



# Sandplay Therapists of Hawai'i

## Membership Newsletter

### President's message

By Kerri Kahapea, LCSW, RSP

#### In a moment we had to change.

In a moment our world shifted. As we consider the many changes and experiences, Sandplay Therapists of Hawai'i grew and flourished into the New Year. Our Sandplay connections became visible as we were able to connect virtually with people around Hawai'i and the world.



Thank you to Board members Lorraine, John, Donna, Sue, Scott, Ala, and Alissa, for their genuine and generous help in making all things possible in STH. And to all, past and present, where Sandplay found a place in their heart a place to grow.

Sandplay is the ultimate container of possibilities and we should not forget that those possibilities are within each one of us. We are the rainbows that emerge from both the rain and the sun. The pot of gold that shines every time we hold the space. As we continue our journey into 2021, it is my hope that we remember our connections. The connections we share with everything from our past, present, and future. We are the holders of space, light, and possibilities. In Hawai'i we are comforted and healed by aloha, and it is aloha each of us share and embody.

Let us remain steadfast in the year of the Ox and work hard with passion, love, and determination to create environments for healing, and joy. Kung Hei Fat Choy and Hau'oli Makahiki Hou!

#### In thinking about how moments turn to time,

I would like to send a shining beam of light to Scott O'Neill who has been a member of Sandplay Therapists of Hawai'i since 2004. Scott has been our main tech guy, webmaster, creator of pretty newsletters, and managed our registrations, memberships, and money. Scott was just about everything and always available for just about anything. After many years of service to STH, Scott has retired from the Board. Fortunately, he is willing to help us if we get in a pinch. THANK YOU, SCOTT, FOR SHARING YOUR HEART WITH STH!!!



Though we are saying a fond Mahalo and Aloha to Scott, we have welcomed 2 beautiful women to our board. Donna Charron has accepted our invitation and is now secretary and Alissa Schneider Berg has stepped up to the plate to fill Scott's huge shoes as webmaster and other outreach duties, so we have change her title to exactly that, outreach. We are grateful to each of you for saying yes! Alissa is already busy getting our documents and history stored in the cloud.

# From Hilo, HI to the world...

Dr. Lorraine Freedle - STH Vice President, Sandplay Therapists of America President, Hilo resident, and all around lovely and extremely busy person - will be presenting on Sandplay at two national virtual conferences in April and May this year.




**Wednesday, May 26th**

**JOIN ME**

AT THE 32ND ANNUAL BOSTON INTERNATIONAL TRAUMA CONFERENCE.

I will be speaking on:

**Stories in the Sand: Psychocultural pathways to healing trauma during community crisis**

🕒 2:00 - 6:00 p.m    📌 (3.5 CE/CME)

Track 1: EXPRESSIVE ARTS



Lorraine was joined at her home by Bessel van der Kolk - renowned trauma expert and author of The Body Keeps the Score, and Licia Sky - CEO of the Trauma Research Foundation, to chat about Sandplay.

"It was a lot of fun to talk story with Licia and Bessel. They are beautiful people, amazing leaders in the field of trauma, and they could really appreciate the importance of embodied methods like sandplay therapy that offer people with trauma a safe and effective means for healing."



[Click here for the full interview and video!](#)

[Click here for the International Trauma Conference site](#)

## EXPRESSIVE THERAPIES SUMMIT LOS ANGELES



CREATIVITY & THE ARTS IN HEALING  
art · drama · music · writing · dance · play · sandplay

From April 15-29 there will be workshops as part of a Play Therapy & Sandplay Track at the Expressive Therapies Summit

Lorraine Freedle, along with other beloved Sandplay teachers (who have all presented here in Hawai'i as well!), will be presenting on various topics like: virtual Sandplay at home, mobile Sandplay for disaster relief, repairing broken attachment, introduction to theory & practice, and the "wise body" approach in Sandplay.

[Click here for the Expressive Therapies Summit site for more information](#)



## On March 5–6, 2021 the Hawai‘i Association for Play Therapy (HAPT) and STH co–hosted the HAPT annual conference: “Awakening the Senses Through Play Therapy and Sandplay”

This virtual training was a labor of love between the two organizations, and brought together people from across Hawai‘i and across the world!

Participants navigated between Zoom rooms to attend the Sandplay workshop and the Play Therapy workshop on each day. Beloved elements from the HAPT annual conference were translated to the virtual format - where participants were able to hangout together for lunch in the virtual playroom (complete with fun themes!), and win raffle prizes that were shipped directly to them - wherever they were!

Dr. Lorraine Freedle presented a wonderful introductory workshop on Sandplay, and Ellen Saul and Nancy Hopkins presented a heartfelt introductory workshop on the “In Touch Again” approach of Agnes “Nessie” Bailey. Please see the next few pages for an in-depth look at both workshops!

It was a joy for our Board Members to work with the dedicated Members of the HAPT board. Our genuine aloha and mahalo goes out to these amazing women 💕



**Mahalo to our presenters at the HAPT-STH Annual Conference! Lorraine Freedle, Ellen Saul, and Nancy Hopkins - your passion, compassion, and wisdom made this training a wonderful success.**

**The conference was dedicated to two cherished people: Carla Sharp and Scott O'Neal.**

Carla is a founding mother of both Sandplay Therapists of Hawai‘i and the Hawai‘i Association for Play Therapy. She was able to join the conference to lead us into our learning experiences - helping all to remember and honor the efforts and passion of those who blazed the trail so we could follow.

Scott has been the technical and heart foundation of both STH and HAPT for many years. He's led both organizations in our web presence and outreach efforts, and we stand in gratitude for his generosity and technical and outreach prowess.

## STH & HAPT Workshop 1:

# Beyond Words: Enhancing Clinical Practice Through Sandplay Therapy

By John Mascaro, PhD, RPT-S, RSP



Lorraine Freedle, PhD, ABPdN, CST-T

This introductory workshop was informed by Dr. Lorraine Freedle's neuropsychological understanding in helping to deepen our understanding of Sandplay Therapy. Dr. Freedle helped us to look beyond spoken words so we can understand that Sandplay Therapy provides an enriched sensory, symbolic and relational experience that allows our clients to safely and effectively address a range of clinical problems. As we shape sand, play freely, tell our story through symbols, and self-reflect in the presence of an attuned therapist multiple brain systems are activated and synchronized. This process helps us to reach the depths of our problems in our psyche, soul, and nervous system.

This workshop helped us to explore the theoretical foundations and practical applications of Jungian Sandplay Therapy within the context of our current world crisis and the changing environment of psychotherapy and play therapy practice. We were introduced to the latest advances in research to help ground our Sandplay work within clinical practice guidelines. Through case studies, demonstration of methods, experiential exercises and a review of the evidence-based research, we explored how Sandplay Therapy effectively enhances our clinical practice.

Dr. Freedle introduced us to the origins of Sandplay Therapy founded by Dora Kalff. We explored the notion of a "Free and Protected Space" and the Seven Key Tenets of Sandplay Therapy along with the differences between "Sandplay" and "Sand Tray". We looked at Sandplay and neuroscience to help deepen our understanding as to how Sandplay helps to heal trauma. We looked at the purpose of Sandplay which moves us far deeper and beyond spoken therapeutic modalities. We looked at symbols and how they help to awaken our senses and help to deepen our connect to play. We reflected on the importance of therapeutic presence in working with our clients.

Dr. Freedle presented us with an in-depth understanding of how to conduct a Sandplay Session, which was something I have never seen done in the many Sandplay presentations I have experienced. What a treat to be given a series of video presentations walking us through each of the aspects of Sandplay in working with a client in a therapeutic session. We looked at the trays, the Sandplay collection, how to conduct a Sandplay session, how to introduce sandplay, the therapist's role, taking notes during the session, photos taken after the session, and the clean up and putting away the miniatures.

Whether you were newly introduced to Sandplay or a practiced Sandplay therapist, every participant was helped in deepening their Understanding of Sandplay. This was our first collaboration with HAPT and I hope that there will be many more. Thank you Dr. Freedle in helping us to bring a deeper understanding of Sandplay to our play therapy community.





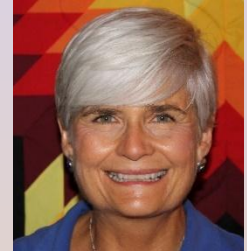
## STH &amp; HAPT Workshop 2:

**In Touch Again: Repairing Broken Attachment with Play Therapy Strategies**

By Sue Bergman, M.Ed., LMHC, NCC



Ellen Saul, MS, LP, CST-T



Nancy Hawkins, PsyD, LP

This introductory workshop was based on the "In Touch Again" approach of Agnes (Nessie) Bayley. It included multisensory play therapy activities that follow stages of the brain development. A framework was presented for assessing what may be missing in the path of attachment for clients across their lifecycle. The basic learning process for In Touch Again is simple, yet involved. The premise includes: 1) Having an experience; 2) Reflecting on the experience; 3) Looking at how the experience connects with the theory and process of In Touch Again and 4) How the therapist then applies the theory and process of In Touch Again with clients. In Touch Again is a framework for thinking about attachment work. It uses targeted strategies for attachment wounds in children and adults. ITA is based on developmental stages and attachment styles and is grounded in a therapist's attunement to the self and their client.

In Touch AgainThe Process of the Work-Overview**A few comments from participants:**

*The presenters were so knowledgeable and the enthusiasm the presenters shared lifted the energy for the workshop.*

*Using the sense of smell – I will definitely be adding many to my sensory baskets*

*The dialogue and presentation around Indigenous experience was very valuable. I also enjoyed the video demonstration of the caring and loving water.*

The In Touch Again framework considers all the parts of a client from an attachment and developmental perspective. This can be applied to sandplay, imaginary play, floor play, storytelling, art, whatever type of play a child or adult engages. As a client plays, developmental play, sensory exploration or attempts to cope with early trauma may become evident. All are indicators regarding the need for a return to basics, the opportunity to create repair experiences for early developmental needs that were not met. In Touch Again does this by offering a structure and a multitude of specific interventions for repairing trauma and missed developmental milestones for clients across the age-span.

## In Touch Again: Repairing Broken Attachment with Play Therapy Strategies

The workshop began with a Brain Gym exercise to help us ground and become aware of our bodies in the space each of us were in and the body sensations of each individual. Throughout the workshop, a variety of exercises were offered to encompass the senses in order for participants to get in touch with and process their own vulnerability in order to understand how clients may be similarly impacted. Break-out groups were created to enhance the opportunity to do and/or share experiential activities, as well as form some mini-bonds among participants. We were skillfully guided through sample experiences:

- ◆ a transitional object and its connection to a special memory
- ◆ immersed in the senses and explored how smell is a touchstone to positive and negative memories
- ◆ we each created a container to assist with the sense of security, boundaries and limitations
- ◆ made a drawing to acknowledge an experience of something from our historical past, whether an event based on cultural, racial, or familial experiences, etc.
- ◆ feelings were explored through multimedia/art
- ◆ a powerful video demonstration of the "Loving and Caring Water and the Suffering Skin," that depicted how life starts with all the Loving and Caring we need, but through our experiences we learn to cope by growing a Suffering Skin so we can once again experience and accept Loving and Caring in life.

**I experienced In Touch Again in person while in Minnesota to do my Sandplay Process in 1997–98. I found it be a potent healing agent within therapy. I have used its tenants ever since and have wanted to have it brought to Hawaii. When many of us had to start telehealth with our clients in March of 2020, it was what I learned in In Touch Again, plus Ellen and Nancy's monthly consultation and discussions that got me through those first few months. In June of last year Ellen and Nancy offered In Touch Again online. I signed up immediately. This one day introductory workshop is the tip of the iceberg of what can be experienced in the 6 sessions that make up the online version of the course. I am hoping we can bring Ellen & Nancy to Hawaii for a week long in person course in the near future. Please let STH know by emailing us, if you would like to have In Touch Again when we can bring them, live and in person, to Hawaii!**

**-Sue Bergman :)**



**If you missed this training or are interested in further training with In Touch Again,** a new class begins April 12-May 17, 2021, on Mondays 7-10 am PT, 10 am -1 pm ET; online, interactive, with CEs and APT credits. Email Ellen for the flyer at [esaul.assoc@gmail.com](mailto:esaul.assoc@gmail.com) or go to Sandplay Therapists of America at [www.sandplay.org](http://www.sandplay.org). You can also email Ellen if you would like the schedule for and/or to be part of the consultation groups they offer each month for \$10 at various dates and times. The discussions and sharing during consultation are fabulous, as people from all around the world are attending.

# Effects of Age, Gender, Intelligence and Mental Health on Sandplay Scenes

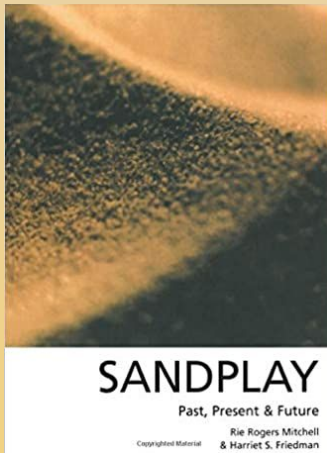
By Sue Bergman, M.Ed., LMHC, NCC



*Harriet S. Friedman,  
LMFT, Jungian Analyst  
International Sandplay Teacher (STA/ISST)*

On Friday, October 30, 2020, Sandplay Therapists of Hawai'i (STH) was pleased to host STA's beloved teacher, author and wisdom keeper, Harriet Friedman, for a virtual workshop on the Effects of Age, Gender, Intelligence and Mental Health on Sandplay Scenes.

Sandplay Therapists of Hawaii exists for the purpose of bringing quality sandplay training. This valuable workshop was with one of the SAGES of Sandplay. Harriet Friedman was trained by Dora Kalff, the founder of Sandplay Therapy. Harriet is part of the legacy of those who are and were the pioneers of sandplay in America. She is on faculty at the Jung Institute of Los Angeles, she is a Founding Member of Sandplay Therapists of America (STA) and has consulted for many years in the US and internationally. Harriet has co-authored several books on sandplay therapy, one of particular interest may be [Past, Present and Future](#). What a life this woman has lived in the many ways she has contributed to the development and growth of sandplay therapy.



**How age & gender play a part in sandplay is of utmost importance when working with children & adults. Knowledge about how age, gender, intelligence, and mental health are normally evidenced in the tray and can assist the therapist in understanding a client's trays, therefore the issues of the client.**

**Norms** help therapists know what is typical and what is uncharacteristic for a particular age, for example, in order to determine if the child is more or less advanced than other children of the same age. Harriet employed Ruth Bowyer's (1956) categories to set forth the norms for looking at sandplay trays in her presentation and enumerated them in her handout. This is also true of the goals associated with Bowyer's research done by observing children and adult sandtrays. If a person is below the norm, this may suggest a possible problem such as sandplay pictures of disturbed adults and children are often similar to those of young children. Harriet discussed each category which included a differentiation between the younger and older children. When examining adult trays, similarities were noted, revealing a below norm or childlike quality that appeared to depict the developmental age where a possible trauma or negative life event had affected the adult.

The categories created by Bowyer were:

- Use of space*
- Expression of aggression*
- Control issues*
- The use of sand*
- The contents of the tray*

Bowyer also delineated gender differences by using Erickson's (1951) findings about boys 11-13 years old and Lynn Jones (1985) findings regarding the difference between boys and girls between 7-13 years old, in the use of sand.



## *Effects of Age, Gender, Intelligence and Mental Health on Sandplay Scenes*



Harriet shared a plethora of child and adult sandtray images illustrating each of the categories and the gender differences while explaining and commenting on the overall sandtray presentation and the salient details of the various trays she was illuminating for children and adult clients. This was particularly interesting as there was usually clear evidence of the developmental age of the life event distress experienced by the individual.

The handouts were terrific. She organized them including the categories and gender information through breaking down the various research findings by age, gender, intelligence and mental health. This makes the information very user friendly as a go to guide for a therapist to easily compare and contrast sandtray contents depending on the information required for possible diagnosis, treatment, goals, developmental expectations and/or further research. All information was documented and the handout included an excellent bibliography.



All who attended, were fortunate and privileged to experience Harriet Friedman sharing her wisdom and sandplay enlightenment in a 2 hour information packed workshop. A perk for this workshop during this time of worldwide COVID-19, we were able to extend our workshop beyond our Hawaii borders, due to it being a virtual presentation. It was wonderful to have sandplay therapists join us from across our island chain, Australia, Brazil, the US mainland and Singapore. Participants had an opportunity to share verbally and through the chat function on line. As usual, STH did not disappoint our sandplay therapists.



# Sandplay Therapy with Traumatized Children in the School Setting

By Naomi Salazar, LCSW



Betty Jackson, LCSW, CST-T  
International Sandplay Teacher (STA/ISST)

## Handcuffs to Freedom

“I have to tell you something, I gave them to him” says Ms. Betty, a retired school social worker and mental health provider of over 40 years at a Sandplay teleworkshop in April. She was speaking about a set of silver miniature handcuffs, given freely to her client, a boy of 6 years old at his request. The boy had been using the handcuffs in his sandtrays to fight the battle of the skeletons in his closet that would not die. The handcuffs were a part of Ms. Betty’s sandplay collection and played a vital role in her client’s process. I have been blessed with learning and participating in many sandplay training over the last 5 years, but this is the first time I have heard the remark from a presenter about giving a client a miniature from the collection. It struck a sweet chord with me, as it appeared that it also did for many other attendees.



Ms. Betty presented the truth about the life of a school social worker and contracted department of education mental health provider. There are rules and guidelines within the systems of education and sandplay that we have been taught to follow. Ms. Betty reviewed the legal and inclusive ideals brought into laws from the 1960s to 2015 and the impact on our students, staff, and the communities sense of safety, inequalities, and trauma within our school system. In addition, with the recent and growing fears of mass school shootings and the current coronavirus pandemic, concerns arise about the safety and sense of wellbeing that students and families feel when thinking about school, maybe asking themselves, “Is school a safe place?”. This question cannot be fully examined and answered in a one-day training, but Ms. Betty shared about several barriers she had faced in the Department of Education setting, with providing a free and protected space for counseling, scheduling conflicts, and confidentiality issues, to name a few barriers to counseling services. Just as succinctly, Ms. Betty reviewed strategies to engage with the school as intricate partners for the health of the student. Not an easy task, as many social workers and mental health providers have experienced.

But the purpose of this training was to gain a clearer picture on how we can truly best support our students (who have experienced trauma) in an educational setting and how students in this setting can access the profound experiences of sandplay. When we can build trust and rapport with key people at our schools and create a place for the students to work in a free and protected space, our students can walk their journey of pain and healing in our schools. Trauma affects an incredible number of our families in our communities and there are so many of us (mental health providers) that can continue to gain knowledge from presenters like Ms. Betty, so we can grow and pass on the availability of sand play in the schools and community. I’m practically positive all of us know the rule about sandplay minis – they stay in the collection. But Ms. Betty clearly chose humanity and the gift of freedom when she granted the boy the request of taking home the handcuffs.

# Symbol Study: The longest Day

June 25, 2021 5:30-8:00

Join STH for this virtual gathering to discuss the summer solstice as symbol and yearly experience.

More information to come!



Please save  
November 11, 2021  
for STH's next full day  
workshop!

The STH board is working to put together the fall workshop, please look forward to it!





## SANDPLAY THERAPISTS OF HAWAI'I

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)

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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)