

Sandplay News

A Sandplay Therapists of Hawaii Newsletter for Sandplay Enthusiasts
October 2017

STH President's Letter to the Membership



Dear Friends in Sandplay,

Autumn is upon us. This is the second year that Sandplay Therapists of Hawaii has been on its own in running its own show without the guidance of our founders. Our Founders, Carla Sharp and Pratibha Eastwood will celebrate their first year as officially being retired from our board and are busy reinventing their lives in other ways. Last November 2016 we bid a fond aloha to these two incredible women who laid the foundation of STH, in order to perpetuate sandplay education in the tradition of Frau Dora Kalff. We honor all those who have come before us. Carla and Pratibha started the idea of STH and Carla dove in on the paperwork required. The two of them invited Diana Chee, then Patricia Patrick to complete the first board. Part of acknowledging and honoring Carla & Pratibha as founding members of Sandplay Therapists of Hawaii, we will be sending them Life Time Membership Certificates this November, to say an additional thank you. They are welcome to join us anytime they would like to for our workshops. We know they are just a phone call or text away, if we need assistance. STH remains in their hearts.

Diana Chee, one of our original board members from 2002 until her death in 2015, was honored and remembered throughout 2016 in our newsletters, for her service to STH. Since that time we have established a scholarship fund with memorials that were donated in memory of Diana. We are trying to grow the scholarship fund so we can help therapists who otherwise would not be able to attend trainings. Diana was always one of the first to vote for helping a therapist in need. When paying your nominal membership fee for 2018, please consider adding a little extra to donate to our scholarship fund. STH is a 501(c)3 non-profit organization, so all donations are tax deductible. Please note the amount for the Scholarship Fund on the bottom left of your check so we can record it properly & send you a donation letter for taxes purposes.



Calling for 2018 STH Board Volunteers. If you are interested in being more involved, consider becoming part of our STH board. We are looking for a volunteers willing to serve on our 2018 board. Our treasurer would like to turn the books over to someone who is interested and willing to serve in this important capacity for STH. Scott has been serving in two board positions, as treasurer and Webmaster. If you are interested in either of these positions or any other, please fill out the form in this newsletter and email to Sue at uhanesmb@yahoo.com. It would be great to have people willing to step in at the board's January 2018 annual meeting.

As of April 2017 we entered a partnership with Pacific Quest. By doing so, Pacific Quest is assisting us in being able to offer APA and NASW continuing education credits. When attending a STH training or workshop, now you not only get credit toward becoming a sandplay therapist if that is one of your goals, but you may also be eligible for APA and NASW continuing education credits that includes credits for psychologists, licensed mental health counselors, marriage and family therapists and for social workers. Our workshop with Linda Cunningham in April was our first Pacific Quest Partnership venture. Watch for announcements and/or check with us at any workshop to see what CEUs are available.



The 24th ISST Congress was held in Hawaii, this past summer. The International Society of Sandplay Therapy (ISST), developed by Sandplay founder and teacher, Frau Dora Kalff, held its international congress, entitled: Destruction and Creation in the Fertile Fields of Sandplay, on the Big Island, in Kailua-Kona, July 19-23, 2017, at the King Kamehameha Marriot. Lorraine Freedle was the overall chairperson and STH a sponsor. Our treasurer, Scott O'Neal assisted Lorraine in setting up our website to receive registrations and was the main media person for the congress.

We were nicely represented with our STH board serving as volunteers during breakout sessions. Some of our current STH members attended and one of our previous members who has moved to the mainland flew in for the congress.

Lorraine and her team of volunteers did such a great job, the 24th ISST Congress broke all attendance records for the past several years. By STH sponsoring the event, we were given \$2,500. Lorraine purposed and the STH board voted to use the funds to offer a Sandplay Foundations Course on one of our neighbor islands, where there currently is no sandplay training. We just need someone to step forward to help with organization. If you live on Maui or Kauai, would be willing to spearhead this effort to find and arrange a location, food and other details, please contact Lorraine at lrffreedle@gmail.com.

Prior to the ISST Congress in Kailua-Kona, there was a pre-conference training, "Where Pele Reigns: Elemental Consciousness in Hawaii", in Hilo, July 16-18, 2017, taught by Lorraine Freedle, along with Gita Morena and our Big Island member Sherry Shepherd. It was a wonderful training that included storytelling, dance, art activities and an excursion to Kilauea-Iki, to intrigue the participants in the lore of Pele.

Pratibha Eastwood would like to donate her Jungian library to STH. Would anyone be willing to house the library? We are still working on details regarding an alpha list that would be on our website etc. If you have a corner that you could store these books for members to borrow, please contact Sue Bergman at uhanesmb@yahoo.com or Kerri Kahapea at kerrika@yahoo.com.

Don't forget about sandplay supervision that is available monthly on both Oahu & the Big Island. Refer to the information in this newsletter for dates and times.

Be sure to put November 10, 2017 on your calendar to attend our next STH workshop. Check out the flyer included in this newsletter.

Hoping our beautiful sunny warm fall has lifted your soul. Looking forward to seeing you on November 10th.

Sue :)



Sandplay Therapists of Hawai'i (STH) presents ~

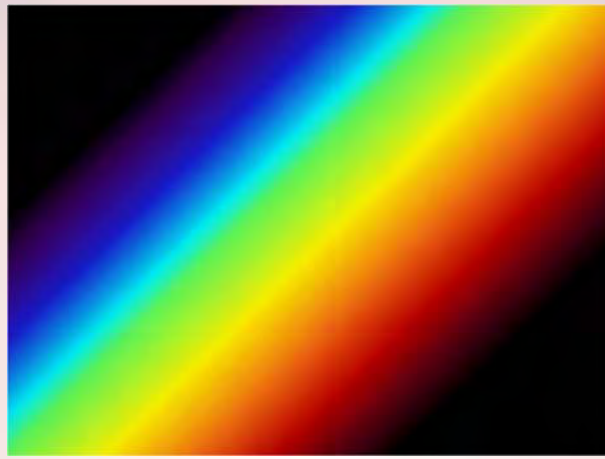
SEEING IN COLOR: THE SYMBOLISM OF COLOR IN SANDPLAY THERAPY

NOVEMBER 10, 2017

9:00 AM TO 4:30 PM (REGISTRATION AT 8:30 AM)

Argosy University- Hawaii School for Prof. Psychology
1001 Bishop St. Suite 400, Honolulu, Hawaii 96813

6 CE's available*



The symbolism of color is important for all therapists who work with image. Join us as we explore fundamental color theories and meanings, highlighting the relationship between the colors and the different elements of psychic development observed in sand trays. Participants will learn how the perception of color affects the emotions of both client and therapist; define how implicit and explicit memories influence color perception; and identify the colors associated with psychic transformation in the alchemical context and the chakra system.



Instructor: Dr. Glennery Besson, Certified East-West Spiritual Counselor, Therapist (ISST), Arts Therapist Registered (ANZATA), and adjunct faculty at California Institute for Integral Studies

Cost: \$180, \$150- STH members & neighbor island, \$135- students

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

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

*This program is approved by the NASW Hawai'i Chapter (Approval HI62792017160) for up to 6 Social Work continuing education contact hour(s). Contact infoc@edle@gmail.com for additional information on continuing education and to request ADA accommodations.

After the Towers Fell: Healing Trauma Through Sandplay Therapy
Presented by Lorraine R. Freedle, PhD, ABPdN, CST-T
Friday, November 11, 2016
Workshop Review By John Mascaro

Our sandplay community was treated to a special event at Argosy University on November 11, 2016. Our very own Dr. Lorraine Freedle traveled over from the big island to present an all-day workshop on the neuropsychology of sandplay therapy. Dr. Freedle is a pediatric neuropsychologist who is currently studying the multi-sensory aspects of sandplay therapy and the process of neural integration in the treatment of trauma. Her understanding of neuropsychology within the sandplay process provided the framework to explore how sandplay heals trauma.



For those of us who work with clients who have trauma as a part of their process, it is so refreshing to have a presentation on how sandplay can help in their healing. The concepts relating to neuropsychology can seem complex but give us a deeper understanding of how the sandplay process can help the brain as it integrates and heals beyond trauma.

Dr. Freedle began her presentation by reviewing an accessible way to understand the neuropsychology of sandplay. The brain was reviewed along with the concepts of individuation and neural integration. Jung describes individuation as an “ever-evolving labyrinthine journey, [in which] psychosynthesis occurs through successive assimilation of unconscious parts” (Jung, 1954). “With psychological growth comes neural development, and as the brain grows so does the capacity for expanded consciousness” (Freedle, 2016). Daniel Siegel defines neural integration as a “connection of previously differentiated neurons or neural networks, creating an 'integrated flow,' essential for wellbeing” (Siegel, 2012). For neural integration to take place, we must be flexible, adaptive, coherent, energized and stable (Siegel, 2012).

An exploration into how the brain grows and develops created the context for Dr. Freedle to help us understand the healing power of sandplay. “Sandplay is relational, experiential, mindful, sacred, and multi-sensory. As we touch sand, play freely, symbolize, and self-reflect in the presence of an attuned therapist, multiple brain systems are activated for psychological healing and transformation” (Freedle, 2016). Dr. Freedle discussed a pattern she discovered in her research called The Sandplay Neuro-Sensory Feedback Loop. The multi-sensory aspect of sandplay in the presence of an attuned therapist is an underlying mechanism for healing trauma. In the context of an attuned relationship and through somatosensory pathways, multiple neural networks are activated for healing and transformation. (Freedle, 2006, 2012).

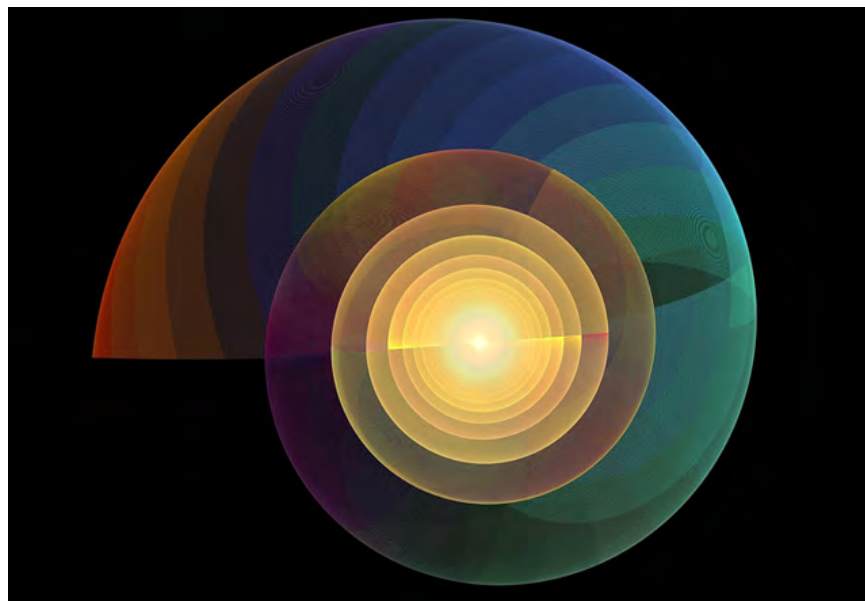
Dr. Freedle looked at how sandplay can heal trauma through a neuropsychological perspective of neural integration. There is a three-step process within the brain to help with this integration: regulate, relate and reason. Sandplay helps to regulate the diencephalon and brainstem areas of the brain through somatosensory engagement, touch, hand-brain connection, and molding, watering, and constructing the sand in the tray. The second step in the process of neural integration is 'relate'. Sandplay helps to activate the limbic area of the brain through the use of symbolic expression of the trauma narrative using symbols, stories, creative play, and animals within a relational context. The third step in the process of neural integration is 'reason' which activates the cortex area of the brain. The sandplay process typically begins and ends here using conversation, meaning and purpose to help create insight and discovery which can move us into the abstract and spiritual. This step brings us toward mindful participation and posttraumatic wisdom in the sandplay process along with relational safety and 'generous attunement' (Freedle, 2016).



Dr. Freedle talked about the seven phases of sandplay therapy which she discovered while researching sandplay therapy with brain injured adults. 1) expressing phenomenological experiences and everyday struggles, 2) accessing and shoring up resources, 3) plunging into death, darkness, and despair, 4) reflecting, transforming, and gaining hope, 5) touching totality, numinosity, and wholeness, 6) emerging, bridging opposites, and integrating, 7) returning to everyday life with a new perspective. There have been many ways to describe the sandplay journey but I found Dr. Freedle's seven phases of Sandplay therapy to be easy to understand in viewing the sandplay process of clients.

Dr. Freedle concluded her presentation by showing the sandplay process of a young man named Jimmy who had lost his father in the 9/11 terrorist attacks on the World Trade Center in New York City. At 22 he became overwhelmed by OCD, alcohol abuse, guilt and shame and unable to attend college. He sought help in an intensive, nature-based treatment program where he engaged in sandplay therapy. What was most interesting was how the setting of his treatment program helped to support him through his sandplay process. Trauma work can sometimes require a community based approach to help in the work toward healing and neural integration. Dr. Freedle reflected on Jimmy's sandplay process as he moved through the seven phases of sandplay therapy all within a limit limited treatment program. Jimmy's sandplay process reflected the neuropsychological process of neural integration through sandplay in helping to heal his trauma. I was deeply moved by Jimmy's sandplay process in looking at how sandplay aids in healing trauma. Jimmy's process helped to understand the complexities of neural integration in the healing of trauma within the brain.

One final discussion was looking at the developmental trends of children at the time of 9/11 which shifted our consciousness in the shadow of modern-day terrorism. Exposure to terrorism has become a part of the collective in our understanding of the world and our safety within it. This exposure to terrorism has forever changed our understanding of trauma and its effects on the brain. It is important to understand how this exposure to terrorism has forever influenced the children at the time of 9/11 and all of us exposed to the shadow of modern-day terrorism within the collective unconscious. This insight will help us as we work with clients and their personal trauma along with the added influence of terrorism from the collective shadow that may show up within the sandplay process.



Symbol Study: The power of community
Lorraine R. Freedle, PhD, CST-T

While browsing a gift shop yesterday, I was captivated by a series of children's books. Each featured the adventures of a tiny, animal finger puppet popping from its center. The shark puppet with its large mouth and jagged teeth immediately beckoned.

I opened the book to find that the story featured a lonely and fierce shark searching for a friend. The other animals were afraid of him, and none would be his friend. In the end, the starfish becomes his friend and they delight in one another.

“The starfish?” I thought. The starfish is the symbol for Sandplay Therapists of Hawai'i (STH). I am in touch with the regenerative qualities of the starfish, but I never knew it as a friend to the shark. I sensed warmth and excitement. Our very own starfish has power to befriend this aumakua and transform its devouring energies! I left the store with a book, a smile and a desire to share this little journey of discovery with my sandplay friends.

Jung (1964) reminds us that symbols are alive with meaning and never quite knowable. They help us transcend divisions in our psyche and fuel the individuation process. Once we encounter a symbol and use it to express ourselves, we change (Kalff, 1980). In sandplay, this change occurs on a psychological and neurobiological level (Freedle, 2017). When encountered and shared change.

Sandplay therapists symbols in order to silent presence the offered through Although many look dictionaries for sandplay therapist symbols require whole being” (Kalff, the study of symbols sources including spirit (Jackson, 1991). deeply personal



Shark and Starfish by Scot Campbell

come to appreciate that our sandplay consultation groups are charged to study better hold with wise, dynamic possibilities symbolic expression. to their symbols knowledge, the seasoned learns that “living participation of the M., 2013, p. 99) and that is best informed by many body, mind, emotion and The study of symbols is a journey. However, I have sandplay consultation groups and community of practice can play an important role. By sharing research and encounters with symbols in and out of the sandplay room, we expand our ability to hold the process for our clients. Through shared stories, we also strengthen our community.

Becoming certified as a sandplay therapist involves writing symbol papers. The process is often transformative for the writer and the product beneficial to the sandplay community. However, many therapists face writing a symbol paper with much trepidation. “Devouring” forces may come in the form of self-doubt, writer's block, not knowing where to start or how to best to tackle the task, or stress related to life's external demands. Sadly, these therapists are deterred from pursuing sandplay certification when they have so much to offer.

There are several articles on writing symbols papers that I recommend. (See Weller, 1997; and Eastwood, 1999, 2014). Although these article are useful resources, many therapists remain stymied when it comes to writing their symbol papers. Perhaps the missing ingredient is community. Not only could our sandplay community help us study symbols together, the group could also provide structure and support to help us complete our symbols papers.



I offer the following ideas to approach symbol study “in community”:

1. Create a group devoted to symbol study and with consensus, develop a regular meeting schedule. (You may also designate time in an existing group for this purpose.) Make time for experiential learning and sharing experiences. Take turns to present findings of symbol study.
2. When choosing your symbol, be open to start with whatever symbol calls you versus finding the symbol. The journey will lead you where you need to go.
3. “Tune in” to the calling process, recognizing a symbol may “call” you in many ways:
 - a. through attraction, repulsion, or puzzlement
 - b. appearing in your life, dreams or sand trays
 - c. appearing repeatedly or with particular energy in the work of your clients
 - d. through synchronistic experiences
4. Explore your symbol with wonder and embodiment on a personal level before doing any formal research. This exercise is a helpful way to begin to discover the personal meaning a symbol may hold for you. It is especially useful to do in groups:
 - a. View/hold your symbol, breathe deeply, and tune into your sensations and perceptions.
 - b. Draw an image of your symbol.
 - c. Notice aspects that hold particular “energy” for you.
 - d. Write a poem and/or record your thoughts, feelings and associations about the symbol and what you are experiencing.
 - e. Look up symbol in dictionary, symbol book or online research.
 - f. Record important findings.
 - g. Personal reflection: How might this symbol be carrying you forward in your life?
 - h. Share your experience/reflections with the group
5. When you decide you would like to pursue in-depth study of a symbol let your friends, family and sandplay community know. Ask them to share with you their encounters with the symbol.
6. If possible, give the symbol to each member of your study group or make the symbol together. Ask them to share if/when/how the symbol is used in sandplay.
7. “Play” with your symbol (!) and “become” your symbol (especially if your symbol is a living being). Have members of the group act out, sculpt or otherwise enliven the symbol together.
8. Keep a journal of observations, dreams, experiences, and feedback you receive regarding your symbol. Create a collage. Look for patterns.
9. When you formally research your symbol and begin to write your symbol paper consider the following dimensions:
 - a. Biology/chemistry/natural history of the symbol.
 - b. Literal meaning.
 - c. Mythological meaning (find various myths, fairy tales, religious traditions with differing presentations of the symbol).
 - d. Your personal meaning, history, associations with the symbol.
 - e. Archetypal, collective levels.
 - f. How the symbol has been used in the sand trays of your clients.
 - g. Emergent symbolic: How might the symbol inform us as a representation of the client's internal and external struggles and potentialities?
10. Chose a variety of symbol papers from the Journal of Sandplay Therapy as well as unpublished papers from colleagues to read on your own or with your group. Review “Preliminary Papers Checklist” in the



STA Handbook (www.sandplay.org). Explore how findings are presented in these papers, and share reactions to different styles and content.

11. When writing your symbol paper take small steps often and share with the group. The group schedule can also act as an anchor for these steps and move people through the process together.

Steps may include personal exploration, research on each dimension, making an outline for your symbol paper, fleshing out ideas and themes, making a formal presentation to group (include experiential component), and completing symbol paper.

As you write, remember to maintain relatedness to the symbol, address STA criterion, and keep track of your references. Consider publishing your paper.

12. Celebrate all successes and enjoy the journey of symbol study!

Be a starfish and befriend the shark! If we study together, play together, and support each other in symbol study I trust that many will find the motivation and direction to finish our symbols papers, while all of us benefit from the process.



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“Healing Developmental Trauma with Sandplay
The Power of Attunement in the Relational Field”
by Linda Cunningham, Ph.D., MFT, CST-T; April 14, 2017
Workshop Summary by: Gail D. Silva, Psy.D.

On April 14, 2017, Sandplay Therapists of Hawaii hosted its second workshop of the year. We were honored to have Dr. Linda Cunningham, a knowledgeable, and attuned, Sandplay teacher, author, and therapist, fly in from California to teach this much needed workshop on Healing Developmental Trauma with Sandplay.

We began with a concise and meaningful review of some of the current trauma research done by Dan Siegal, Allen Schore, Donald Kalsched, Bessel Van der Kolk, Peter Levine, and others, and the reasons that Sandplay is well-suited to gently integrate the fragmented pieces of traumatic experiences that lie within the implicit realms of the body and mind. Within the safety of an attuned therapeutic relationship, we can allow our clients the time and space to heal, bit by bit. Of interest to many of us, was Dr. Cunningham's recounting of her interest in several of her client's trays that were never talked about at trainings: the trays without apparent symbolic meaning, and often described as un-interpretable. After years of study and research, she now understands and shares what she suspected long ago: that every tray, no matter how barren or seemingly un-interpretable on a symbolic level, holds meaning. We began to understand the pre-symbolic meaning of these often neglected, but important trays that we hold in our work with traumatized clients.

Throughout the course of the day, Dr. Cunningham encouraged a spirit of reflection which allowed us to explore the meaningful messages of Co-transference, the right-brain, silent communication that occurs between client and therapist. We reflected upon our memories of body sensations, intuitive messages, sounds, images, emotions, distraction, etc., while sitting with various clients.

Dr. Cunningham described the four archetypal relational fields of the Self and presented multiple examples of sand trays completed by clients experiencing various relational fields.

Field One: The Field of Original Oneness/Merger which involves sensory experiences and the earliest anxieties of psychological survival. Sand trays may feel disjointed, barren, alone.

Field Two: The Field of Twoness and Rupture which holds the emotional core of the Self, and involves intense affect and early relational trauma experiences. Sand trays may feel disturbing, full of dread, and hard to hold.

Field Three: The Field of Differentiated Oneness/Transitional space where there is a free flow of symbolic material, trust between client and therapist, and movement toward health. These are the trays we typically enjoy working with; filled with symbolism and meaning.

Field Four: The Numinous Field: The ever-present numinous, sacred container can be felt. We feel a sense of awe, peace, Love, gratitude, joy and a complete lack of anxiety.

In addition to introducing us to the basic qualities of the four relational fields, Dr. Cunningham also shared appropriate interventions for each field. For instance, during the pre-symbolic phases of Field One and Two, it is critical to have patience while increasing our ability to remain comfortable in periods of silence, while building basic trust and a secure base with our clients. During Field Three, we need to be with the flow of psychic energy and remain open to the meaning of the symbols, and while in Field Four, we need to be fully present to experience and really be with our client and the sacred, transcendent energy that flows in Field Four.

There was much more information shared at the workshop than this short summary can contain, however, readers can learn more by reading Dr. Cunningham's book: Sandplay and the Clinical Relationship, or by looking into her trainings at www.sandplaytrainingworldwide.com.

We are very grateful to Dr. Cunningham for taking the time out of her busy schedule to fly to Hawai'i to teach, and we are also grateful to the board members of Sandplay Therapists of Hawaii, who organized and hosted this informative training. Mahalo Nui Loa.



Membership Application 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; Dr. Lorraine Freedle, Vice President; Scott O'Neal, Treasurer and Webmaster; Dr. Gail Silva, Secretary; Kerri Kahapea, Program Committee Chair.

Benefits of membership are: privilege of enrollment in our members only trainings, 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 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.

NAME _____

ADDRESS _____

CITY _____ STATE _____ Zip code _____

PHONE _____ EMAIL _____

MEMBERSHIP FEE: \$30.00 for 2017 _____ January 1 - December 31, 2017

MEMBERSHIP FEE: \$30.00 for 2018 _____ January 1 - December 31, 2018

STH DIANA CHEE SCHOLARSHIP FUND tax deductible contribution _____

~ Thank you ~



SURVEY OF MEMBERS

LET US KNOW MORE ABOUT YOU IF YOU HAVE NOT FILLED OUT THIS FORM PREVIOUSLY

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?



STH Board Volunteer Form

Name: _____

Email Address: _____ Phone number(s): _____

I have been a member of STH since: _____ or for _____ years

I am willing to volunteer as a Sandplay Therapists of Hawaii board member:

- For 2018
- For 2019
- For 2020

My preference would be to serve as:

- President *(Requires a minimum of one year prior & consecutive service on the board)*
- Vice President
- Secretary
- Treasurer
- Program Chair or Co-chair

Comments/Suggestions:

Please submit to Sue Bergman in person or at uhanesmb@yahoo.com

Thank you for being willing to be of service.

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@HAWAIL.RR.COM