

Sandplay News

A Sandplay Therapists of Hawaii Newsletter for Sandplay Enthusiasts
September 2018

Aloha,

I would like to extend my love to all those who have been and are yet to be captured by magic of Sandplay. I also would like to send my gratitude to all the people who have shaped, guided, and sustained Kaulfian Sandplay in Hawaii and across the world. I am strengthened through your commitment towards education, research, helping people heal, and find their beauty in our world.

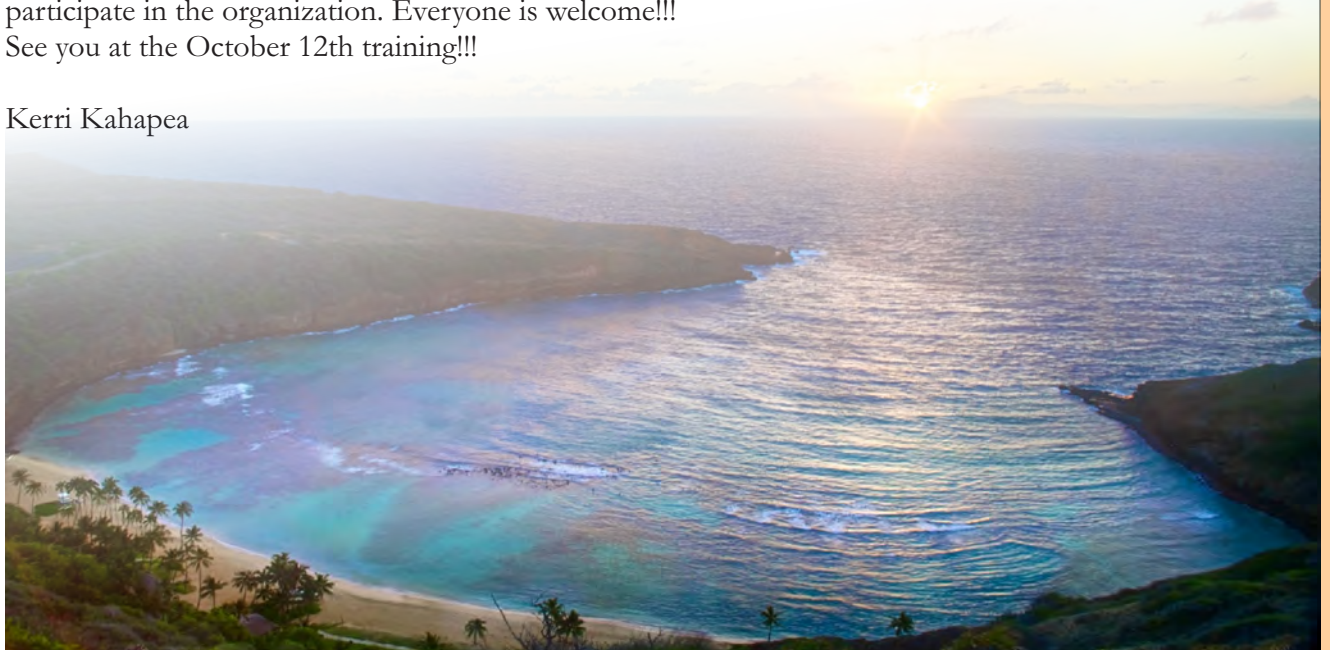
My name is Kerri Kahapea and I am from Kaneohe, Hawaii. I am humbled that I have entered into the role of President for Sandplay Therapists of Hawaii. I was first introduced to the magical world of Sandplay during a yearlong training in play therapy with Carla Sharp in 2012. The teachings of Margaret Lowenfield, Dora Kalff, and Carl Jung lured me into the world of symbolism and I knew, I wanted to learn more. My desire for understanding Sandplay's mysteries remains and I am committed to seeking a greater understanding of symbols and the universal container we all exist in.

I would like to thank Sue Bergman who after a class with Jungian Analyst with Dr. Ramon Lopez, lured me into the working with the program committee, and now later as serving in the role of president. I am amazed at how much you have done for Sandplay in Hawaii and the organization. Enjoy your travels and I hope to see you here or abroad!!

Finally, I would like to thank our most amazing Board, Dr. Lorraine Freedle, Dr. Gail Silva, Scott O'Neal, Dr. John Moscaro, Dr. Petrina Post, and Ala Kahalekai. Your support, patience, guidance, love, and commitment will continue to strengthen our organization. Whether we float like a glass ball over the water, propel through the depths like a nautilus, run through the fields like a lion, Sandplay Therapists of Hawaii will strive to fulfill the mission of its Founders Pratiba Eastwood, Carla Sharp, Diana Chee, to provide trainings, maintain professional network for Kaulfian Sandplay and be a safe and protected space to grow ideas and expand Sandplay throughout Hawaii.

To that end we are delighted to have our next training on October 12, 2018 with Heather Swain of Australia. I encourage all interested to attend please tell your colleges. We are and are actively planning to provide trainings on the outer islands. Please feel free to email us with suggestions or if you would like to participate in the organization. Everyone is welcome!!!
See you at the October 12th training!!!

Kerri Kahapea



~ Sandplay Therapists of Hawai'i (STH) presents ~



**The Way of the Child:
Mapping Developmental Stages in Sandplay
Therapy with Children**

By, Heather Lesley Swan, ISST-TM
Australia - New Zealand
Sandplay Therapy Institute

Friday, October 12, 2018
9:00 am to 4:30 pm
(Registration at 8:30 am)

Location: Kailua Intermediate School Library, 145 S. Kainalu Drive, Kailua, HI
Cost: \$180, \$150- STH members & neighbor island, \$135- students

*This program has been approved by the NASW - Hawai'i Chapter (Approval # HI62792019-12) for up to 6 Social Work continuing education contact hour(s) which are accepted for Social Workers, LMHC's and LMFT's and will only cost an additional fee of \$10.00. Contact lrfreedle@gmail.com for additional information on CE's and to request ADA accommodations.

Register online: <http://www.sandplaytherapistsofhawaii.org>

Understanding play and the symbolic process of a child can pose challenges to new and experienced therapists alike. In this workshop, we will explore the restoration of healthy psychological development in distressed children through Sandplay Therapy. We will map developmental stages and emerging ego consciousness in children with reference to the work of Erich Neumann who contributed to Dora Kalff's approach. Therapists will also increase clinical competence as a child's therapeutic ally. Case examples and experiential activities will elucidate concepts.

Participants will:

1. Identify the essential clinical elements of healthy child development
2. Recognize and map the stages of development evidenced in the sandplay of distressed children
3. Describe clinical imperatives for therapists working with children
4. Assess the psychological implication of numbers, colors and structural forms in children's sandplay scenes
5. Apply course objectives #1-4 in case study review and experiential activities.

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

Instructor: Heather Lesley-Swan, Dip Law, Grad Dip Comm M., Grad Dip Couns, M. appPsychoth, CM PACFA, ARCAP Rgt, ISST-TM is a child and adult Analytic Psychotherapist, ISST Sandplay Teaching Member, Supervisor and Educator. She lectures globally and maintains a Jungian Sandplay practice in Sydney Australia. Heather is Principal of the Australia New Zealand Sandplay Therapy Institute, a not-for-profit organisation founded to ensure access to globally validated Sandplay Therapy education for the helping professions in Australia and New Zealand.



Bonus Opportunity!

Join us for a Group Case Consultation with
International Sandplay Teacher

Heather Lesley-Swan, ISST-TM

Date: Saturday, October 13, 2018

Time: 9am - 12:30pm



Location: Kaneohe, Hawaii (address shared with attendees)

Cost: \$75

Limited Space!! Reserve Your Spot Today!!!

Register online: <http://www.sandplaytherapistsofhawaii.org>



Mahalo!

... to Pratibha Eastwood, PhD, CST-T
for our April 2018 Workshop:

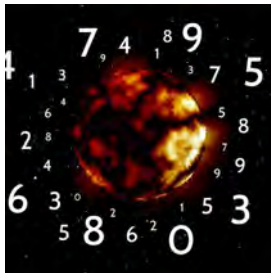
**The Archetype of Numbers in Sandplay Therapy:
Ego development through the life cycle as seen
through numbers**

Author of: Nine Windows to Wholeness

Saturday, April 21, 2018

In April 2018, we were treated to a whirlwind journey through not only number archetypes, but multiple theories of ego development. In just one short day, Dr. Eastwood led us through a primer on Jungian psychology that could have easily filled several days of learning and discussion. We visited several theories of ego development from luminaries such as Ken Wilber, to Dora Kalff, to the Zen Kakuan, with many stops in between. Woven throughout these many theories were stages of development through the lifetime. And, always present and permeating every rich moment, was Dr. Eastwood's expert integration and discussion of the number archetypes. If anyone else had presented this much information in such a short amount of time, it is likely participants would have walked away foggy and dazed. But, in Dr. Eastwood's deft hands, we ended the day feeling filled and energized.

We send our heartfelt Mahalo to Dr. Eastwood for sharing this with us, and we thank everyone who was able to attend for making the day, the discussion, and the fellowship so complete and rewarding. For anyone who wasn't able to attend, mere words from us wouldn't come close to doing justice to her work, so we decided it would be best to let Dr. Eastwood's words speak for themselves. So, below is a reprint of an exploration of the numbers by Dr. Eastwood originally published in our February 2006 newsletter. Enjoy!



**ONE THROUGH NINE
EVOLUTIONARY OVERVIEW**

By Pratibha Eastwood, Ph.D

As I found out the evolution of the single-digit numbers parallels ego development in children and adults moves consecutively from One through Nine, with the overall pattern dividing into prepersonal, personal, and transpersonal. At Number One we have the birth of consciousness, but it is an undifferentiated consciousness until the birth of the ego at Number Two, where the experience is of duality and relativity. Number Three brings the first integration, the synthesis that creates intentionality for the first time.

Numbers Four, Five, and Six looks at the core of being as an ego, the personal perspective. In Four we meet the anima and the ego's ability to differentiate multiplicity into simplicity in space and time, allowing for the "real ization" of the whole through understanding of universal order and laws. Number Five brings the mating of the masculine and feminine for the first time, regenerating the whole in oneself, while Six adds the commitment to integrate the masculine and feminine, building a strong ego container and a sense of continuity through purpose.

Seven, Eight, and Nine relate to the experience of initiation and the return to the collective, or the transpersonal perspective. The function of the hero has ended, and with Seven we meet the Initiate. Evolution at this stage requires a return to the shadow to liberate oneself from the limiting ego, to find again wisdom and soul as a guiding light. The successful initiate returns to the world at Eight, reorganizing personal worldly reality by the light of truth. Ego now functions in the service of Self. And finally, at Nine, there evolves the detached compassionate individual empty of personality. The symbolic life is transformed into a daily process of mastery of being in ordinary life.



ERIKSON'S MODEL OF EVOLUTION AND ITS NUMBER CORRELATES

Erik Erikson's model of development addresses steps in the resolution of ego crises as signposts of successful ego development from infancy to adulthood. It is an evolutionary model of ego development to maturity. The first ego crisis described occurs at birth and in infancy, that of trust and mistrust, resting on the infant-mother relationship. This initial ego state is experienced from the completely unconscious and undifferentiated state of the infant, who is still evolving from the collective unconscious of the world as is. A successful resolution of this stage is hope. In the number system, One relates to this same undifferentiated state and to the experience of the relationship to the Prima Materia as paradise. In the therapeutic process, the correlating psychological dynamic is a prerequisite for continued work.

Erickson's next stage relates to the number Two journey of consciousness, the separation from the whole that allows a consciousness of "I am different from you the other." Erickson identifies the psychological task of the ego as "autonomy versus doubt," which resembles the challenge of the Two. Successful resolution relates to the development of will, brought about by the separation of ego and Self. The evolutionary tasks at this stage of confusion and frustration are typically, though not exclusively, seen early in the sandplay process of adults.

In the number system, the evolutionary stage of Three appears as the hero's egoic consciousness gains a foothold in the world by creating another in the image of oneself. Erickson defines the psychological task of his correlating third stage as "initiative versus guilt." A successful completion here shows as being purposeful, with thought processes such as "What am I doing today?" or "I have a plan." Again, we see a striking similarity to the Three state of consciousness where the ego acquires intention and direction. Here, in sandplay, the individual feels directed and motivated to fulfillment.

The state of consciousness of Four relates evolutionarily to building an organized structure of living that feels connected to the universe at large and has a sense of meaning. The psychological task that Erickson suggests for this stage is "industry versus inferiority," where resolution gives a sense of competency or mastery on the earthly plane. At this point in the journey, clients feel safe and connected to the sandplay experience and actually fall into the meditative journey that sandplay offers.

Five addresses finding one's own voice, correlating to Erickson's fifth-stage task of "identity versus confusion." "Interestingly, successful completion of this stage relates to the capacity for fidelity. The individual in the Five state meets the five senses with their aliveness and distraction, so the issue of promiscuity versus fidelity becomes a high order of business. In sandplay, the individual at this stage shows spontaneity.

The next ego task Erickson writes about is "intimacy versus isolation," which if successfully completed, generates commitment. A key theme for the Six consciousness state is commitment to a higher purpose. At this stage in sandplay we see a commitment to and love of the process. Once again, the resonance between systems is striking.

At Seven, we look for evolution in the form of inner transformation and initiation. Here there is a gap in the correspondence with Erickson's stages. Dr. Ramon Lopez Reyes, a Jungian analyst, suggests that Erickson is missing a stage of ego crisis between adulthood and old age the mid-life crisis. He adds that he considers it to be the state of "doubt versus certainty," where successful resolution ends in doubt, which allows for renewed self-observation and the courage to question, particularly in relation to the egoic structure. This material from Dr. Lopez Reyes connects directly to the Seven's journey of initiation, which requires humility and the surrender of ego certainty to reconnect with spirit. In sandplay, we see the individual facing the shadow.

The Eight stage of consciousness brings a commitment to spirituality in the marketplace, bringing with it a reorganization of personal, human, and public affairs as a symbolic system where ego is in service of the Self. Erickson talks of the crisis of "generativity versus stagnation," with generativity being the successful symbolic



reformulation of life. Successful ego resolution shows as care and consideration, which allows balance between all the elements of life. This theme of the balance of different elements is deeply embodied in the Eight. This stage shows in sandplay as integration of the spiritual and symbolic in all sandplay activities and conversations.

The last ego crisis in the Eriksonian evolutionary stages is called “integrity versus despair,” with a successful completion of “wisdom.” This parallels the Nine, which sheds light on what wisdom entails: loving-kindness, compassion, and non-attachment. This stage, which Jungians call “fulfillment of individuation” and Buddhists recognize as emptiness, is seen in the sandplay process as a return to ordinariness.

There is a difference between children and adult in their individuation process as seen by the number archetypes the most important of which is that children focus on ego creation and development which end around number Six and the establishment of the strong ego container where as adult do go through the initial number experience again and again in the process of rationalizing the ego's working the archetypes of Seven, Eight, and Nine to arrive at full individual and reintegration of a relativity ego structure.



*Are you worried that you won't be able to
afford to attend our next workshop?
No worries, we've got you covered!*

SANDPLAY THERAPISTS OF HAWAI`I Travel Reimbursement Scholarships

In an effort to strengthen our community of practice and to expand statewide access to advanced training in sandplay therapy, the Sandplay Therapists of Hawai`i (STH) with the International Society of Sandplay Therapists (ISST) are offering a limited number of travel reimbursement scholarships (up to \$200 each) for neighbor island therapists who may experience difficulty traveling to Oahu for training due to the cost of travel.

Eligibility: Therapists who meet all the following requirements are eligible to apply:

1. Member of STH in good standing
2. Neighbor island resident (e.g., Hawai`i resident other than the island of O`ahu)
3. Practice sandplay therapy (or in training to practice sandplay therapy)
4. Completed at least six (6) hours of STA/ISST training in Sandplay Foundations
5. Registered for STH training on O`ahu (neighbor island rate) and submitted request for scholarship at least four (4) weeks prior to desired training.
6. Attests financial need (honor system) that travel scholarship makes it possible for them to attend the training.
7. Completes scholarship application.
8. Agrees to submit receipt for airline ticket and related expenses (up to \$200) using STH Expense Voucher form.
9. Has not received a STH/ISST travel scholarship before (one-time only award).

Applications will be reviewed in the order that they are received on the basis of the aforementioned requirements. Notice of the award will be made in writing within 14 days of receipt.

To apply, please complete the application on our website: <http://www.sandplaytherapistsofhawaii.org>





Sandplay Therapy brings relief following the Kilauea eruption

By Dr. Lorraine Freedle, Hawai'i Island Resident and Sandplay Teacher (STA/ISST)

On May 3, 2018 reverend Tutu Pele took her lava form on the Island of Hawai'i. This eruption at Kilauea was particularly sudden, forceful and prolonged. It lasted three months, claiming over 750 homes and causing thousands of residents in the lower Puna district to evacuate. As needs for food, shelter, and other resources were addressed, our Big Island sandplay therapists mobilized to provide emotional relief and support.



Called to action, we emailed our friends in sandplay and the response was tremendous: Within a few days miniatures began to arrive from all over the world. Within weeks we assembled three mobile sandplay collections, filled with healing energies from five continents and over 22 countries! View brief video, "[Sandplay Thank You.](#)"

<<https://drive.google.com/file/d/10KXP_yjPe1jzh6BezbtMG02dSqroiox/view>>



For several months our Big Island group has been bringing sandplay therapy to the Pahoia shelter where the most vulnerable people are still accessing resources to get back on their feet. As soon as we arrive, children and adults alike gather to create sand trays. They are eager to tell their story and to release what is inside of them. Twelve-year-old shelter resident Kaula (pseudonym) stated, "I like sandplay because it helps you get out all of your anger and fearness before bedtime."



Thanks to the work of Dr. Erin Gustin, we brought sandplay to the residents of Leilani Estates, where they are holding grief groups in the homes that remain. We are also using the collections to train and support the helpers. On August 29, 2018 we started bringing group sandplay to elementary students in schools that were displaced by the lava flow.

Volunteering not only helps our community during a time of crisis, it also brings us closer together. The Big Island Sandplay group will present a workshop entitled, "Pele Reigns: Sandplay therapy, disaster relief and the

Kilauea eruption" at the Hawai'i Psychological Association Annual Convention October 26-27, 2018 in Honolulu <<<https://hawaiipsychology.org/page-1859586>>>. Come join us as we share our experiences, explore symbols and view a short documentary film.



BIG ISLAND SANDPLAY

2018 Calendar- revised 4/9/18



Aloha!

The Big Island Sandplay group in Hilo, HI provides a stimulating and supportive community of practice in Jungian Sandplay Therapy as developed by Dora Kalf. Participants earn training and consultation hours toward becoming a Certified Sandplay Therapist.

Note: Details are subject to change. For updates, location, and cost visit the Events Page at www.blacksandneuro.com.

Contact Lorraine at lrfreedle@gmail.com with inquiries and to register for events.

STA/ISST Teaching Members:
Lorraine R. Freedle, PhD, ABPdN
Sherry Renmu Shepherd, PhD

2018 Schedule of Events

January - no local events scheduled

February

Saturday, February 10th

9:30 am to noon- Case Consultation Group

March

Saturday, March 17th

9:30 am to noon- Case Consultation Group
1 pm to 4 pm- Sandplay “Talk Story”

April - no local events scheduled

May

Saturday, May 5th

9:30 am to noon- Case Consultation Group

June

~~Saturday, June 23rd~~ (rescheduled)

Saturday, June 30th

9:00 am until noon- Sandplay “Talk Story”

July - no local events scheduled

August

Saturday, August 4th

9:30 am to noon- Case Consultation Group

September

Saturday, September 22nd

9 am to noon- Sandplay “Talk Story”

October - no local events scheduled

November

Saturday, November 3rd

9:30 am to noon- Case Consultation Group

November 8th – 11th

Sandplay Therapists of America (STA)
National Conference
Albuquerque, NM

December

Saturday, December 15th

9:00 am to 1 pm- Sandplay “Talk Story” and
Holiday Celebration- toy exchange and pot
luck



Diana Chee Scholarship



In honor of our dearly departed friend and devoted Certified Sandplay Therapist, Diana Chee, a scholarship fund has been established to assist others in learning more about sandplay therapy. Diana spent her life serving others in her most gentle way and now the legacy of her service to others will continue on. This scholarship would cover up to 50% of the workshop registration fee for one workshop. Please review the eligibility criteria below and, if you meet that criteria, complete the scholarship application and submit it before the workshop registration deadline for the workshop you would like to attend.

Eligibility: Therapists who meet all the following requirements are eligible to apply:

1. STH Member in good standing or willing to become a member of STH in order to receive the scholarship. (Membership fee is not part of the scholarship fund.)
2. Practicing sandplay therapy or in training to practice and provide sandplay therapy.
3. Attests financial need. (Honor system)
4. Completes the scholarship application in a timely manner at least 30 days prior to the workshop registration deadline of the STH workshop they wish to attend.
5. Applicant has not received a prior STH scholarship.
6. Applicant understands that the scholarship will cover up to 50% of the STH member workshop registration fee or the student workshop registration fee only. STH Membership fee must be paid prior or with the application by the applicant.
7. Students applying for the scholarship must submit a copy of their university or college registration receipt with their application.

To apply, please complete the application on our website:

<http://www.sandplaytherapistsofhawaii.org>





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: Kerri Kahapea, President; Lorraine Freedle, Vice President; Sue Bergman, Past President; John Mascaro, Treasurer; Gail Silva, Secretary; Scott O'Neal, Member at Large, Ala Kahalekai, Program Committee chair; Petrina Post, Webmaster.

Benefits of membership includes discounted STH sponsored workshop fees, semi-annual newsletters, and being part of a 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. The membership fees will be used to defray the cost of running our organization. You may join or renew membership on-line www.sandplaytherapistsofhawaii.org or send in the bottom of this letter.

We welcome your membership. Should you wish to make a donation to 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.

Please complete the membership application form below and mail with your annual fee of \$30.00 to: Scott O'Neal, P.O. Box 17301, Honolulu, HI 96817. Make checks payable to STH. Tax deductible contributions are welcome. Please note donation & amount on you check. Thank you.

NAME _____

ADDRESS _____

CITY _____ STATE _____ Zip Code _____

PHONE _____ EMAIL _____

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

STH DIANA CHEE SCHOLARSHIP FUND tax deductible contribution _____ Thank You



Sandplay Therapists of Hawaii
PO Box 17301
Honolulu, Hawai`i 96817

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Ala Kahalekai, MS

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Are you willing to Step-up?

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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 SEPTEMBER 2016 NEWSLETTER. TO UNSUBSCRIBE, PLEASE EMAIL SCOTT AT
SONEAL@HAWAII.RR.COM

