



## SANDSTORY THERAPY® LEVEL 1

### Terms and Conditions of Training 2026

Thank you for choosing to train with me! I very much look forward to welcoming you.

Please read the following information and sign via the Microsoft Form to acknowledge you have read, understood and accepted the terms.



#### The Application Process:

All applications to undertake the SandStory Therapy® Level 1 training will be reviewed and considered fairly. All applicants must meet the minimum requirements for the training (qualification and therapeutic understanding). Should the trainer feel that the applicant does not meet the requirements for the course, an automatic refund will be given and the booking cancelled. The trainer reserves the right to cancel a booking without detailed explanation or feedback. The applicant will always be informed of the fact in this unlikely event.

#### Working Safely for Yourself

1. Working therapeutically with sand opens 'the subliminal door to the unconscious'. Training is essential and requires a high level of safety and ethical integrity in the therapist. As such, the focus of the training is on delivering SandStory Therapy® sessions in a way that is ethical, safe, gentle and empowering for our clients.
2. As with all therapeutic training, there is a high level of experiential work. This can activate the participants unconscious and trigger ongoing material. Participants are encouraged to hold themselves safely and appropriately within the containment offered by a training - not therapy - group.
3. It is expected that, as a qualified therapist or counsellor, you are accessing regular clinical supervision and that your SandStory Therapy® work can be discussed within those sessions. However, if you do wish to discuss your SandStory Therapy® clinical practice with Shana she would be delighted to support you.

#### Cancellation Policy *[Written according to the Consumer Contracts Regulation, 2013]*

The full training fee [£450] is due when the booking is made. Paying in instalments is also possible and must be completed 2 weeks before the start date of the course.

- Cancellation of a booking by the participant must be received in writing.
- A non-refundable admin fee of £50 is always retained for non-attendance.

- If you choose to cancel, Shana will offer a space for a subsequent training date where a space is available, and if this is not possible for the participant who is cancelling **and** if Shana is unable to find a replacement participant for the cancelled space then the following also applies:
  - **More than 2 weeks before the course: 50% of the fee**
  - **Less than 2 weeks before the course: 100% of the fee**
- Should a participant withdraw from a course once training has commenced, the fee will not be refunded.
- Refunds will be made using the same method of payment as used for purchasing within 14 days of the cancellation.
- Should Shana cancel the training, a full refund will be issued if the proposed new dates do not suit the participant.

The course is accredited for **14 CPD hours** according to the International SandStory Association [ISA].

At the conclusion of the training and successful completion of 2 simple assessments, you will receive your CPD Certificate, a personalised logo, and be a Registered SandStory Therapist.

### Course Assessment:

There are two pieces of written work to submit to gain your qualification as a **Registered SandStory Therapist**

1) **Training Reflection**- a 500-word approx. Evaluation of your experience with the SandStory workshop. These are your personal thoughts about the training. What did you get most from it, what resonated, what didn't and anything else you want to share? There is no specific template for this; just submit a side of A4. If you want to include any pictures of your tray or the tasks over the training, feel free, but that's completely optional. **Please send that across within a month of training titled: Your name -TR - (date of training)**

2) **Case Study Practice Reflection** - a case study detailing your work with a client as you integrate SandStory® Therapy into your clinical practice. This is a write-up of a SandStory session where you will aim to show how you have used all 5 stages and demonstrate your understanding of this approach. Please include a brief anonymous summary of the client at the start, and then, at the end, summarise your own learning about the client. **You must include at least one picture of their tray.** You can always reconstruct the tray if needed, especially to show the change if the client chooses to change things. Please ensure you have signed permission to share their material.

**There is no strict word count for this case study (a rough guide may be between 1000-2000 words). There is no time limit to submit either, but your certificate and logo will only be issued when all your assessments are completed. Please title this: Your name – PR - (training date).**

All case studies, personal reflections and application forms are held in accordance with GDPR. Please do let Shana know if you'd like a copy of the privacy policy.

## Gaining your Qualification

To qualify as a 'Registered SandStory® Therapist' you must demonstrate you can work safely in the sand adhering to the SandStory® model you have been taught. An appropriate level of reflection and evaluation of your interventions, as well as the client's process, must be evident to assess your understanding and knowledge. If you didn't manage to use all 5 stages in the session, don't worry. You can reflect on your choices, feelings/ countertransference, how you held the client in their therapeutic exploration and which stages were not appropriate in that session or for that unique client.

On submission of your case study, Shana will aim to respond with the outcome within 2 weeks. Exceptions may be made if Shana is on annual leave.

## What are the skills I need to demonstrate to qualify?

To meet the criteria for registration and qualification, you will need to show through your case study that, as well as understanding how to facilitate the 5 stages of SandStory Therapy, you can offer the following:

- [1] Empathy
- [2] Listening
- [3] Compassion
- [4] Personal integrity and congruence, authenticity, emotional maturity and stability
- [5] A developed ability to remain in presence
- [6] Attunement
- [7] Ability to bracket out own material and distinguish what is theirs and what is the client's
- [8] An ability to create a safe container for their client and their process
- [9] Excellent at all ethical competencies/codes/frameworks and maintains strict confidentiality.

### Also attitudes:

- [1] An attitude of respect towards the client's process and their own journey in their own time
- [2] An ability to be 'curious around the edges'
- [3] Being able to 'wait, watch and wonder'
- [4] An attitude that the client has a 'story' to tell and a patient, warm, inviting manner that is expressed softly without invasion, hijacking or creation of a story that is not from the client
- [5] Humility - being comfortable to stay in the unknowing of the process without having to 'prove' themselves as a therapist
- [6] A desire to continue to learn from their clients

Shana will also observe some of the skills practices over the 2 days to support my assessments as we recognise it can be a challenge to describe/demonstrate all these characteristics in one case study.

## What happens if I do not pass my case study?

If a participant does not demonstrate sound and safe knowledge and practice (for example, their questions might be overly interpretive or directive), Shana will offer a chance to resubmit the case study and provide some points for reflection either via email or a short Zoom call.

Resubmission can be made once the participant feels confident that they have addressed the points of feedback. If the second submission does not meet the standard required, participants will need to attend a supervision session with Shana at a cost to them (£80 per hour) and she will talk through areas for development. A final opportunity to submit a case study will be offered if the participant can demonstrate self-awareness and reflective capacities in line with the SandStory® model.

If, after these opportunities, it becomes clear that the participant is not able to work within the model effectively and safely, they will be awarded an attendance certificate for CPD hours only. In this unlikely event, you will not be permitted to use the title of SandStory® Therapist or use the model to practice. All case studies that **do not pass in the first instance will be second marked either by Lara Kasza or another SandStory Trainer.**

## Diversity and Respect

Shana Laffy and Heartful Therapy Training are committed to the provision of training which is inclusive for participants from a diverse range of professional, cultural and socio-economic backgrounds. We strive to foster a learning, working and social environment in which the rights and dignity of everyone is respected regardless of their actual or perceived age, disability, gender identity, marriage or civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation. Discrimination or harassment will not be tolerated. We ask everyone to show respect, tolerance, honesty and integrity in their dealings with each other, and we will always offer the same. Any concerns related to this statement should be addressed in writing with Shana as soon as possible.

## Intellectual Property and Copyright

SandStory® Therapy is a registered copyright, and the information provided in the training through all the materials, including the PowerPoint and the contents of the workbook, are the intellectual property of both Shana Laffy and Lara Kora and, as such, are protected by copyright. They represent many hours of hard work, research, time and money investment as well as effort and are intended for you, a paying participant, in the context of live training. We respectfully ask you not to share these with others in any format nor to plagiarise or pass the training content onward in any way. Any infringements of this will be followed up legally. A heartfelt thank you for respecting the intellectual property of this material.

## Compliments and Complaints

I hope you will be very happy with your training experience and leave with a passion for offering SandStory® Therapy to your clients. If you wish to leave a review about your experiences, that would be wonderful. You are welcome to leave a public Google Review for Heartful Therapy or on Facebook if you use social media. A course feedback form will be sent electronically after the training to gather your thoughts and use them to continually improve our training.

If you have a complaint or concern in the first instance, please let Shana know, and we will try to find a way to resolve this. If this is not possible and you wish to make a formal complaint, please put this in writing to [shana@heartfultherapy.co.uk](mailto:shana@heartfultherapy.co.uk) and Shana will respond formally within 1 month.

Terms updated June 2026