



# Sandplay Therapists of Hawai'i

## Newsletter - September 2023

## President's Message

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

Summertime . . . and the livin' is e a s y

Whales are jumpin and the temperature's high!!!

We're callin' all sandplayers . . . to join our membership

So you can save at symbol studies and workshops.

One of these mornings, you're going to rise up singing

Then you'll spread your wings and take to the sky.

But until that morning . . . we want you to join us

As STH provides learnin and CEs.



### Aloha STH members and Sandplayers,

I first and foremost want to reach out to our Sandplayers and members on Maui. As an organization our Board Outreach Chair, Alissa Schneider Berg, sent the following note to members we knew were on Maui. I am including it here, in case there are other Maui sandplay people who may not be on our list and known to others.

*“Aloha, this is Alissa (in charge of STH outreach) writing on behalf of the STH board. We wanted to share our warmest aloha for you and those living through the tragic loss of life, displacement, and destruction of place, dreams, and peace.*”

*While our network is primarily on Oahu and Big Island, if there are ways our Sandplay family can directly support your communities I'm happy to share it out and/or discuss how we as a board might be able to help coordinate in supporting the efforts on the ground.”*

Alissa sent such a beautiful message expressing what each of us on the board is feeling, I wanted to reiterate it so any sandplay person who is living through this tragedy knows that as part of our ohana, to please contact us at [webhead@sandplaytherapistsofhawaii.org](mailto:webhead@sandplaytherapistsofhawaii.org) to let us know where you are and how we can possibly support you. We are all aware that when one family member is hurting, it affects the whole family. As family, if we can help in some way, please let us know. Many of us have donated individually to various agencies on the ground helping, but this is from & within our sandplay family we would like to know how we can best be of support. Many blessings to each of you as rebuilding life, home and family moves forward and the pieces are put back together.

On a lighter note, you may recognize some of the words from Gershwin's Porgy and Bess, Summertime, that I took the liberty to change and embellish to hopefully entice you to join our membership for the rest of 2023 and/or renew your for 2024. Membership for STH is January 1 through December 31 each year. Our dues is only \$30, so a real bargain. Though we have special pricing on our first in person workshop since the pandemic, you still save. We all like to save, we're a fun group and have had excellent teachers present in the past and will continue to bring excellent teachers to present.

Please read through and see what we are up to as we are slowly moving out of pandemic mode back to normalcy and gather again in person as well as online, for our upcoming events. On October 6th we start off the holiday season with our fall symbol study of the witch. Please check out the flyer in this newsletter and register for a fun pau hana on-line evening of exploring the various aspects of the witch. We are delighted to have Tonya Gabriel-Brennah join us online from Melbourne, Australia. The symbol of the witch was suggested by her, so of course we invited her to join us in the mini-research and presentation! If you have a symbol you would like to suggest and explore, please let us know and join us, and share in finding out more about a symbol. We would love to have our members step forward and be participants for these adventures.



November 9th and 10th we will have a combination/dual modality workshop of online on the 9th that is a stand-alone 2 hour workshop that you can attend from here and there across the nation and world. Then on November 10th we have part 2 for those who are able to be on Oahu Island at the foothills of the Koolau mountain range and among the flora and fauna of Ho'omaluhia Botanical Gardens lecture room for a 4 hour in-person workshop with Dr. Lynne Ehlers, who is presenting The Colors of Transformation, a stunning exploration, research and case, based on the colors of alchemy. Since we will be finishing the workshop in mid-afternoon, perhaps we may want to socialize following the workshop by moving elsewhere for an early dinner. With this being our first in-person workshop we may want to take advantage of reconnecting with friends and colleagues. A possibly lovely way to spend an aloha Friday.



A Hui Hou, looking forward to seeing you online and in-person. Yeah!!!  
Sue : )

# **Pau Hana Symbol Study: The Witch**

**An online live, interactive gathering hosted by  
Sandplay Therapists of Hawai'i**



**Join us for our next  
virtual gathering to spend  
time with the symbol of  
the witch!**

**Together we'll explore  
personal, historical, and  
collective connections  
with the witch**

**Please bring a symbol to  
share!**

**Friday, October 6, 2023  
5 - 7pm HI time  
(8-10pm PST)**

**Free for STH  
members,  
\$20 for all  
others**

**2 STA/ISST  
training credits,  
with Dr. Lorraine  
Freedle as  
sponsoring  
teacher**

**To register go to:**

**<http://sandplaytherapistsofhawaii.org>**



[Flyer PDF](#)

# The Colors of Alchemy and Sandplay: Stages in the Process of Transformation

Presented by: Lynne Ehlers, PhD, CST-T

## Dual modality workshop

**Thursday, Nov 9, 2023**

**Live, interactive webinar 6pm - 8:15pm HI time**

Join us online for a standalone lecture from Dr. Ehlers on Thursday evening as a predicate to the in-person workshop on Friday.

**Friday, Nov 10, 2023**

**In-person workshop, come join us in the garden!**

**9:15am registration, 9:30 start, 2:00pm end**

**[Ho'omaluhia Gardens](#), lecture room**

This is a continuation of the online lecture, where we'll gather to further the journey through the topic at the beautiful Ho'omaluhia Gardens in Kaneohe.

## **Description of the Workshop:**

The ancient alchemists' quest to transform base metals such as lead into gold unfolded in generally agreed-upon color-stages, from black (the Nigredo), to white (the Albedo) to red (the Rubedo). Today we understand these color stages, as described by C.G. Jung and others, as the process of transformation in the human psyche—empirically validated in a doctoral thesis by the sequence of colors emerging in Dr. Ehlers' dreams over a 15-year period (Ehlers, 1992). In the first half of the program, using images from art, we will explore the psychological meaning of these color-stages, with a focus on the albedo and the rubedo as a complementary pair in the psyche, representing archetypal feminine and masculine energies, with corroboration for these opposites as a pair found not only in cross-cultural color symbol-systems worldwide and across time but also in contemporary studies of the neuroanatomy of the human brain. We will discuss the challenges we and our clients face in balancing these two energies in our daily lives. In the second half of the program we will focus on these changes of colors selected for use in the sandplay of a deeply wounded woman, on her transformational 22-year journey from addiction and the self-destructive behavior of her past to a radiant new life.

## Educational Objectives:

To begin to become familiar with alchemy as a symbolic system; to be able to use the symbolism of the alchemical colors of black, white and red to understand sandplay and dreams; to understand the importance of having balanced energies in the psyche.

## Learning Objectives:

- Describe the psychological meaning of the Nigredo
- Describe two ways the Albedo might appear in a sand tray
- Cite an example of the Albedo & Rubedo as a pair of opposites in the psyche
- Explain how you might bring the Albedo & Rubedo into better balance in your life

**Lynne L. Ehlers, Ph.D.** is a licensed Clinical Psychologist offering sandplay, dreamwork, case consultation and Jungian-oriented depth psychotherapy for adults in Albany, California. She is a Teaching Member (CST-T) of Sandplay Therapists of America (STA) and the International Society for Sandplay Therapy (ISST) and has been working with sandplay since 1977. She has taught classes on dream symbolism and sandplay in the San Francisco Bay Area since 2003 and has presented papers at every STA conference and two international conferences since 2009. Her many articles appear in the *Journal of Sandplay Therapy* and her book, Alchemy and Individuation: The Colors of Transformation, was published in 2022.

**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. All levels of Sandplay knowledge and experience are welcome.

## ONLINE, INTERACTIVE WEBINAR - Thursday 11/9

This is a standalone lecture, and attendance at the in-person portion is NOT required to attend this webinar.

**Location:** Virtual event. Zoom link will be provided upon registration

**Cost:** \$60 - professionals,  
\$50 - STH members and students

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

## IN-PERSON WORKSHOP - Friday 11/10

For the in-person portion, participants ARE expected to attend the online lecture. As we're so excited to see you all in person again, please enjoy the special discounted workshop rate!

**Location:** [Ho'omaluhia Gardens lecture room in Kaneohe](#)

**Cost:** This includes both online & in-person  
\$150 - professionals,  
\$125 - STH members, students, neighbor island residents

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

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

\*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.

## Starting August 13, 10 days of collective prayer were held

Click on the picture for a tiktok video from one of the organizers



“ ‘Aha Pule Pualu

Join us in pule pualu (collective prayer) for the thousands who have been impacted by the #wildfires on #maui.

This ‘aha was created by Maui Kumu Hula Hōkūlani Holt, Keali ‘i Reichel, Kahulu Maluo-Pearson, and Cody Pueo Pata for those who wish to contribute to the invigoration of life, health, and restoration.

The anahulu (10 day period) begins at noon on Sunday (Kāne), Aug 13, thru Tuesday (Kūpau), Aug 22.

See previous 2 videos for lyrics and details. ”

## The return of powerful goddess Kihawahine could have significant impact on Lāhainā Community

Hawaii Public Radio | By Ku'uwehi Hiraishi

“ For more than 400 years, the people of Lāhainā were protected by the powerful mo‘o goddess or lizard deity Kihawahinemokuhiniakalama‘ulakalā‘aiheana, a.k.a. Kihawahine... ”



## After the blaze, coping with ‘fire brain’

Washington Post, By Marlene Cemons and Kim Bellware

“ Some survivors of wildfires describe their cognitive struggles after escaping the blaze as “fire brain.” ... “Breathing in particulate matter can lead to inflammatory responses in the body,” [Jyoti Mishra, lead author and associate professor of psychiatry at the UC-San Diego] said. “That affects brain processes. How it influences brain processes is still a question.” ... The effects of inhaling wildfire smoke, compounded by trauma, sets up a complicated mystery scientists need to explore further, Mishra said. ”

# Reflecting on The Heroine's Journey Workshop

Written by Lorraine R. Freedle, PhD, CST-T

Flowers, herbs, candles, sand, water and art supplies of our choosing: These were just a few things on our supply list to bring to Dr. Roz Heiko's spring workshop, "The Heroine's Journey." Some of us wondered, "What do these items have to do with mapping a sandplay process?"

On April 29, 2023 Dr. Roz, the author of [A Therapist's Guide to Mapping the Girl Heroine's Journey in Sandplay](#), took us on an experiential journey using all of these things to awaken our senses, emotions and thoughts. We explored the journey motif itself as we were guided through the four gateways of her model:

- I. Pathways (choosing the journey),
- II. Discernment,
- III. Harmony, and
- IV. Re-Turn.



Tray created by  
Kerri Kahapea for  
holding during the  
training.

With each gateway we explored our own experiences, learned about sandplay symbols associated with each period, and witnessed case material to help us further understand the mapping process.

In the center of the wheel-like image of the model is a circle—where all of the gateways join. The circle symbolizes the connection to the Self that always remains accessible. Dr. Roz reviewed mandala symbolism that may appear and the internal centering process that occurs when one submits to the journey.

Participants left with a feeling of abundance and a lot of helpful handouts. One participant stated, "What this workshop brought back for me were the many memories of the observations I have made with so many children over the years and the feelings of gratitude I still have for having done this magical work."

Thank you, Dr. Roz!



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](mailto:lrfreedle@gmail.com)

**STA/ISST Teaching Members:**

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



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

Visit their site to connect with their organization and find out about local training opportunities!

[hicounselors.org](http://hicounselors.org)



Visit the Sandplay Therapists of America site for their monthly newsletter, training information, journal archives and more at [sandplay.org](http://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.

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Please complete the membership application form below and mail with your annual fee of \$30.00 to: John Mascaro, PO Box 384646, Waikoloa, HI 96738-4646.

**Make checks payable to STH.** Tax deductible contributions are welcome; if donating please note "donation" & amount on your check. Thank you.

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

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

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

**Mahalo!**

# Sandplay Therapists of Hawai‘i

[webhead@sandplaytherapistsofhawaii.org](mailto:webhead@sandplaytherapistsofhawaii.org)

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

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Pratibha Eastwood, PhD., CST-T

Patricia Patrick, MD, STA/ISST

Sherry Renmu Shepherd, PhD.,

STA/ISST

The STH newsletter is published semi-annually, and is an entirely volunteer endeavor. If you have any questions, comments, suggestions, submissions, or accolades, please feel free to contact us at the above address or during the next workshop!

To unsubscribe please email us at [webhead@sandplaytherapistsofhawaii.org](mailto:webhead@sandplaytherapistsofhawaii.org)