



“The dream is a little hidden door in the innermost and most secret recesses of the soul, opening into that cosmic night which was psyche long before there was any ego consciousness, and which will remain psyche no matter how far our ego consciousness may extend... .. All consciousness separates; but in dreams we put on the likeness of that more universal, truer, more eternal man dwelling in the darkness of primordial night. There he is still the whole, and the whole is in him, indistinguishable from nature and bare of all egohood.” ~ Jung, “Die Bedeutung der Psychologie fur die Gegenwart”.  
Collected Works vol. 10.

Diana, perhaps you have returned to psyche, to the cosmic night, where you are whole and will remain whole and one with nature for all time.

With love and Aloha for a safe journey.



*In Memorium... Diana Chee*



## IN MEMORIUM

Sandplay Therapists of Hawaii has lost our friend, wonderful and humble sandplay therapist and mentor, our board secretary and one of our founding members. Diana Chee passed away on August 6, 2015 after a short but valiant fight with leukemia. We celebrated her life at our last workshop on August 21, 2015 with a circle of remembrance, heart messages shared in a sandtray and the creation of a memory wreath. For those unable to attend, it was a very special hour.

Diana was a certified sandplay therapist. Professionally, she served in the military in her younger years and as a social worker for many years with the State of Hawaii Department of Mental Health. She received her doctorate from Pacifica University in Jungian Psychology. She was in private practice and continued to work after her diagnosis, seeing students of sandplay who were completing their own process to just before her transition. She especially loved dreams and often engaged in dream work along with sandplay therapy.

Survived by her son, daughter-in-law and her one year old grandson, Diana also leaves behind many grieving friends, colleagues, students, supervisees and clients of Sandplay Therapy. She will be remembered for her incredible sweetness, positive outlook on life and helping us to see the humor in everything. She possessed wisdom, introspection, insight and compassion, was friendly, and was willing to assist when a task needed to be done. She was a calming energy on our Board and a passionate advocate of Sandplay Therapy. All of us whose lives were touched by her are missing her deeply.

S.T.H. would like to create a scholarship fund in Diana's honor. Donations can be made to Sandplay Therapists of Hawaii, please label donations: Diana Chee Scholarship Fund and mail to our Treasurer, Mr. Scott O'Neal, P.O. BOX 17301, Honolulu, HI 96817.

*In Loving Memory*



Diana Sau Hing Chee  
February 20, 1938 - August 6, 2015





SANDPLAY THERAPISTS OF HAWAII  
PRESENT

**FOUNDATIONS IN SANDPLAY THERAPY**

A SERIES OF NINE CLASSES (54 HOURS) OCCURRING OVER  
3 YEARS (2012-2015) WHICH PROVIDE INSTRUCTION IN THE BASIC PRINCIPLES  
UNDERLYING SANDPLAY THERAPY AS CREATED BY DORA KALFF

Teaching is shared by the Board Members of Sandplay Therapists of Hawaii including  
Dr. Pratibha Eastwood, Dr. Patricia Patrick, Dr. Sherry Renmu Shepherd, Dr. Diana Chee, Dr. Lorraine  
Freedle, and Carla Sharp, APRN.



**TRAINING DAY NINE - Lorraine Freedle, PhD, CST-T**

*“Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water.” ~ Zen Proverb*

**Wednesday, NOVEMBER 11, 2015 (VETERANS' DAY)**

- **The third stage of the Sandplay Process**
- **Constellation of the Self; the Return to the collective and Change in the Ego/Self axis**
- **The Hero's Return to Ordinary Life and Termination Issues**





### **DORA KALFF, CREATOR OF SANDPLAY THERAPY**

- **LOCATION: THE UNITARIAN CHURCH LOCATED AT 2500 PALI HIGHWAY IN HONOLULU. PARKING AVAILABLE ON THE GROUNDS.**
- **WORKSHOP WILL BEGIN AT 9:00 AM AND END AT 4:30 PM.**
- **LUNCH INCLUDED IN THE FEE.**
- **WORKSHOP COUNTS AS 6 HOURS OF INSTRUCTION TOWARD BECOMING A SANDPLAY PRACTITIONER OR CLINICAL MEMBER OF SANDPLAY THERAPISTS OF AMERICA**
- **(SEE [WWW.SANDPLAY.ORG](http://WWW.SANDPLAY.ORG))**

**\*\*\*FEES: YOU MUST BE A MEMBER OF SANDPLAY THERAPISTS OF HAWAII IN ORDER TO ENROLL IN THIS CLASS. \*(If not a member, please fill in the membership form on page 5.)**

1. **\*\*\*tuition is \$150.00. Fee includes continental breakfast, lunch and beverages.**
2. **University students: \$135.00 with proof of fulltime enrollment and a valid copy of your university id.**
3. **Please plan to purchase the text book for the course: The Handbook Of Sandplay Therapy by Dr. Barbara Turner. Recommended reading in the above text and journal articles will be strongly encouraged.**
4. **Registration deadline is [October 28, 2015 for the Wednesday, November 11 2015](#) training.**
5. **To register use the registration form below.**

**If you have any questions, please contact Carla Sharp at [carlasharp@hawaii.rr.com](mailto:carlasharp@hawaii.rr.com)**

**Cancellation Policy: STH reserves the right to cancel this conference in the event of unforeseen circumstances. We will make every attempt to notify you expeditiously. In this event, all reasonable expenses will be deducted from the collected fees and the remainder refunded to registrants.**





**SANDPLAY THERAPISTS OF HAWAII  
3 YEAR TRAINING PROGRAM IN KALFFIAN SANDPLAY THERAPY**

**CLASS 9 on 11/11/2015**

**REGISTRATION FORM**

**\*\* Secure Online Registration Available \*\***

**[www.sandplaytherapistsofhawaii.org](http://www.sandplaytherapistsofhawaii.org)**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

If you have special dietary needs, please indicate:  gluten free  dairy free  food allergies  
 other (explain): \_\_\_\_\_

FEES :           \$150.00 for professionals (PLUS \$30.00 STH MEMBERSHIP FEE IF YOU ARE NOT  
                    ALREADY A MEMBER)  
                    \$135 for university students with copy of student ID submitted with registration

AMOUNT ENCLOSED \_\_\_\_\_

PLEASE SEND PAYMENT TO OUR TREASURER: Mr. Scott O'Neal, P.O. BOX 17301, HONOLULU, HI  
96817. **PAYMENT DEADLINE IS October 28, 2015.**

ANY QUESTIONS, PLEASE EMAIL: [carlsharp@hawaii.rr.com](mailto:carlsharp@hawaii.rr.com)



SURVEY OF MEMBERS

IF YOU HAVE JUST JOINED OUR GROUP, LET US KNOW MORE ABOUT YOURSELF

WHEN DID YOU LEARN ABOUT SANDPLAY THERAPY?

HOW MANY OTHER WORKSHOPS HAVE YOU ATTENDED?

WHAT BOOKS ABOUT SANDPLAY THERAPY HAVE YOU READ?

HAVE YOU COMPLETED YOUR OWN PERSONAL SANDPLAY PROCESS?

DO YOU USE SANDPLAY IN YOUR CLINICAL WORK?







## Reflections on Workshop Eight: Carla Sharp, APRN, RPT-S, CST-S presenter



On a quiet day on August 21, 2015, we gathered at the Unitarian Church to delve into training day eight of the Foundations in Sandplay Therapy series.

This full day training workshop, like many in the past three years, was graciously presented by Carla Sharp, and was titled “Approaching Resolution: The Symbol of the Sun, Sun Myths and the Night Sea Journey”. The initial content of the workshop was modified last minute to

include a tribute to Dr. Diana Chee, who passed away unexpectedly. We began by offering remembrances, ribbons and sculptures in a large circle to honor a remarkable woman who had guided so many in their path of growth, and who was a long-standing advocate of sandplay therapy.

After a break, Carla led us to the formal part of the workshop by inviting us to consider a time when humans felt more connected with the natural world and the practice of studying the sky held deep psychological meaning:

“The sun sails over the sea like an immortal god who every evening is immersed in the maternal waters and is born anew in the morning”. (Jung)

Carla examined the myth of the Night Sea Journey in the context of the symbolism of the sun and how it references ego development. For example, the sun's journey to the East, or the hero's entrance in the dragon, symbolizes a regressive direction, and a need for repair of the ego's connection to the Self (the center of the psyche). Main aspects of the myth, according to Carla, include the hero being “devoured by a water monster in the West, lighting a fire in the belly of the monster and cutting a piece off the heart to eat. The hero [then] cuts the monster open upon landing and is freed from the belly of the whale and frees all others”.

It was noted by Carla, that the myth of the night sea journey appears across all cultures. Some examples cited include the story of Jonah and the Whale, the Sumerian myth of Inanna and Ereshkigal, the Egyptian myth of the goddess Nut who daily swallows up the sun, and stories of devouring dragons that spit out those they have eaten.

The importance of the ego-Self axis was discussed by revisiting Edinger's evolution of the ego-Self relationship. Carla pointed out that in a strong parent-child bond, the ego-Self relationship develops normally, but without adequate attachment, the relationship breaks. She reminded us, “Sandplay affords possibility of this reconnection”.

Citing John Allen's rhythm of play therapy, Carla remarked that individuals may or may not undergo the night sea journey in sandplay therapy. The myth, also known as the “dark night of the soul” symbolizes a phase of ego development that can be very painful. The sandtray is dominated by the use of “mostly dark figures, figures engaged in mortal combat or dying”. To be able to witness this journey with empathy and provide a protected space, Carla underscored the importance of





the therapist's own connection to the Self. "Repair takes place within a strong transference relationship".

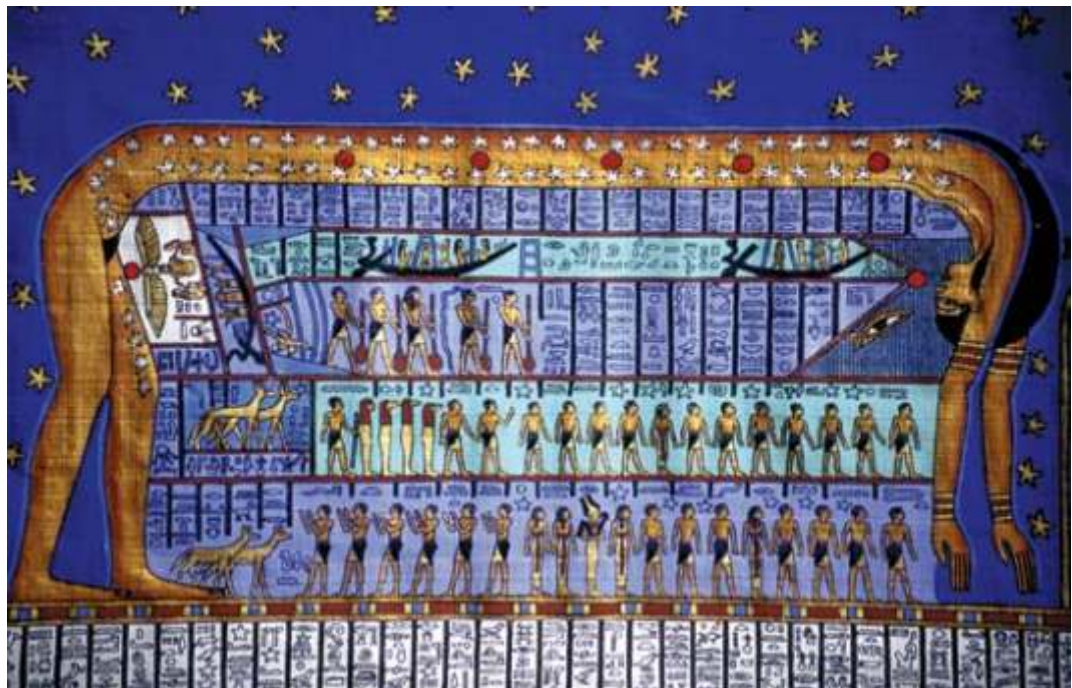
When the connection with the Self is restored, the night sea journey comes to an end and the theme of ascension starts. Carla noted, "Movement is now away from darkness towards light". She presented numerous examples of symbols of ascent in children's sand trays that suggested the ego's growth "from maternal unconscious toward increased consciousness".

Eventually the newly conscious psyche integrates with the outside world, a stage described by Dora Kalff as "the adaptation to the collective" or by other theorists as "resolution and return". In this last stage of sandplay process, Carla pointed out that "there is a sense of arrival, of completion and returning to the village". In sand trays, "scenes of everyday life appear, new roads are built, a new land is arrived at, or the hero returns home. The figures used are ordinary and archetypal content is repressed".

Carla illustrated this tremendous symbolic movement from darkness to light with a poignant case of a nine-year old girl who lost three mothers. Her first tray contained a single, large, prominent tomb or mound, staked with the words "Stay Out" in glass marbles. The tray, lit only by candles, suggested great sadness, and a dark, underground place, perhaps containing buried aspects of the Self. As the girl's sandplay progressed, we marveled at the emergence of figures posed to dive, guard, or confront; as well as rivers, lakes, bridges, and increased use of symbols of growth and renewal – all suggesting birth of a stronger, more stable ego. Carla closed the full-day workshop with the reminder, "it is a lifelong journey of connecting the ego to the Self and we are all on a journey".

Deep, heartfelt thanks to Carla and all the teaching members of STH who have helped to make possible these workshops in basic principles of sandplay therapy. As we near the close of this three year training series, we look forward to many more explorations of this fascinating healing modality that is sandplay therapy.

~ Anna Sugimoto





**GITA MORENA, PhD**  
PSYCHOTHERAPIST - TEACHER - AUTHOR - SPIRITUAL GUIDE

**WISDOM OF OZ & SANDPLAY THERPAY  
AN ARCHETYPAL TEMPLATE FOR HEALING**

Friday, January 22, 2016

Gita Morena, PhD, CST-T

**MORNING SESSION**

1. The archetypal significance of the Wizard of Oz story
2. The origins of the story & personal associations
3. Retelling the tale as it was written
4. Experiential process to explore personal insights from story

**LUNCH BREAK**

**AFTERNOON SESSION**

5. Symbolic imagery in the Oz story
6. Oz imagery as it appears in sandplay material
7. Discussion, Questions, Closure

**DESCRIPTION**

Drawing insight from L. Frank Baum's quintessential American fairy tale, *The Wonderful Wizard of Oz*, Dr. Morena explores Dorothy's journey into this magical land as a metaphor for Joseph Campbell's hero's Journey, Carl Jung's individuation process and the honoring of feminine values. Dorothy and her companions are seen as symbolic aspects of the psyche that need to be identified, healed, and integrated into wholeness. Examples from Sandplay case material and opportunities for engaging with the story in a personal way are included to show how Oz imagery expresses issues that emerge during the journey home to wholeness.

**Learning Objectives**

1. Participants will increase their understanding of symbolic language and how it is used therapeutically.
2. Participants will develop skills to use the metaphor of *The Wonderful Wizard of Oz* as it applies to the hero's journey and the individuation process in play therapy and Sandplay.
3. Participants will be able to identify feminine values in *The Wonderful Wizard of Oz*, and show how this influences psychological development and healing.

**ABOUT THE PRESENTER**

Gita Dorothy Morena, PhD, is a Teaching Member of STA/ISST, an international seminar leader, and a licensed psychotherapist in private practice for over 40 years. She is the great grand-daughter of L. Frank Baum, author of *The Wonderful Wizard of Oz*, and brings the legacy of this universally beloved fairy tale into many aspects of her work. Dr. Morena is the author of *The Wisdom of Oz: Reflections of a Jungian Sandplay Psychotherapist*, and numerous articles about the clinical applications of sandplay therapy. As a Buddhist practitioner she focuses on bringing spiritual practice into everyday life through sandplay and meditation.





# Hawai`i Island Happenings...

## **Big Island Sandplay: TALK STORY**

**Topic:** Sand and the Body

### **STA Teaching Member Facilitators:**

Lorraine R. Freedle, PhD, ABPdN, CST-T

Sherry Renmu Shepherd, PhD, CST-T

**Date & Time:** Saturday, November 21, 2015, 1:00 pm until 4:00 pm

**Cost:** \$25.00

**Place:** 25 Kahoia Street, Hilo, HI 96720

Refreshments will be provided.

**To Register:** Email Lorraine Freedle at [lrfreedle@gmail.com](mailto:lrfreedle@gmail.com)

### **What is Sandplay Talk Story?**

- ※ A regularly scheduled gathering for interactive learning about sandplay therapy as developed by Dora Kalff
- ※ Group exploration of selected topics in sandplay such as myth, symbols, archetypes, and Jungian personality theory
- ※ An opportunity to earn training hours toward certification as a sandplay therapist
- ※ A way to strengthen our sandplay community on the Big Island





## Hui Pā'ani One Peer Consult Group

Hui Pā'ani One is a Sandplay Training Group on Oahu, consisting of 24 local therapists learning and practicing Sandplay in the Oahu Community.

We currently have 4 Sandplay Peer Consultation Groups that meet monthly on the island of Oahu. There is no cost to attend these peer consultation groups. One of the peer groups is for DOE employees who are training in, and practicing Sandplay in the DOE, while the other three groups are hosted by private practice therapists in the Oahu community. We welcome all practicing, professional Sandplay therapists to join in the peer groups. The host provides a projector and laptop and participants bring their sandplay cases on a powerpoint presentation on a flashdrive. Participants are responsible for maintaining client confidentiality by omitting identifying info from the powerpoint. The primary purpose of the consultation groups are to practice and increase understanding of Sandplay principles taught in previously attended Sandplay trainings. Each group typically has 5-7 therapists in attendance.

\*\*There is no charge to attend these Peer Consultation Groups

\*\*If you are interested in participating in one of these groups, please feel free to email the host of the group for additional information.

### **Central Oahu Peer Consultation Group:**

Hosted by: Gail Silva email: gailsilva003@gmail.com

Location: Aiea, near Pearlridge Shopping Center

Next Meeting: Thursday, October 22, 2015, 6:30-8:30 pm

### **Honolulu Peer Consultation Group:**

Hosted by: Liz Kong email: pacrimplaytherapy@yahoo.com

Location: Downtown Honolulu, Chinatown

Next Meeting: Saturday, Oct. 24, 3-5pm

### **Windward Oahu Peer Consultation Group:**

Hosted by: Barbara Lee email: dr.barbaralee@gmail.com

Location: Kailua, Oahu

Next Meeting: Sunday, November 1, 2015, 1:00 pm to 3:00 pm

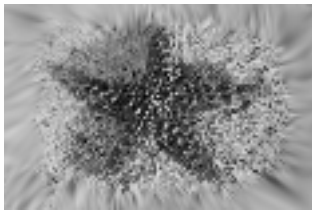
### **Leeward Oahu DOE Peer Consultation Group: (\*\*FOR DOE EMPLOYEES)**

Hosted by: Petrina Post email: Petrina\_Post@notes.k12.hi.us

Location: Ewa Makai Middle School

Next Meeting: Wed, October 28, 2-4pm





## Membership Form

### SANDPLAY THERAPISTS OF HAWAII

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

Sandplay Therapists of Hawaii 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 Kalfjian 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. We welcome all levels of clinicians from beginning students of Sandplay to those seasoned professionals with years of training. Our primary goal is to provide education and training in this field. We need assistance in many areas, including planning workshops and creating and distributing our newsletter. Our current Board of Directors are: Sue Bergman, President; Carla Sharp, Past President & foundations course coordinator; Dr. Lorrain Freedle, Interim Secretary; and, Scott O'Neal, Webmaster and Treasurer; Dr. Pratibha Eastwood, Dr. Patricia Patrick, and Dr. Sherry Renmu Shepherd, Emeritus Board Members.

Benefits of membership are: privilege of enrollment in our three year long members only training, a total of 10 individual workshops at special rates, receipt of semi-annual newsletters, one - two free evening lecture or social events, (non-members pay a fee) and the chance to be part of a special therapeutic support group.

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 year. The membership fees will be used to defray the cost of newsletter reproduction and distribution, as well as the cost of running our organization.

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 much appreciated.

Please complete the membership form below and mail with your annual fee of \$30.00 indicating the membership year to: Scott O'Neal, PO Box 17301, Honolulu, HI 96817. Make checks payable to STH. Tax deductible contributions are welcome.

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NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ Zip code \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

MEMBERSHIP FEE: \$30.00 for 2015 \_\_\_\_\_ MEMBERSHIP FEE: \$30.00 for 2016 \_\_\_\_\_

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

Thank you



Sandplay Therapists of Hawaii  
457 Iliwahi Loop  
Kailua, Hawaii 96734

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Sandplay News 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!

STH SUMMER 2015 NEWSLETTER. TO UNSUBSCRIBE, PLEASE EMAIL CARLA AT  
[CARLASHARP@HAWAII.RR.COM](mailto:CARLASHARP@HAWAII.RR.COM)

