

Sandplay News

A Sandplay Therapists of Hawaii Newsletter for Sandplay Enthusiasts
March 2018



Dear Members and Friends of Hawaii Sandplay,

We have entered 2018, the new year of the dog under Chinese New Year and another year of growth and changes for STH. We celebrate 16 years since the birth of Sandplay Therapists of Hawaii under the thoughtfulness, organization and love of sandplay by our founders, Carla Sharp and Pratibha Eastwood who served on our board from 2002-2015. We just observed 14 years since the first membership meeting of STH on February 4, 2004, of which I had the privilege of attending, along with Carla Sharp (founder and retired board member), Diana Chee (deceased board member), John McKenzie (deceased), Barbara Kirk, Rachelle Hansen, and Billy Perry (all have moved to the mainland). Those who were unable to attend, but responded to the call were Pratibha Eastwood (founder and retired board member), Scott O'Neal (present board member and jack of all trades) and Inga Park-Okuna. As you can see, there are very few of the original people actively participating in STH. It comes down to Scott and myself. I have been on the board since 2011 when I served as program committee chair, a position I held from about 2006 or 07. Scott has served as newsletter publisher since 2004, when we published our first newsletter. He was responsible for designing and setting up our STH website. He joined the board in 2013, when webmaster became a board position. Scott being the generous guy he is, offered to also take on the treasurer position in 2015 when Pratibha retired from the board. What would we do without Scott. He has saved us in so many ways and many more times that any of us can count!

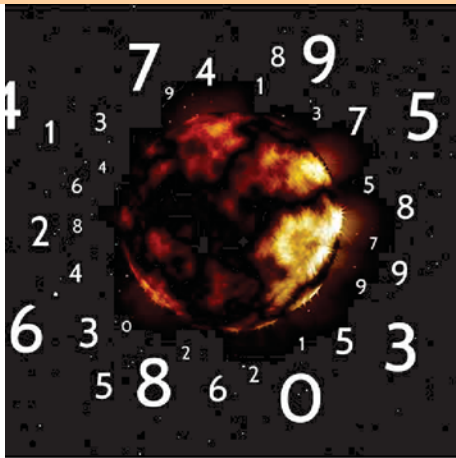
I have served as president for 5 years, February 2013 to February 2018. It is time for me to step aside as president so I can pursue the travel I so dearly love, and hopefully do some other things that have been on hold for several years since I semi-retired. It has been my pleasure to serve as president of the board for this wonderful organization of fellow sandplay therapists. It is time to add more new energy to the board. It is with great joy that I pass on the position of president of the board for Sandplay Therapists of Hawaii Board to Kerri Kahapea. I will remain on the board as past president, historian, to assist Kerri and continue to support STH. Karri joined the board as program committee chair in 2016, so she will also be training our new program chair, Ala Kahalekai. Continuing board members are Lorraine Freedle as Vice President, Gail Silva as secretary and Scott O'Neal who is taking on Member at Large so he can help keep us in check, as well as continuing as our newsletter publisher, master AV technician and training our two new members of the board in their positions. Scott has been serving as treasurer, webmaster, newsletter publisher, AV technician plus jack and master of all trades. He can now pass on and share his wealth of talent with others. We have Scott and two new members to the board to carry on what Scott has been doing alone. New members to the board are John Mascaro as treasurer and Petrina Post as webmaster. I am thankful for all who make up our STH board and appreciate the time, talents, efforts, cooperation and passion each one brings.

I am also thankful for our program committee people who help out at all of our workshops. Jan FitzGerald has been taking charge of providing our morning and afternoon snacks and Roswitha Shanahan has been our loyal registration table volunteer for several years. It takes a village to raise a child and it takes another one to run STH. We are grateful for each person willing to take on a task to help us continue to provide quality workshops and events that fulfil our STH mission of educating sandplay therapists. We have exciting plans ahead of us. Please support your board. Volunteer and/or accept when asked to serve in any possible capacity you are able. We will be welcoming back one of our founders, Pratibha Eastwood for our spring workshop. Please save the date of Saturday, April 21, 2018. You won't want to miss her presentation, find the flyer in this newsletter. The board also has plans for a special neighbor island foundations training and other perks that our neighbor island people will want to stay tuned to find more about.

With fond Aloha,

Sue :)





The Archetype of Numbers in Sandplay Therapy:

Ego development through the life cycle as seen through numbers

By, Pratibha Eastwood, PhD, CST-T
Author: *Nine Windows to Wholeness*

Saturday, April 21, 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

6 CE's pending approval*

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

Numbers are basic archetypes that give meaning to our experience and order to our minds. Numbers and their corresponding geometrical forms (e.g., circle, triangle) each represent a different strategy by which the psyche addresses the chaos of the universe and finds a window to wholeness. This workshop explores the symbolism of numbers in the context of theories of ego development including Neumann, Erickson, Whitmont, Edinger and Fordham. Case studies (children & adults) elucidate concepts.

Course objectives:

- * Define the essence of each archetype, numbers 1 through 9.
- * Identify how numbers appear in the process of ego development.
- * Differentiate between the two perspectives of understanding the sandplay and the symbolic process, evolutionary and synchronistic.
- * Apply this knowledge to work empathically with yourself and others

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

Instructor: Pratibha S. Eastwood, PhD, STA/ISST is a licensed psychologist from the University of California, Berkeley practicing in Hawai'i since 1979, and teaching member of the STA/ISST. From her global work and research, Jungian sandplay training and multidisciplinary approach that includes a variety of spiritual disciplines she authored "Nine Windows to Wholeness" an essential resource for sandplay therapists and all those who want to enlarge their understanding of the archetypal meaning of numbers.





2017 Sandplay Intensive
Where Pele Reigns:
Elemental Consciousness
in Hawai`i

July 16-18, 2017
Hilo, Hawai`i

ISST 24th Congress
Destruction and
Creation in the
Fertile Fields of
Sandplay Therapy

July 19-23, 2017
Kailua-Kona, Hawai`i



"Where Pele Reigns," Elemental Consciousness in Hawai'i - A Sandplay Intensive

by Alissa Schneider Berg

A question was asked when registering for the intensive in Hilo taking place before the ISST International Congress: What interests you most about this intensive? My response was essentially about gaining a greater sense of place in working with local kids (despite being born and raised on O`ahu). At the end of the intensive, I left the aloha circle crying and expressing gratitude for people and place. An amazing foundation of place and myth were laid at the intensive, with connections to people and place that will reach far beyond the Island of Hawai'i.

The intensive was truly a family endeavor by the Freedles and the extended Hilo Sandplay family. Lorraine, her husband Shannon, their daughter and her friend hosted a gathering of participants at their beautiful Hilo home the night before the intensive began; then shuttled participants back and forth from the hotel to the Wainaku Executive Center, helped deal with lost luggage, and hooked us up with yummy cookies made by Lorraine's sister. We were well cared for.

Dr. Sherry Renmu Shepherd took participants through the story of Pele coming to Hawai'i, transcending physical embodiment to deification, and finding her home on the island of Hawai'i, as well as Hi`iaka's journey to Kaua'i to retrieve Pele's lover and fully coming into her own deification. Sherry also spoke of her teachers from this place and how she came to the myths of Hawai'i (not being from Hawai'i originally), with great gratitude and humbleness.

Lorraine shared a Sandplay case study that displayed elemental processes and integration, and a young woman coming into her own. For me, the opportunity for discussion and sharing with such a breadth of cultures and traditions enriched the case, reinforcing for me the dichotomy of the individuality and universality of the work we hold in the sand.

Gita Morena then shared more deeply about the elements, both broadly, and particularly in Sandplay. Powerfully, she and Lorraine shared the case study again, but only slides of the sand without figures. The holding aspect of earth was brought to consciousness, and many participants spoke of their gratitude for being able to observe the case in such a fashion.

Trina Nahm-Mijo, from the Hilo Sandplay ohana and professor at Hawai'i Community College, shared hula, stories, and lei and natural print making with all of us. She helped the entire room embrace and experience hula, doing so with great humor and fun.

Ryan McCormack - a Kumu Hula, Pacifica graduate, and lecturer at Hawai'i Community College - also joined the group and served as a guide and storyteller throughout. A moment I found personally funny and thought provoking happened when he helped teach us how to make ti leaf lei and described the process something like this: "make sure you're twisting the strands in opposite directions, and when bringing them together twist them in the same direction - it's like the union of opposites and the transcendent function!" He and his halau also shared hula with the group during a delicious low-key luau, making for an intimate and beautiful night.

The group visited Nani Mau Botanical garden, Punalu`u Black Sand Beach, Volcano Gardens (to pick up local art and have dinner!), and ended the journey at night with the glow from Halema`uuma`u Crater. During the ride to each location our hosts shared local stories and knowledge from the surrounding areas, helping to gain insight and context all along the way.

I personally send my true love and gratitude to those who organized the intensive and cared for all of us so well. The Freedle family, Pacific Quest family, Hilo Sandplay family, and broader Hilo family as well...the gifts, experiences, knowledge, and connections nurtured by all of you were practically tangible. Mahalo for everything.



Review of the 2017 ISST Congress by Lorainne Freedle

Aloha. The Sandplay Therapists of Hawai'i (STH) were proud to co-host the 24th Congress of the International Society for Sandplay Therapy (ISST). The five-day event, "Destruction and Creation in the Fertile Fields of Sandplay," was held on the Big Island in Kailua-Kona from July 19th -23rd, 2017.

Over two hundred attendees from 24 countries around the world gathered to experience compelling, culturally-rich presentations by 63 international speakers.

The robust program was curated and developed with co-hosts Instituto Brasileiro de Terapia de Sandplay. The event opened with an evening welcoming ceremony



and reception wherein the late Kahu Kauila Clark shared a Hawaiian blessing and the meaning of aloha.

Kahu Clark with support from Kahu Hope Lawrence Kidder grounded the group with daily Hawaiian lessons and closed our time together with the meaning of mahalo and a sacred circle. Attendees were truly touched by the Spirit of Aloha. Kahu Clark passed away unexpectedly on Christmas Eve; we are deeply saddened by this great loss and will be forever grateful for the aloha and wisdom he shared with all of us.



The opening plenary presentation "Pele the Destroyer-Pele the Creator" was given by Big Island STH Member, Sherry Renmu Shepherd, PhD, CST-T. This session oriented participants to the Big Island, the importance of the `aina in the Hawaiian culture, and the myth and mysticism of Madame Pele as she appears in Hawaiian folklore.



Big Island STH Member and conference organizer, Lorraine Freedle, PhD, CST-T presented an emotional case study illustrating the neuropsychology of sandplay therapy and trauma, and also presented research on the use of sandplay with youth with co-occurring trauma and substance use disorders.



A Korean lantern making workshop and ceremony "Liminality, Lotus, Light" was led by Big Island STH member Trina Nahm-Mijo, PhD, SP. Attendees created beautiful lotus lanterns and participated in a Korean Buddhist ceremonial practice for healing and well-being.

O`ahu STH members Danelle Medeiros, MSCP, NCC, LMHC and Elizabeth Kong, LMFT, RPT-S, SP presented an amazing experiential workshop "Sacred Volcanoes" that included a Pikai ceremony facilitated by Kahu Kauila Clark and Kahu Hope Lawrence Kidder. Liz spoke about the geologic and historic significance of the volcano, while Nelle shared a heartfelt mo`olelo about her



encounters with Madame Pele as a young girl. With sacred blessings, attendees also painted volcanoes to take home to their sandplay collections around the world.



The Congress would not have been possible without volunteers from STH and Pacific Quest who ran the registration desk and art therapy room, and hosted our speakers. Mahalo to all of the volunteers, with a big shout out to Scott O'Neal and Shannon Freedle for their extensive logistical, technical and emotional support for two years that truly made the event possible.

On the last night of the ISST Congress a celebration luau was held on the King Kamehameha luau grounds with an entertaining Polynesian review by Tihati Productions. As the lights twinkled across the ocean and our time together came to a close, sandplay therapists from around the world expressed the aloha in their hearts and gratitude for an unforgettable experience.

~ A hui hou ~





Take Our Survey

<https://www.surveymonkey.com/r/WZQ5L5F>

STH is seeking feedback from our friends and members on potential topics for future workshops, how important CEUs are in your decision to attend STH workshops, and any other ideas or comments you might have.

The survey is only 4 questions long, so please take a few minutes to click on the link above!



Seeing in Color: The Symbolism of Color in Sandplay Therapy

by Anna Sugimoto, LCSW



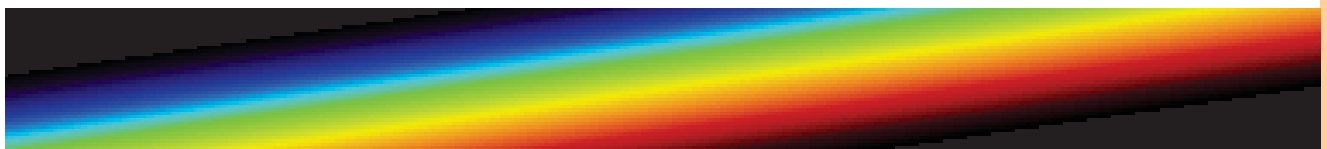
About twenty of us spent Veteran's Day 2017 reflecting on the meaning of color in our life and in our work as sandplay therapists. Our guide was Dr. Glennery Besson, certified East/West Spiritual Counselor and Sandply Therapist who led us on a considered path exploring the ways colors impact feelings and perceptions. To help us better understand our clients, Dr. Besson began with the idea that color is “the subjective experience, a mental sensation that can only occur if three requirements are fulfilled - there is an observer, an object and sufficient light” (Betty Edwards, 1979).

We explored color as “mental sensations” through various art-based activities – creating a color wheel, teasing out personal associations attached to specific colors, and drawing a landscape scene. Dr. Besson observed with quiet amusement, the serious care and focus with which we all conducted our work, reminding us of the deeply embedded ways, through implicit and explicit memories, colors can hold meaning. Colors function like “body memories” Dr. Besson stated, and we often respond without conscious awareness of their meaning. It was important to note that our experience of color also has a larger context. Black may or may not be associated with death and mourning depending on the cultural lens we wear. Blue may or may not evoke assumptions about gender depending on the historical period.

In addition, perceiving color need not have anything to do with sight. Color can be experienced as an awareness of energy or “soul sense”. Helen Keller, the blind writer and activist extraordinaire, saw colors through the happiness of those close to her. “Without color or its equivalent”, she asserted “Life to me would be dark, barren, a vast blackness”. Our perception of color can be a unique experience, or a more commonly shared one, but Dr. Besson reminded us that it is always important to first check our client's associations to any particular color that stands out in their sandtray. It is also important, she cautioned, for the therapist to be aware of her own color theory.

I was intrigued by the thought that when we mix colors, we are not just mixing paint or light, but the associations related to each color. Red for example, is often associated with anger or passion, and yellow with happiness or warmth. When we mix the two, we not only get orange, but a blend of considerations such as energy, power, assertiveness or desire. This led to an interesting discussion about how colors are also associated with psychic transformation, specifically in the context of the alchemical process and chakra system. Jung had first discovered that the alchemical process can be seen as a metaphor for the psychological transformation towards wholeness. Similarly, colors can be understood as steps in movement towards healing, a never-ending journey. This is also suggested in the Chinese philosophical system of the five elements. We saw vividly the use of color as a symbolic means of transformation in the case presented by Teresa [] and Dr. Lorraine Freedle. A young client with a history of suicidality, sexual trauma and substance abuse consented to sandplay process as a last resort. According to Teresa, the client who had strong artistic skills, was not initially able to relate to the figures in the collection, except through their color schemata. Sounds, smells and touch were integral to this client's experience of color. The workshop participants witnessed the client's sandtrays being transformed from a cacophony of mute, sensory wasteland, to visually stunning displays of color and wholeness.

We are grateful to Dr. Besson, Dr. Freedle and Teresa [] for their heartwarming contribution to yet another way to hold the sandplay process. We concluded the day by gifting the last remaining items from Diana Chee's sandplay collection to the workshop participants, and recognizing that future Veteran's Day sandplay workshops would be in honor of STH founders Carla Sharp and Pratibha Eastwood.





BIG ISLAND SANDPLAY 2018 Calendar

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 Kalff. 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

9:30 am to noon- Case Consultation Group

1 pm to 4 pm- Sandplay “Talk Story”

July- no local events scheduled

August

Saturday, August 4th

9:30 am to noon- Case Consultation Group

September

Saturday, September 22nd

9:30 am to noon- Case Consultation Group

1 pm to 4 pm- 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

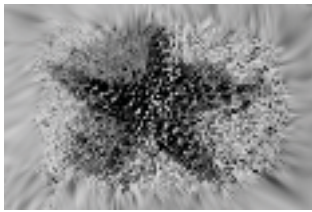
Saturday, December 15th

9:30 am to noon- Case Consultation Group

1 pm to 4 pm- Sandplay “Talk Story” and

Holiday Celebration





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 Kalfian 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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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

