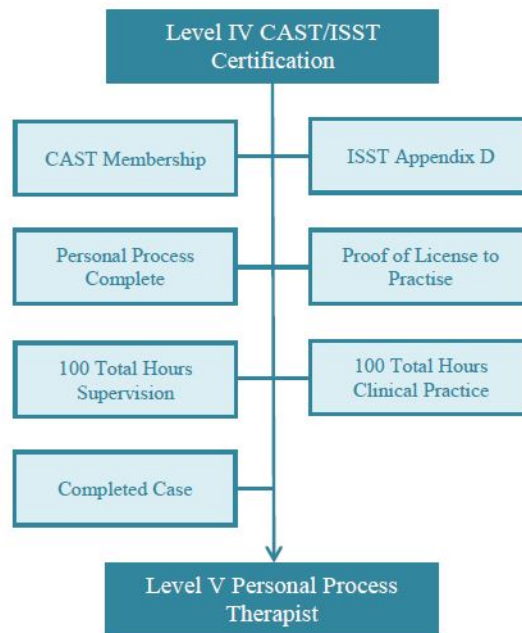
- Fully completed and signed ISST Appendix D will be submitted to the Advisor and the Registrar *before* papers are sent to ISST
- Letter from personal process therapist if process was not previously complete

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- Certificate or license to practise psychotherapy if this has not previously been submitted to the trainee's file
- Following ISST certification: Advisor recommendations will be discussed with Candidate and submitted to Candidate and Registrar

When all the above steps are completed, CAST certification will be granted

Flow Chart Level IV – V (CST Stream)



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Level V: Acceptance as a CAST-approved Personal Process Therapist (CST Stream)

CAST/ISST certified Sandplay Therapists may wish to do personal process with trainees. It is a privilege to offer personal process on behalf of CAST for trainees. CAST recognises that offering personal process to trainees is a very challenging and complex responsibility that will prepare prospective therapists by ensuring that they receive a quality, Kalfjian experience; therefore, an interview (described below) of the newly certified Sandplay Therapist will occur before they may commence personal process with trainees.

CAST Membership:

Required at this level

Privileges:

Listed as available for personal process by CAST

Requirements:

1. Interview:

By request of the Candidate to the Registrar:

Interview with the applicant at their office with two* teaching members, to confirm appropriate materials are available, to review the documents “*What Constitutes a Completed Sandplay Therapy Process?*” and “*CAST guidelines for certified Sandplay Therapists*” and to review the intent of offering a Kalfjian process which is without direct interpretation of sandpictures. Recommendations made by the interviewer/s must be fulfilled *before any personal process with trainees is begun*.

During the interview, the recommendations made by the Advisor at the time of certification will also be reviewed.

A reasonable fee will be set for this interview process, determined by the teaching member(s) involved.

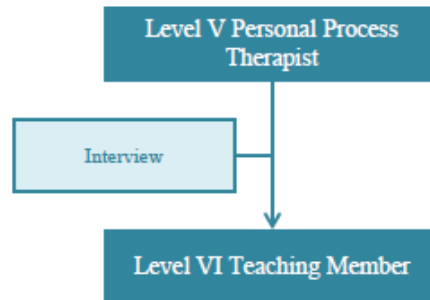
*The interviewers will be chosen by the Registrar and the Advisor, in consultation with the candidate. It is recommended that the personal process therapist not be chosen for the interview. Exceptions may be considered. At the discretion of the Registrar there may be only one interviewer under unusual circumstances such as geographic location.

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Demonstration of fulfillment: By the Teaching Members who interview the Candidate

- Submission of a written report to the Registrar and Candidate by the interviewing team of findings on visit and interview

Flow Chart Level V-VI (CST Stream)



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Levels VI-VII are currently under review and will be circulated in a Final draft in the coming months. Contact a Teaching Member if you require more information, or refer to your earlier version of the Levels document if you have it. We appreciate your understanding.

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LEVELS FOR CAST SANDPLAY PRACTITIONER STATUS (SP)

Level II: Entry to CAST Practitioner Training Program (SP Stream)

CAST Membership:

Required at this level

Privileges:

Title “Sandplay Practitioner Intern,” the trainee may not call themselves a Sandplay Therapist.

Requirements:

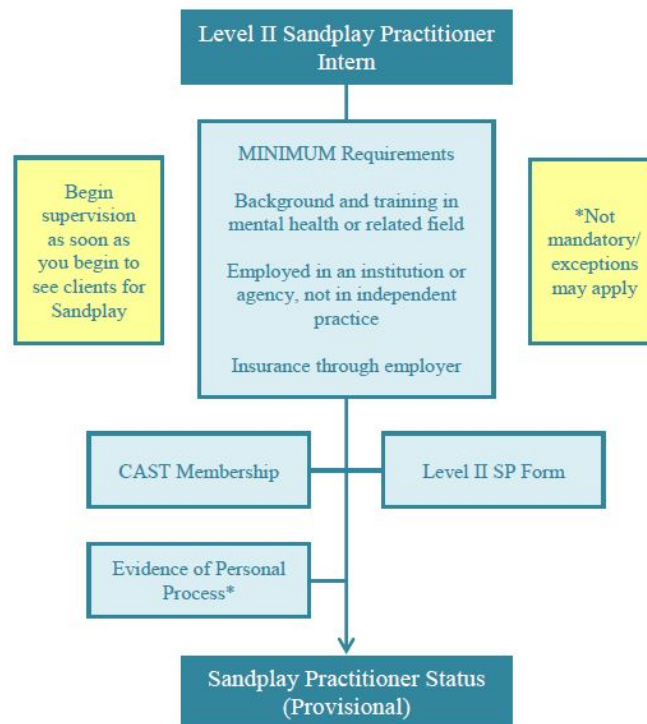
1. Submission of a signed and completed Level II (SP) application form. This form will provide information about:
 - Which professional category applies to the trainee (see description of **Categories A and B** in [Two Training Streams](#) section on page 3 above)
 - For those who fall into **Category A**
 - Regulating college/body, with license number
 - Professional malpractice insurance (either private or if not in private practice, through employer)
 - If employed, job title/role
 - If employed, current area of practice and population served
 - For those who fall into either **Category A or Category B**:
 - Evidence of supervision of Sandplay practice, if relevant
 - Evidence that personal process has started, if relevant
 - Signed declaration of understanding on application form

The Registrar shall notify all members of the Teaching Member committee of applications by trainees to Level II before the acceptance is finalized and sent to the trainee.

An interview for acceptance into the Practitioner Program may be required.

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Flow Chart Level II-Sandplay Practitioner Status (SP Stream)



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Acceptance for CAST Sandplay Practitioner Status (SP Stream)

CAST Membership:

Required at this level

Privileges:

Title “Provisional CAST Sandplay Practitioner.”

Within 18 months, and having completed and demonstrated the post-provisional requirements detailed below, the trainee may use the title “CAST Sandplay Practitioner.”

The trainee may not call themselves a Sandplay Therapist.

Requirements for Provisional status:

1. Submission of a signed and completed Application for CAST Sandplay Practitioner Status form. This form will provide information about:
 - **Category A Professionals**
 - Licensure to practise psychotherapy
 - Evidence of malpractice insurance if in private practice (policy number and carrier)
 - Name of employer if not in private practice
 - **Category B Professionals**
 - Name of employer
 - **All trainees**
 - Evidence that personal process has been completed:
 - Trainee must have completed their personal Sandplay process and must submit a signed statement from an ISST certified Sandplay Therapist confirming completion
2. Photocopies of certificates confirming:
 - Completion of 100 hours training
 - Completion of 50 hours supervision
 - Completion of 40 clinical hours with Sandplay clients
3. Completion of theoretical paper (maximum 10-15 pages) describing:
 - How the trainee understands the free and protected space
 - The trainee’s understanding of the client-practitioner relationship dynamics and how they may be symbolized in the Sandplay process

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- At least three Sandplay images from one or more clients that explore at least one symbol in depth

CAST Teaching Members and the Registrar respect and will protect the confidentiality of the material in the written report.

This principle shall apply to the application review process as follows:

- The theoretical paper will be read by the CAST Registrar and a Senior Teaching Member;
- Submissions may be made in hardcopy by mail or by digital attachment to email;
- After their review, the candidate may request by writing or email that the narrative be returned/deleted; and
- Should a committee of CAST Teaching Members wish to interview the candidate as part of this application process, the paper, application and the trainee's CV will be shared with the members of that committee.

N.B.: In the event that the report is in question, an interview or re-submission may be required.

Demonstration of fulfillment: By trainee

- Fully completed and signed Application for CAST Sandplay Practitioner Status, including photocopies of certificates
- Letter from personal process therapist
- 10-15 page theoretical paper

The above will be submitted to and reviewed by the Registrar and other faculty and supervisors of the trainee, excluding their personal process therapist.

The Registrar shall notify all members of the Teaching Member committee of applications by trainees to Practitioner Status before the acceptance is finalized and sent to the trainee. *Only at this time may the trainee use the Provisional status title.*

Final Requirements following acceptance as Provisional CAST Sandplay Practitioner:

- Trainee must complete 12 additional hours of supervision within 18 months

When submission of evidence that this step is completed, CAST Sandplay Practitioner Status will be granted by the Registrar.

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Flow Chart Sandplay Practitioner Status (SP Stream)

