



# Sandplay Therapists of Hawai'i

## Newsletter - September 2021

### President's message, aloha & mahalo

By Kerri Kahapea, LCSW, RSP - STH Past president

Time seems to move so quickly and yet, at times, not all things become something of the past. It is as if time is suspended in space. We continue to experience daily stresses and life in a pandemic, coupled with moments of joy, happiness, and peace. If we pause and think about sandplay, we realize that we are supported by symbols, despite not always understanding why. We are attracted and relate to the miniatures we have on our shelves, the miniatures on the shelves with whom we have done our process, the miniatures we have seen in case presentations, and those miniatures clients have accessed. We hold all of these attractions and feelings inside, which gives us reason, purpose, and hope. Hope that the world will thrive in all that is good, all that has meaning, and all that just is. When we look at a mountain, tree, a little bird or the tiniest bug, we are all part of the planet. We should smile at the wonder like the person who first walks into a Sandplay room or a baby opening her eyes to the wonder and comfort of her nurturing mother. The wonder of possibilities, of hope, of love, and of the sacredness of just being.

As we transition into the second half of the year, Sandplay Therapists of Hawaii will always support and nurture therapists in Hawaii and around the world. Amid the COVID pandemic and Zoom meetings we experienced the remarkable effects of connecting STH to everyone around the world. We saw indeed how easy it was to connect through space and time. And, although we look at the sun and stars at different times we can all see and feel its warmth and light.

Please join STH in our upcoming workshop on November 11, 2021 as we welcome Dr. Antoinette Eimers. We also want to thank all of our teachers, therapists, students, and everybody who has shared their wisdom, time and commitment to the Sandplay community. We would like to thank the STH board and members for helping our organization to grow and expand. It is very exciting to see familiar faces and new faces both locally and internationally when we open our computers for a STH Zoom training.

As we allow for growth and the movement of time, STH will be reversing the clock and moving Sue Bergman to the present. Sue Bergman will resume her position as the STH President and I will take her position as past president. Sue has always worked to support me and guide all of STH board meetings. She knows the history of STH, knows so many people of the Sandplay community, and is a dedicated learner and therapist. We love her and I am grateful she can move forward to the STH president position. Wishing all and especially the members and board of STH all the love, good health, peace, and joy in all the days ahead. Hope to see everyone at our training on November 11th.

Aloha, Kerri Kahapea

Artist: James Brunt



# President's message, welcome back!

By Sue Bergman, M.Ed., LMHC, NCC - STH President

Three years ago I handed the president position to Kerri with joy for our new STH leadership after I had served as president for 5 years, February 2013 to February 2018. It was time for me to step aside as president to pursue the travel I so dearly love with being semi-retired, and still support the board and STH. It was my pleasure to serve as president of the board for this wonderful organization of fellow sandplay therapists and will be again. As past president, I was able to assist Kerri, serve as historian and continue to support STH. Kerri joined the board as program committee chair in 2016. She trained our current program chair, Ala Kahalekai, as she assumed the president position of STH in March of 2018. Kerri has been a wonderful STH president, faced with many changes over the past 3 years, bringing STH out on top with grace along the way.



As we swap positions for now so Kerri can pursue a new career change, we will continue to work together with the board to keep our STH goal of offering great workshops, that are now offered nation and worldwide due to Zoom. She will continue to do our temenos opening blessing for each of our workshops. Kerri brings the sacred circle where one can be oneself, according to Merriam Webster, blessing and protecting the free and protected space as we know it in Kalfjian Sandplay. Kerri has offered her oli and special connection to our Hawaiian culture and aina for each of our workshops over the past few years. It brings light and energy as we spread our aloha at the beginning of each workshop. Our continuing board members are Lorraine Freedle (Hawaii Island) as Vice President, who is also serving as our Sandplay Therapists of America president, John Mascaro (Big Island) as treasurer, Donna Charron (Kauai) as secretary, Ala Kahalekai (Oahu) and Alissa Schneider Berg (Oahu) as outreach (which includes newsletter publisher, and mistress of most anything we need done). We have a stellar group leading our organization. I am thankful for all who make up our STH board and appreciate the time, talents, efforts, cooperation and passion each one brings. Please let us know if you are interested in joining our board. We would love to welcome more fresh ideas and energy.

We want to bring more of our members into an active role in STH. If you have a symbol you are studying & would like to share what you have learned or a case you find of particular interest and would like to practice by being part of presenting a mini workshop, please let us know. By working together we help each other learn and get better in our understanding of sandplay and life.

Me ke aloha pumehana a hui hou, (With warm regards until we meet again) ~Sue : )

# The Longest Day Symbol Study

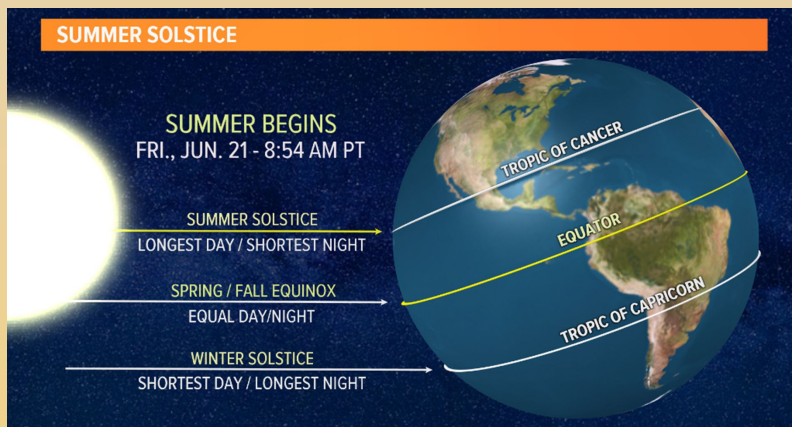
By Donna Charon, MA, MST

On June 25<sup>th</sup>, 2021 an international group of sandplay therapists gathered virtually to share and explore information about the Longest Day in the Northern Hemisphere and the Shortest Day in the Southern Hemisphere. The STH Board collaborated to make this event possible. We received positive feedback and we look forward to doing more.



Sue Bergman, Haleakala 2021

The session opened with a centering temenos tray created by president Kerri Kahapea, accompanied by a prayerful Hawaiian chant. She then presented us with an informative powerpoint. The slides contained solstice images along with history, myths and customs of Hawaii as well as from cultures around the world.



Our activities included individual time for a meditation set to music and reflection on our own symbols, thoughts, goals, and purpose as we enter into yet another season. We were able to express those ideas and feelings in a drawing that we then shared in a small group setting.



In the larger group, we heard from our international participants who shared their customs of celebrating the solstice. A gentleman in Germany shared his culture's enjoyment of lighting large bonfires. Our guest from "down under" reminded us that some are saying goodbye to the long-light days of summer and entering into the quiet light of winter.



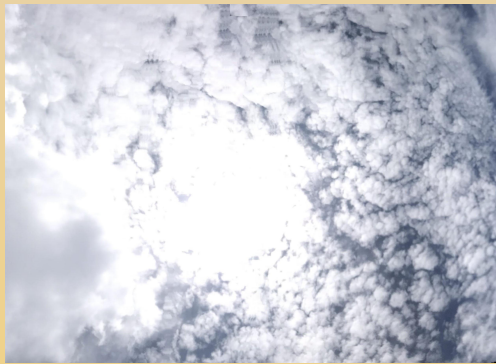
A slideshow set to the Beatles song, “Here Comes the Sun” put a smile on our faces. All the images and photos of our personal symbols and the glorious sun were sent in by the participants.

We ended our evening of study and celebration with a closing prayer while reflecting on a spectacular image of the sun.

The symbol study was intended to be a fun mini-workshop celebrating the summer solstice, the official arrival of the long sunny days ahead of us in the Northern Hemisphere with a balance of the opposite in the Southern Hemisphere. In true sandplay fashion, what was intended was not necessarily what emerged. During the small and large group sharing the participants disclosed their feelings and experiences of the long spell of “darkness” that we have all recently experienced. In the end we all agreed that we are indeed ready for more light and another journey around the sun!



**From the presentation shared by Kerri Kahapea...**



“Ke Alanui Polohiwa a Kāne (The Black Glistening Path of Kāne), its northernmost point in the sky, and the longest day of the year to those living in the Northern Hemisphere. Stops at the Tropic of Cancer.”

“Our human body is also separated at the Piko like the hemispheres, Kāne at the top half and Kanaloa at the bottom half.

- Kāne is your intellect-acquiring knowledge and acquiring resources.
- Kanaloa is about maintaining that which you are given, your DNA, your wisdom”

**“In our belief it is thought that the rising of the sun until the apex of the day is filled with masculine energy, once the sun starts to recede then it is in its feminine state. Represented as Ku and Hina. But also represented as Kane in the east and Kanaloa in the west. Or ao and po, light and dark.”**

Sandplay Therapists of Hawai'i presents

# Loss of a Twin: A Young Boy's Encounter with Death and Dying

Live, Interactive Workshop

**Antoinette Eimers, PsyD**  
**Sandplay Teacher (STA/ISST)**

**Thursday, November 11, 2021**

9am to 3pm Hawai'i / 11am to 5 pm Pacific Time

Cost: \$125 professionals, \$100- STH members, \$85- students  
5 CE's pending approval through NASW-HI (Social Workers, Counselors, & MFT's)  
**Register online:** <http://www.sandplaytherapistsofhawaii.org>

This workshop explores the sandplay therapy process of a six-year-old boy with acting out behavior in the home while his twin brother received medical care for recurrent leukemia. His process begins when his brother was undergoing a bone marrow transplant, and goes on to illustrate a deep journey of grief, loss, fear, and transformation as this boy courageously prepares for his brother's certain death. The intense love for his brother is profoundly felt in his sand pictures, along with a powerful co-transference with the therapist. Many of the sand trays contain images from Egyptian mythology. The three trays that his twin brother completed will also be presented. In his sand trays, this dying boy shows the need for his mother to realize that he is dying-- the unspoken word in the home.

Learning objectives:

1. Describe the power of twinning and its implications for grief and loss work with children and families.
2. Identify the role of symbolic language in sandplay therapy with children.
3. List the archetypal symbols that emerged from the unconscious to support healing during this child's sandplay process, including symbols from Egyptian mythology, and its rituals around the dying process.

4. Describe therapeutic changes demonstrated in this child's sandplay process.
5. Discuss co-transference dynamics that may surface when working with dying children, their siblings, and parents.

Who should attend: Play/sandplay therapists, social workers or mental health professionals interested in a post-graduate level workshop on grief and loss in children, sandplay therapy, and those interested in earning training hours toward credentialing as a sandplay therapist (STA/ISST).

**Instructor:** Antoinette Eimers, PsyD, MA, MFT, CST-T, is a Certified Sandplay Therapist-Teacher (STA/ISST) and President-Elect of the Sandplay Therapists of America. She has authored several articles in the Journal of Sandplay Therapy and will be presenting on her 2019 article, "A Boy's Encounter with Dying and Death: The Loss of a Twin." Dr. Eimers specializes in sandplay therapy with children, adolescents and adults; she maintains a private practice in Tustin, CA in the greater Los Angeles area.

#### References:

Eimers, A. M. (2019). A boy's encounter with dying and death: The loss of a twin. *Journal of Sandplay Therapy*, 28 (2), 9-33.

Eimers, A. M. (2014). Preparing for death: A child's experience. *Journal of Sandplay Therapy*, 23 (1), 135-144.

Kalff, D. M. (2020). *Sandplay: A psychotherapeutic approach to the psyche*. Analytic Psychology Press. (original work published in 1966).

Roesler, C. (2019). Sandplay therapy: An overview of theory, applications, and evidence base. *The Arts in Psychotherapy*, 64, 84-94. <https://doi.org/10.1016/j.aip.2019.04.001>

**Questions or requests for ADA accommodations?**  
**Contact Dr. Lorraine R. Freedle, Sandplay Therapists**  
**of Hawai'i CE Chair: [lrfreedle@gmail.com](mailto:lrfreedle@gmail.com)**



# The award–winning documentary film: Fire and Sand: Healing in the wake of the 2018 Kilauea Eruption is now available for online viewing!



On May 3, 2018 Kilauea erupted. Over the following three months, hundreds of earthquakes shook the Island of Hawai‘i as Pele, Hawaiian goddess of the volcano consumed homes, businesses and treasured landmarks in the district of lower Puna— displacing thousands of people.

This award-winning film by a psychologist and first-time filmmaker documents community mobilization and healing during the 2018 Kilauea eruption. Through exploration of the firsthand experiences of people affected and the living mythology of Pele, Fire and Sand reveals inner and outer landscapes of traumatic loss, hope, and new beginnings.

Local kumus (teachers), mental health professionals, and evacuees are featured in the documentary that highlights resiliency in the Hawaiian culture and the use of mobile Sandplay Therapy in disaster relief and recovery.

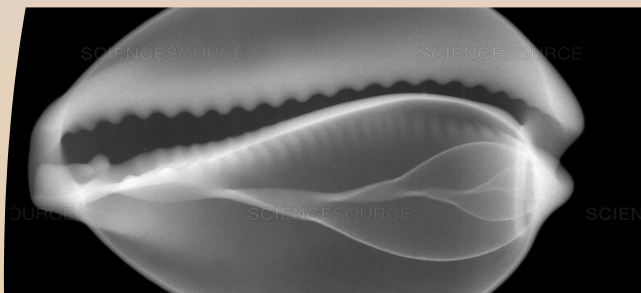
<https://filmfreeway.com/FireandSand>



# Cowrie Lei - A Symbol Study

By Kerri Kahapea, story arranged by Alissa Schneider Berg

Last year in August, Kerri Kahapea shared her study of the cowrie shell in a virtual meeting with the Big Island Sandplay Group (and guests!). Kerri shared a deep and thoughtful presentation of the cowrie shell and its place in nature, in history, and in the symbolic realm. This is a small collection from her presentation.



## Hawaiian Mythology

- Kumulipo
- Pele and Hiiaka
- Kamapuaa
- Kuula, 'Aiai, and Fishing

## Some Cowrie Themes

- Fertility, creation, and death
- Protection, Healing, and divination
- Birth and rebirth
- Value-Sacrifice-Currency, but only after death of creature
- Mythology-Kumulipo represents undifferentiated consciousness in the time of po. Wholeness.
  - Integration of the Anima/Animus
  - Vessel which unites and brings love
  - Prayer, taking care of resources

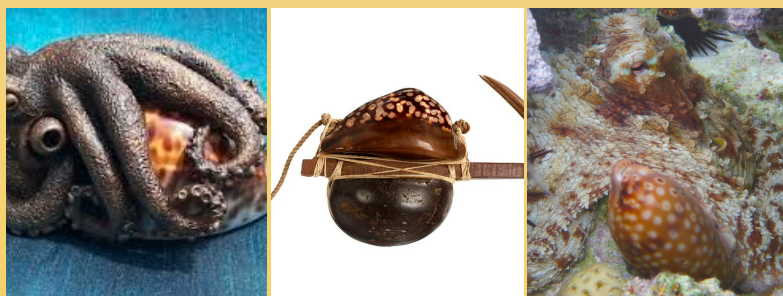


## Some cultures where the Cowrie is found

- Egypt - adornment, protection
- China - currency
- African cultures - divination, healing, adornment



## Puako and Kainoa



**Lūhe'e were made to attract the octopus for food.**

## Listen to the Cowrie

Have you ever been told you could hear the sea in a shell?

Have you held your ear to the shell opening?

Listen to your shell. What story does it have for you?



# Join the Big Island Sandplay group for Case Consultation!

On Saturday, September 18, 2021 from 9 am to 12 pm (Hawai'i time) there will be an online sandplay case consultation group on Zoom. A case will be presented by Dara Goodwin-Downs, LSW, RSP. Sandplay teachers, Lorraine Razzi Freedle, PhD and Sherry Renmu Shepherd, PhD will facilitate clinical discussion and symbol amplification. Space will be very limited, so if you are interested, please register quickly.



[REGISTER  
HERE](#)

## What is case consultation?

- An opportunity for those practicing sandplay to witness and be witnessed in their work. Participation is voluntary, and strongly encouraged for those practicing sandplay.
- One group member presents a clinical case with sandplay pictures. Discussion covers selected topics in sandplay therapy as developed by Dora Kalff such as myth, symbols, archetypes, Jungian theory, the neuropsychology of sandplay, and the healing and transformation process as it unfolds in sandplay.
- May include experiential activities, art, and opportunities for personal renewal.
- Earn group case consultation hours toward certification as a sandplay therapist

More information? Contact Lorraine: [lrfreedle@gmail.com](mailto:lrfreedle@gmail.com)

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## Dr. Trina Nahm-Mijo retires from Hawai'i Community College



After 43 years as a professor, expressive arts educator, and department chair of social sciences at UH Hawai'i Community College our very own Trina Nahm-Mijo, PhD, RSP retires. [READ MORE  
HERE](#). We congratulate Trina on a fine legacy at HCC and look forward to her continued involvement in sandplay. Even retirement won't keep Trina away from sandplay!

# Visit the STA site for their monthly newsletter, training information, and more at [sandplay.org](http://sandplay.org)



STA FALL WORKSHOP

## THE MEANING AND IMPORTANCE OF A FATHER'S BLESSING TO TRANSFORM THE SPACE BETWEEN US

OCTOBER 2-3, 2021

### Live Interactive Webinar

**Cost: Members \$110, Non-members \$135.**

**CE's available through R. Cassidy Seminars \$40**

**Register at [www.Sandplay.org](http://www.Sandplay.org)**

We are living in a time of heightened isolation, fear and anxiety. Our culture is leading us away from that what we intuitively know holds us together. As divisions between people widen, there is an opportunity to reconnect with both the sacred masculine and divine feminine as a way for us all to open hearts to love, and to bridge the space between us. Through the story: *Where the Two Came to their Father: A Navajo War Ceremony* and personal explorations, this workshop will introduce the Father's Blessing as one transformative, but often overlooked aspect of this healing process.

The Father's Blessing refers to a father seeing, recognizing, and loving each of his children as unique. This numinous and enduring experience is really an archetypal masculine energy within all of us that may be encountered, purified, blessed and integrated into the larger Self to move us toward balance. The Father's Blessing can create a profound impact in sandplay therapy for both the therapist and client.

**Presenters:** David Capitolo, LMFT, CST-T & Ellen Saul, MS, LP, CST-T; along with the other members of the Masculine Awareness Committee: David Dermott, Lorraine Freedle, Jacquelyn Kelley, John Mascaro, Joseph Meyer, Vince Pastore, and Sally Sugatt

### Learning Objectives:

1. Describe different father-child relationships in Creation Myths
2. Review examples of various "archetypal fathers" beyond the biological father
3. Demonstrate how the concept of a "father's blessing" can be applied when working with clients
4. Describe the significance of feminine support and encouragement as an individual seeks their father's blessing
5. Describe your own conscious/unconscious relationship with your biological father based on receiving or not receiving his blessing
6. Evaluate how your father's blessing experience impacts your interpretation of sand scenes

**Click above to register!**

## New Additions of Miniatures in the STA Store



Special thanks to Mary Ann Brock for gifting STA these loved miniatures from her collection

Proceeds from the online store support the  
*Journal of Sandplay Therapy*



SAVE THE  
DATE!

Please save the evening of  
December 3, 2021  
for STH's holiday season  
gathering and symbol study!

**VOICES FROM THE  
EXPRESSIVE THERAPIES  
SUMMIT**

an official podcast of

**THE CREATIVE  
PSYCHOTHERAPIST**

with host

REINA LOMBARDI, ATR-BC, ATCS, LMHC-QS

**INTERVIEWS WITH  
THE 2021 FACULTY!**

Learn about their expressive arts therapies clinical  
practices. Discover creative, new treatment  
approaches. Preview their Summit sessions!



**Lorraine R. Freedle**

PhD, ABPdN, CST-T

*Episode 9: For the Love of Sandplay*



Click on the picture for the podcast!



## SANDPLAY THERAPISTS OF HAWAII

invites you to become a member or renew your membership in our organization!

Sandplay Therapists of Hawai'i was officially formed in January 2002 and is recognized by the IRS as a 501(c)(3) non-profit organization. We are seeking members who are dedicated to Kalffian Sandplay Therapy and willing to contribute to our mission of providing skilled clinicians who will keep this modality available to those needing its power to heal. All levels of clinicians from beginning students of Sandplay to seasoned professionals with years of training are welcome. Our primary goal is to provide education and training in this field.

Benefits of membership includes discounted STH sponsored workshop fees, semi-annual newsletters, and being part of a local supportive community of practice for Sandplay therapy. Membership may also include 1-2 lectures or social events per year (non-members pay a fee).

The regular membership year begins January 1 of each year and is effective until December 31. Membership fees are a modest \$30.00 per person per calendar year, and will be used to defray the cost of running our organization. You may join or renew membership on-line at <http://www.sandplaytherapistsofhawaii.org/joining-sth.html> or send in the bottom of this letter.

Additionally, we need assistance in many areas, including planning workshops and creating and distributing our newsletter. Our current Board of Directors are: Kerri Kahapea - President; Lorraine Freedle - Vice President; Sue Bergman - Past President; John Mascaro - Treasurer; Donna Charron - Secretary; Ala Kahalekai - Program Committee chair, and Alissa Schneider Berg - Outreach.

We welcome your membership. Should you wish to make a donation to the STH Diana Chee Scholarship Fund, donations are tax-deductible and will be honoring our past board member and friend. This is a way to help students of sandplay who may not otherwise have the opportunity to attend STH workshops.

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Please complete the membership application form below and mail with your annual fee of \$30.00 to: John Mascaro, PO Box 384646, Waikoloa, HI 96738-4646.

**Make checks payable to STH.** Tax deductible contributions are welcome; if donating please note "donation" & amount on your check. Thank you.

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

MEMBERSHIP FEE: \$30.00 \_\_\_\_\_ January 1- December 31

STH DIANA CHEE SCHOLARSHIP FUND tax deductible contribution \_\_\_\_\_

**Mahalo!**



# Sandplay Therapists of Hawai‘i

[webhead@sandplaytherapistsofhawaii.org](mailto:webhead@sandplaytherapistsofhawaii.org)

## President

Sue Bergman, M.Ed., LMHC, NCC

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Carla Sharp, APRN, RPT-S, CST-T

Sherry Renmu Shepherd, PhD.,  
STA/ISST

The STH newsletter is published semi-annually, and is an entirely volunteer endeavor. If you have any questions, comments, suggestions, submissions, or accolades, please feel free to contact us at the above address or during the next workshop!

To unsubscribe please email Alissa at [webhead@sandplaytherapistsofhawaii.org](mailto:webhead@sandplaytherapistsofhawaii.org)