



Sandplay Therapists of Hawai'i

Newsletter - September 2024

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

Portals to the Numinous: The Awakened Body in Sandplay Therapy

Presented by: Judy Zappacosta, LMFT, CST-T ISST/STA

Live, interactive webinar

Monday, November 11, 2024
(Veteran's Day)
9 am to 3 pm Hawai'i Time
(11am to 5pm PST)



Location: Virtual event. Zoom link will be provided to participants

Cost: \$125 professionals, \$100 - STH members, \$85 - students

5 CE's: pending through NASW-HI (Social Workers, Counselors and MFT's)

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

Who should attend: This is an STA/ISST Certified Training ®. Play/Sandplay therapists, social workers and mental health professionals interested in a post-graduate level workshop and earning training hours toward credentialing as a sandplay therapist.

The seminar will incorporate both casework and experiential exercises that inform participants on how new consciousness can arrive in the body. This training explores sandplay journeys of clients recovering wisdom in the body and how symbolic processes expand understanding of what it means to live an embodied life. The progressive work in two different cases will be followed through imagery, symbol, synchronistic events, neuroscience and physiology of trauma and illness.

One case will be of a boy just reaching adolescence who is confronted with a challenge of Crohn's Disease. The other case has only been presented in the Japanese Sandplay Journal. Both cases are good examples of ways to rediscover somatic wisdom through the use of Sandplay and symbolic work.



Learning objectives:

1. Explain the theories of C. G. Jung, Dora Kalff and Marion Woodman as these relate to the process of somatic awareness and the path of individuation.
2. Clinically assess through a sandplay case study of a boy with Crohn's disease how body and psyche are observed in sandplay and activate psychological healing and transformation.
3. Identify somatic awareness of image and impulse in the body, and how new consciousness can emerge during the course of sandplay therapy.
4. Practice identifying somatic felt-sense awareness in sandplay vignettes.
5. Describe concepts discussed in Jung's Nietzsche seminars regarding the importance of relating to body as well as ideas.
6. List three ideas of Marion Woodman concerning relationship between body and soma in the clinical practice of depth psychology.



About the trainer

JUDY D. ZAPPACOSTA, MA, LMFT, CST-T, is an emerita member of the Sandplay Therapists of America Board of Trustees (STA) and past member of the International Society for Sandplay Therapy Board of Trustees (ISST). She serves as Associate Editor of the Journal of Sandplay Therapy (JST). Her publications include *Pearls: Defining Moments in Our Lives*, J. Zappacosta, Ed. (2014); "Widening Circles" in *Into the Heart of Sandplay* (Dyane N. Sherwood & Betty Jackson, Eds., 2018); "Sandplay Therapy: A Way of Rediscovering Inner Wisdom in Body & Psyche" in *Expressive Therapies for Sexual Issues*, S. Loue, Ed. (2013); *Developing Therapeutic Language, in Supervision of Sandplay Therapy*, (Harriet. Friedman & Rie R. Mitchell, Eds (2008); as well as numerous articles in the Journal of Sandplay Therapy and other publications. She completed the BodySoul Rhythms® Leadership Training Program with the Marion Woodman Foundation. Judy Zappacosta was a co-founder of Caring for the Soul conferences, which offered programs in Sandplay Therapy and Pilgrimages to Black Madonna sites. She consults and supervises therapists using sandplay. Her practice includes Jungian psychotherapy, sandplay, dreams, and the integration of psyche and soma.

*For cancellations within 1 week of the program, a \$25 cancellation fee will be applied.

*In the event this workshop must be canceled due to a natural disaster or other unforeseeable event, STH's expenditures will be deducted from the collected registration fees and the remainder will be refunded to registrants.

President's Message

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

Happy Fall, STH Members
and Friends,

Hoping you had a great spring, adventurous summer and now able to enjoy the warmth or heat of fall. Our spring workshop with Lorraine Freedle on King Tut was wonderful presentation that included the journey of a young boy's healing. Please see a summary about the workshop in this



Kula Country Farms

newsletter. Summer brought travel, four of our STH board members flew to Santa Fe, New Mexico for the Sandplay Therapists of America 2024 Conference in June. Reflections about some conference highlights are also included in this newsletter.

We have an exciting fall workshop planned with Judy Zappacosta, one of our Sandplay sages. Judy started out as a special education teacher & has been in private practice since 1984. She was trained by Dora Kalff and became a certified teaching member in 1993. She last presented for us when she was a newly certified, long before Sandplay Therapists of Hawaii, became an organization. Judy does beautiful presentations and has a lovely energy. Be sure to see our flyer to read more about the workshop and sign up for it on our website. Our STH members get a reduced price. Yeah!!

We have a phenomenal 2025 planned so far. January, we will have an online Pau Hana Symbol Study on Janus, of whom the month of January is named. You will want to pay your membership early January so you can attend our Pau Hana Symbol Study for free. Google Janus to see if you may want to join the board for our presentation; it's fun to have members join us! Having others join us makes for a fun & more varied symbol study. Spring of 2025 we are inviting Alexander John Shaia who will present from an ancient fishing village on the NW coast of Spain. Alexander has also presented for us in the distant past. He was taught by Dora Kalff in her final intensive (August 1989), and became the first man admitted to STA in 1993.

Aloha,
Sue :)

May the sun bring you new energy by day. May the moon softly restore you by night. May the rain wash away your worries. May the breeze blow new strength into your being. May you walk gently through the world and know its beauty all the days of your life.

~(Native American Rights Fund)~

Reflections from the April 6th workshop taught by Lorraine Freedle: King Tut's Existential Crisis

From Kerri Kahapea, past president...

Gold treasure and a deep intuitive direction. Is it the treasure or the belief in the treasure which brought such beautiful adornments and beauty to a young prince? The people that cared for the young man must have been full of gratitude, pride, and humility. I can only imagine how it was during that time. I do think of the treasures that we bring to ourselves, to our friends, relationships and our family. How do we honor, and how do we carry ourselves? Life is not easy and it is often one of a choice, a path. In Shin Buddhism, all water goes to the sea. It is not about choosing the right path, it is about moving on the path. Prince Tut undeniably had a vision, but it is the art and special care by those that honored him we also admire. Prince Tut lives on through the people and their creations. Special treasures for a special Prince. Thank you for all the clients, patients, and people who have had the courage to seek help through Sandplay. And to the therapists who take the time to train and study and create a special and sacred place to heal. To the sea and earth that provide the sand through what is a process of its own.

Participants describe the training
in 3 words...

Fascinating,
fun,
mysterious

Inspiring,
interactive,
welcoming

Helpful in working with
anxiety in children

Enlivening,
well-constructed
and instructive

Informational,
humanistic,
evidence based



Tray created for the training by Sue Bergman

From a participant...

“Held in the free and protected space, the warm recognition and free-flowing regard and humour of the therapist permitted the child’s innate sense of creativity to thrive. It was interesting to observe that such a flow seemed to allow for the energies of anxiety to alight on different perspectives, try them out, testing their strength, how much weight they could tolerate within the congenial and engaged supportive structures of the ‘other’. The supported evolving ‘ego’ self seemed then permitted by the fears contained, through emotional encouragement and creative physical processes, to develop its own level of independence and efficacy through which to tolerate its wounds and develop. All this was great learning for me.”

Sandplay Therapists of America National Conference, Santa Fe, New Mexico, June 6-9, 2024

From Sue Bergman...

My main draw for attending a STA national conference is experiencing the environment of a different part of the USA. Possibly more exciting is being able to connect with new and old friends whom I may only see at one of our conferences. It's fun to network, catch up on life, speakers and hearing new and agreed upon perspectives. All are the professional draws. Being I work mostly with young children, dictates one of my primary criteria for my workshop choices, though I also chose other topics of interest. There are always a few speakers and workshops that emerge as favorites.

This year one of my favorite workshops was Betty Jackson's "Mystique of the hands: Neurodiversity and the Experience of Touch in Sandplay Therapy. Betty presented with an occupational therapist pointing out the diagnostic information that can be derived from young children's sandplay that is due to their organic movement with their hands that they termed as "dance of the hands". They presented and discussed the somatosensory touch and tactile system. A couple major points made were how varieties of touch helps with self-regulation as well as the side effects when there is deprivation of touch.

One of my favorite speakers was Alexander John Shaia, who spoke on the Historical Trauma in the Fields of Analytical Psychology, Play Therapy and Sandplay: Growing Forward in the works of Dora Kalff. Alexander's talk was intriguing because he presented a historical overview of Frau Kalff's journey, through stories. He shared some trials and tribulations Mrs Kalff faced as she studied and worked with major theorists, along with a timeline of her life, study and accomplishments from birth to death. Dr Shaia expanded on how the historical trauma experienced by the early theorists and recognizing it, hopefully can help us deal with conflicting perspectives in a changing world.



Sandplay Therapists of America National Conference, Santa Fe, New Mexico, June 6-9, 2024

From Alissa...

The beautiful people and reconnections made were so precious. Big Island resident, Trina Nahm-Mijo presented on her time doing Sandplay in Nepal, Brianda DeCastro, formerly of Hawaii and now California, presented as part of the research panel. And of course Lorraine Freedle shone like a star to highlight both her amazing work (presenting a workshop), and the amazing work of the field (participating in the research panel, helping to head the New Mexico diversity project, and on and on...).

Two points of the conference stood out for me. One was getting to share at the New Mexico diversity project session. It was so meaningful to be able to share a little bit about Hui Pa‘ani One (sandplay cohort organized by Gail Silva), and so heartening to see the passion and compassion of the New Mexico group.

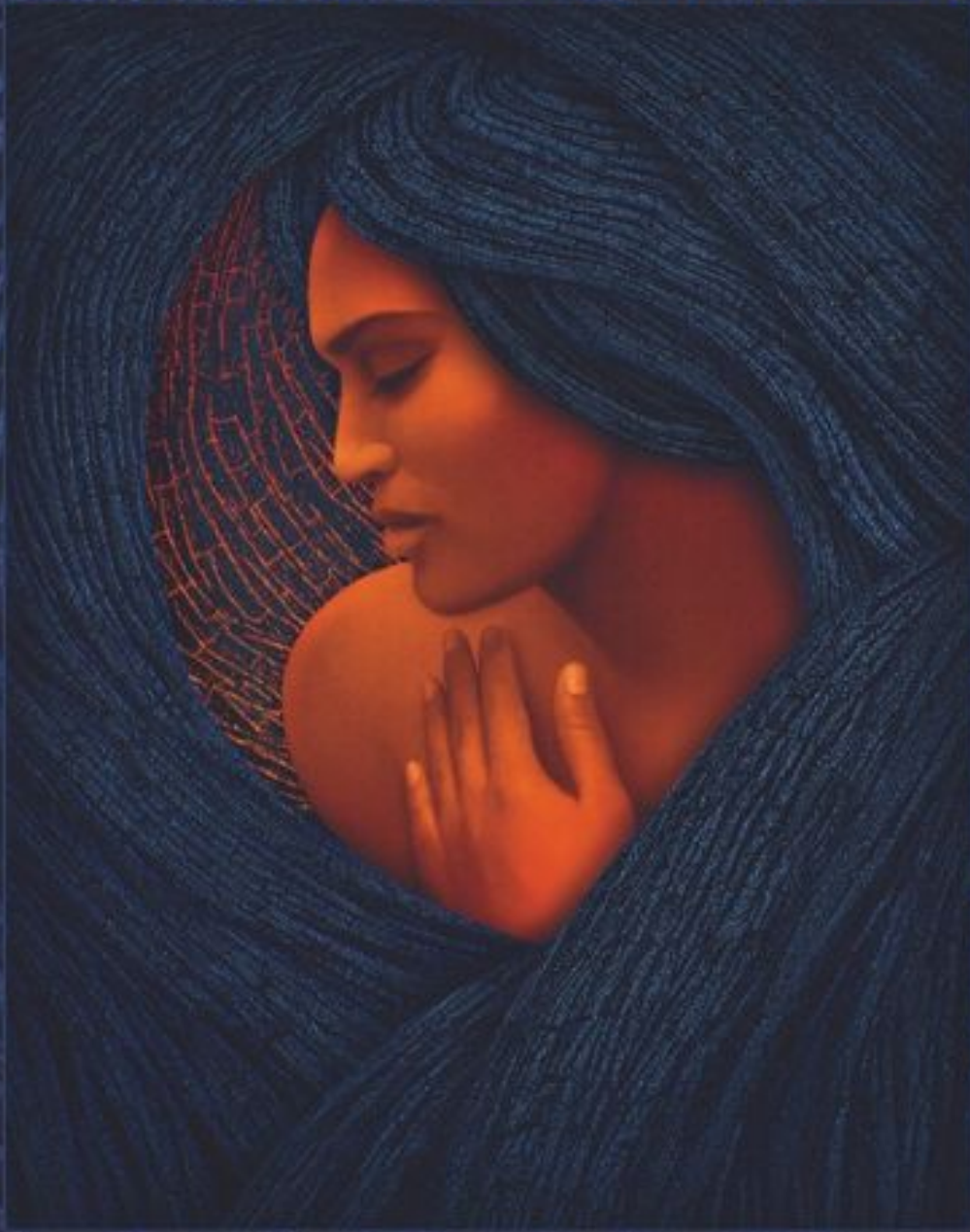
The other point was a friendship that started back at the last conference in California, and a conversation about colonization. Conversations were always challenging in the most loving way. Mahalo Brian.

Just remember when visiting Santa Fe from Hawai‘i...there’s a huge altitude difference!



WHEN A GODDESS ERUPTS

PELE IN THE PSYCHE OF WOMEN



LORRAINE RAZZI FREEDLE, PhD

Cover Art by
NELSON MAKUA

The Pele is a multidimensional ancestress—pulsing, expanding, alive and very present in this book!

~Kumu Hula Kekuhi Keali'ikanaka'ole
Hula 'Aihā'a and Hula Pele, *Hāloa o Kekuhi*

The twin forces of life and death come alive in this deeply inspiring book. Lorraine Freedle beautifully weaves together the Pele myth, personal stories and the healing work of sandplay therapy—inviting readers to experience the universal depths of their own psyche.

~Martin Kalff, PhD
Author, *Old and New Horizons in Sandplay Therapy*

***Goddess Erupts* explores layers of the Pele myth with psychological and symbolic depth. Dr. Freedle's masterful storytelling brings readers into her therapy room where she and her clients confront overwhelming emotional eruptions and arrive at profound moments of grace—healing to the client and therapist alike. I highly recommend this book!**

~Don Kalsched, PhD
Author, *Trauma and the Soul*

Treat yourself to a fascinating journey into the Pele stories, her fiery eruptions, and the multilayered feminine psyche. Dr. Freedle heartfully reveals the essence of Pele's energies of transformation in the individuation process and sandplay therapy. May you enjoy the wisdom contained in this book as much as I have.

~Gita Dorothy Morena, PhD
Author, *The Wisdom of Oz*

LORRAINE RAZZI FREEDLE, PHD *is a resident of East Hawai'i Island, a psychologist, researcher, and passionate sandplay therapist who teaches throughout the world. Her inspiration for *Goddess Erupts* is rooted in decades of psychotherapy practice where Pele has appeared in the work of her clients, her own visits with Pele, and in the 2018 Kīlauea eruption—the most destructive in Hawai'i in over 200 years.*



ANALYTICAL PSYCHOLOGY PRESS

Featuring our Wonderful Webmaster, Alissa Schneider Berg

Who in STH do you as members hear from most?

Our webmaster, Alissa!

Who sends you STH workshop fliers, STH newsletters, STH zoom links, STH reminders?

Alissa! Alissa! Alissa! Alissa! Alissa!



From Kerri Kahapea and Sue Bergman...

Our webmaster plays a very important part of our Sandplay Therapists of Hawaii board and community. Alissa is responsible for our STH website, designing our workshop fliers and sending them out; coordinating, formatting, preparing and emailing our STH newsletter twice a year; setting up STH workshop and symbol study Zoom presentations and monitoring them; setting up and following up on website registration; plus she volunteers for many other jobs related or not, to all of the above, or not!

Soooooo, who is Alissa Schneider Berg?????

Alissa was born and raised on Oahu to Ellen Schneider and she is married to her hubby Joel Berg, plus their 2 cats - Archer and Old Gregg. She earned an undergrad degree in Peace and Human Rights in addition to a Masters in Social Work. She is a LCSW, with the help of long-time STH members, Marilyn Choi-Gibson and Lorraine Freedle, who supported her when applying for and meeting her Social Work licensure requirements. Yeah for having friends!! Alissa worked in Hawaii's school system as a DOE Behavior Health Specialist (BHS) for almost 12 years. She recently changed jobs, currently working at the Cohen Military Family Clinic which is a new, very different and interesting experience.

Alissa got into Sandplay through Dr. Petrina Post - who recommended it when Gail Silva wrote a major grant that became Hui Pa'ani One. Thank you Gail, for such a fabulous opportunity for so many of our Hawaii sandplay community!! Alissa fell in love with sandplay as a philosophy and expressive agent and way to help clients. She has gone the extra step to become a Registered Sandplay Practitioner (RSP).

Alissa, STH appreciates you and all you do!!

STH was waiting and hoping for an angel, a support, a pillar to lean on. STH waited and hoped. It was a feeling that maybe what we needed will not be found. It felt like a sunken hole, and technological expertise was a far-off place where few people reside. And then, suddenly, an image emerged to fill the hole. A Castle appeared and a Queen arrived. This person was approachable, friendly, and the most down to earth human you could ever meet. We raised our hands in celebration as Alissa emerged to fill the void and color the landscape of STH.

Alissa, with all the colors of the rainbow, we are grateful for your dedication and love. STH is forever grateful for your service and commitment to supporting the organization and its commitment to bringing trainings to Hawaii. We applaud you for all that you are!!! Thank you for being you and for all you do for Sandplay in Hawaii. We love you and appreciate everything you do!!

**Foundations of
Jungian
Sandplay Therapy
with
Lorraine Freedle, PhD**

**Online Webinar
October 25-27, 2024
16 CEC's
\$375**

Friday, 10/25: 5pm-8pm MST

Saturday, 10/26: 10am-5pm MST

Sunday, 10/27: 10am-5pm MST



SOUTHWESTERN COLLEGE & NEW EARTH INSTITUTE
CONSCIOUSNESS-CENTERED GRADUATE SCHOOL FOR COUNSELING AND ART THERAPY



**Would you like to enhance your clinical practice
with sandplay therapy?**

This online course (CMH 5055) explores the theory, ethical practical applications, and neuropsychological underpinnings of Jungian Sandplay Therapy with children and adults. Through instruction, compelling case studies, and experiential activities you will prepare for sandplay practice with diverse clients and connect on a deep level to this work. Experiential activities will include embodied personal symbol study, expressive art projects, and journaling.

Dr. Lorraine R. Freedle

- pediatric neuropsychologist and clinical social worker
- international sandplay teacher (STA/ISST)
- author and researcher
- Chief Clinical Officer- TeamBuilders in Santa Fe, NM
- Private practice: Black Sand Neuropsychology, in Hilo, Hawai'i



Register: <https://newearth.regfox.com/nei-registration-form>



Aloha!

The Big Island Sandplay group in Hilo, HI provides a supportive community of practice in Jungian Sandplay Therapy as developed by Dora Kalff. Participants earn training and consultation hours to become a Certified Sandplay Therapist (STA/ISST).

Details may change. We will send updated schedules throughout the year. Questions?
Contact Lorraine: lrfreedle@gmail.com

STA/ISST Teaching Members:

Lorraine R. Freedle, PhD, ABPdN
Sherry Renmu Shepherd, PhD

JANUS



January symbol study
1/17/25, 5-7pm HI time
tentative

Janus was the god of entrances, thresholds, and transition, and so was a fit deity to mark the change of the new year.

From the Hawai'i Association for Play Therapy

Save the date! On October 26, HAPT will be hosting an in-person 3 hour training and membership meeting in Honolulu. The training will be on Play Therapy Skills and Interventions provided by our president-elect, Dr. Janessa Henninger, RPT-S. More details about this training, along with registration information will be available soon!



Important reminder!

STH has a [travel reimbursement scholarship](#), and the [Diana Chee scholarship](#). Members can apply for these scholarships that help with attending in-person trainings!

And if you'd like to help support these scholarships through a donation, [you can do so by clicking here](#).



The Hawai'i Counselors Association (founded 1956) is the state branch of the American Counseling Association.

Through partnership with STH, members of both organizations can attend each others' workshops at the membership price!

hicounselors.org



Visit the Sandplay Therapists of America site for their monthly newsletter, training information, journal archives and more at

sandplay.org



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: Sue Bergman - President; Kerri Kahapea - Past President; Lorraine Freedle - Vice 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.

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

sandplaytherapistsofhawaii.org

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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 us at webhead@sandplaytherapistsofhawaii.org