



Sandplay Therapists of Hawai'i

Newsletter - February 2024

Kung Hei Fat Choy Sandplayers!

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

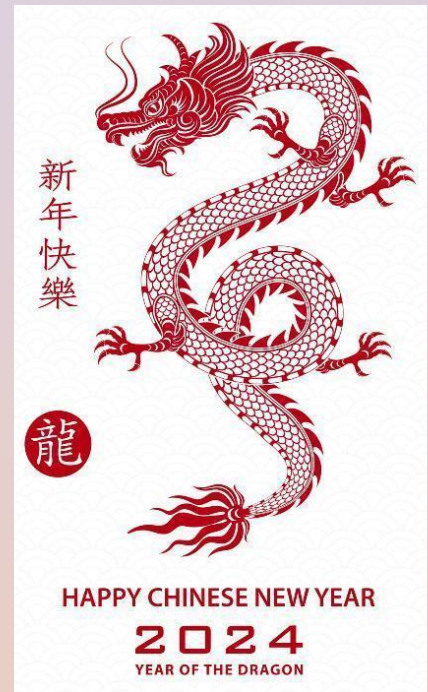
It is Chinese New Year! It is the Lunar New Year, Year of the Dragon. In the Chinese lunar calendar, the new year started on February 10, 2024, marking the beginning of the Wood Dragon's reign. It will end on Jan. 28, 2025, followed by the Year of the Snake.

Chinese New Year, also known as Lunar New Year or Spring Festival, is the most important traditional festival in Chinese culture, and many other Asian cultures that use the lunar calendar. It is celebrated at the turn of the Chinese lunar New Year, on the night of the second new moon after the winter solstice.

The earliest record of the Lunar New Year dates back to the 14th century B.C. under the Shang Dynasty. The event included sacrificial ceremonies to honor gods and ancestors and had many myths, stories and older traditions associated with it. One story being of the mythical beast commonly told around the new year, believing the creature would arrive to eat livestock and crops and cause massive destruction. As a result, people would leave food outside their doors for the creature.

The Lunar New Year turned more into a celebration over time. It shifted from worshipping gods to a form of entertainment, with a big feast and party amongst families in their homes. Eventually, traditions became similar to those of the modern day, with firecrackers, dumplings, and spending time with friends and families. Under the more recent dynasties, the Lunar New Year was named the Spring Festival, focusing more on social festivities than religious ties. This brought more entertainment with shows of dragon and lion dances, as well as a lantern festival.

According to the Museum of World Treasures, the Lunar New Year aligns with the Chinese lunar calendar and began around 3,500 years ago. China and many other countries continue to celebrate the holiday, despite China adopting the Western calendar in 1912, which celebrates the New Year on Jan. 1.



The significance of a dragon in China, is considered as a spirit and a symbol in the Chinese culture, a well-known mascot. The Dragon, a symbol of strength, luck, and vitality. It is considered the most auspicious and powerful sign in the zodiac. The Dragon year is believed to bring prosperity, innovation, and the courage to face challenges. Among the 12 zodiacs of Chinese astrology, they possess the keenest sense of self and know exactly who they are.



The Year of the Dragon is the fifth animal of 12 in the Chinese zodiac calendar. In Chinese astrology, each zodiac sign is not only associated with an animal but also with one of the five elements: Wood, Fire, Earth, Metal, and Water. Each element interacts with the animal signs in a 60-year cycle, creating a complex and fascinating system, bringing a special kind of energy. In Chinese astrology, the year you're born can have a big influence on your personality and life. Comprehending the significance of the Wood element is essential in capturing the core of a Wood Dragon, as it deeply shapes their personality and fate. The Wood Dragon years, like 1964 and 2024, are incredibly rare. Wood years are known for their emphasis on growth, development, and harmony. The Wood element is associated with balance and a natural ability to unite people.

When the Wood element is combined with the powerful Dragon sign, it creates a unique synergy. The potent influence of the Dragon harmonizes with the vital qualities of Wood. Similar to a tree growing steadily and reaching up toward the sky, the Wood element stands for growth, flexibility, and caring for things in nature. Wood represents the idea of getting bigger and adjusting to new situations. Wood Dragons naturally nurture and offer support to those in their surroundings. They are like the branches of a tree, providing shade and shelter. They're as flexible as a willow tree, adapting to situations and finding solutions. Their warmth and empathy make them dependable friends and allies. Like a tree firmly anchored in the earth, people born under the Wood element are often open to new ideas and are willing to welcome change. Wood also gives Wood Dragons a creative edge. They are known for having a strong sense of purpose. Being a Wood Dragon means you've got some fantastic qualities that make you stand out.

Let us all usher in the Year of the Wood Dragon with our good thoughts and healing through sandplay so that we may all look forward to a year of growth, adaptability, and creativity in our lives and the world. Kung Hei Fat Choy!

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

King Tut's Existential Crisis:

Applying archetypal and neurodevelopmental paradigms to treat children with severe anxiety using sandplay and play therapy

Presented by: **Dr. Lorraine R. Freedle**

[For full flyer,
click here](#)



Photo 14173519 | King Tut © Erika Kowal | Dreamstime.com

Live, interactive webinar

Saturday, April 6, 2024
1pm - 5:30pm Hawai'i Time
(4pm to 8:30pm PST)

- Location:** Virtual event. Zoom link will be provided upon registration
- Cost:** \$100 professionals, \$75 - STH members, \$50 - students
- 4 CEs:** Pending through NASW-HI (Social Workers, Counselors & MFTs)

Archeologist Howard Carter nearly gave up on his life's work until he made an epic discovery: The tomb of "Boy King" Tutankhamen. The treasures found there reveal the nature and significance of the spiritual journey of the ancient Egyptian in life and death. Through archetypal and neurodevelopmental paradigms, this workshop explores best practices for treating children with severe anxiety using Sandplay and Play Therapy. Symptoms of anxiety and trauma are expressed through play and reprocessed over time—leading to functional and transformative change. Concepts, archetypal themes, and contemporary treatment approaches are illustrated through a case study of 7-year-old "Carter" whose anxiety is situated in the context of the high conflict divorce of his parents and the asynchronous development and emotional intensities associated with giftedness. Carter's industrious play leads him through the darkness of alienation to the bright and sacred light of his own kingly treasures.

Who should attend: Play/sandplay therapists, social workers and mental health professionals interested in a post-graduate level workshop and earning training hours in play therapy and sandplay. Intermediate levels of sandplay knowledge and experience are welcome.

Play Therapy "non-contact" hours: This Live Webinar is an STA/ISST Certified Training® approved for up to 4 APT "non-contact" hours by the Sandplay Therapists of America (STA-Association of Play Therapy Approved Provider #13-343),



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

President's Message

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

Dear Sandplay Members & Friends,

Happy New Year, Kung Hei Fat Choy and Happy Valentine's for 2024!



Wow, it's hard to believe that we're half way through February of our new year!! Sandplay Therapists of Hawaii had an active 2023 and hope to do the same in 2024. Just to briefly recap for all, our STH activities during 2023 included:

- ★ The STH board supported the Diversity Project in Santa Fe at the beginning of 2023 via a letter of support to help them with being supported by Sandplay Therapists of America.
- ★ We held two Pau Hana Symbol Studies during the year. The first, on "The Heart" that the board presented on February 3rd.
- ★ The second, on October 6th with the willingness of Tonya Gabriel-Brennagh who volunteered to help facilitate the presentation and did a fabulous job of doing a major part of the presenting on "The Witch" with the STH board. Tonya has become an active STH member though she lives in Australia. We were very thankful to have a member step forward to offer.
- ★ Our February 2023 workshop was an online live, interactive webinar with Roz Heiko presenting "The Heroine's Journey."
- ★ November of 2023 Lynne Ehlers presented "The Colors of Alchemy and Sandplay: Process of Transformation," a dual modality workshop that included an evening live, interactive webinar followed the next day with a live/in-person workshop at Ho'omaluhia Gardens.
- ★ On the business side, the board completed reviewing and updating the STH By-Laws.

Sandplay Therapists of America continued to offer great Tool Kit presentations on line throughout the year and ISST had their 26th Congress in Jerusalem during March of 2023. It was done as a hybrid that included the traditional face-to-face/in-person and online workshop participation organized by the Israel Sandplay Association. It was a wonderful experience during March of 2023.

A big Mahalo to each of the STH board members for agreeing to serve for another year as a board members. Our STH Board Members are: Lorraine Freedle, Kerri Kahapea, Sue Bergman, John Mascaro, Donna Charron, Alissa Schneider Berg, and Ala Kahalekai.

As you will see in this newsletter, our Spring 2024 workshop will feature our own Lorraine Freedle presenting a live, interactive webinar on April 6, 2024 entitled "King Tut's Existential Crisis." It's a very exciting topic, so don't miss it!!!



We are looking forward to offering a couple symbol studies again this year as we have been doing over the past few years. We would love to have members step forward to either present a symbol of interest on their own, or our board would be happy to help you or to have you join the board in helping to present.

Of course we will also be having our fall workshop or webinar that will to be announced later in the year as well as in our fall newsletter. STA is continuing to hold the "Tool Kits", which is a nice way to earn a few more sandplay credits in the comfort of your home. In addition, STA will be holding their annual Conference in Santa Fe, New Mexico, June 6-9, 2024. These are always fun because we get to connect with sandplay people from the whole USA and usually a few from other countries as well.

If there is a presenter, you would like to have us invite to present for STH or you would like to help present with the board, for a symbol study, please email our STH outreach, Alissa Schneider Berg (webhead@sandplaytherapistsofhawaii.org). We would love and appreciate having member participation.

Wishing each of you a super healthy, fun loving 2024.

Aloha,
Sue :)

Reflecting on The Colors of Alchemy Workshop

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

Sandplay Therapists of Hawaii held their first in person workshop since the pandemic during November of 2023. We held a dual modality workshop that started with an online evening to accommodate our broad extended and international community, followed by a morning and afternoon held in the beautiful Ho'omaluhia Botanical Garden for our local people able to join us in person. Lynne Ehlers, PhD, CST-T, presented a wonderful workshop entitled "The Colors of Alchemy and Sandplay: Stages in the Process of Transformation." She presented the colors of alchemy with beautiful images, stories of her own transformation during her sandplay process and research on alchemy for her dissertation in addition to a riveting sandplay client case of a young woman on her individuation journey. We had a small intimate group of 15 people who were enthralled with the perspective that alchemy brought to the sandplay process. Following the workshop a group did a short hike through a part of the lavish Ho'omaluhia Botanical Gardens at the foot of a portion of the Koolau mountain range.



At beautiful Ho'omaluhia Gardens



Dr. Lynne Ehlers & STH Secretary John Mascaro



The holding tray prepared at Ho'omaluhia



The holding tray prepared for the online training

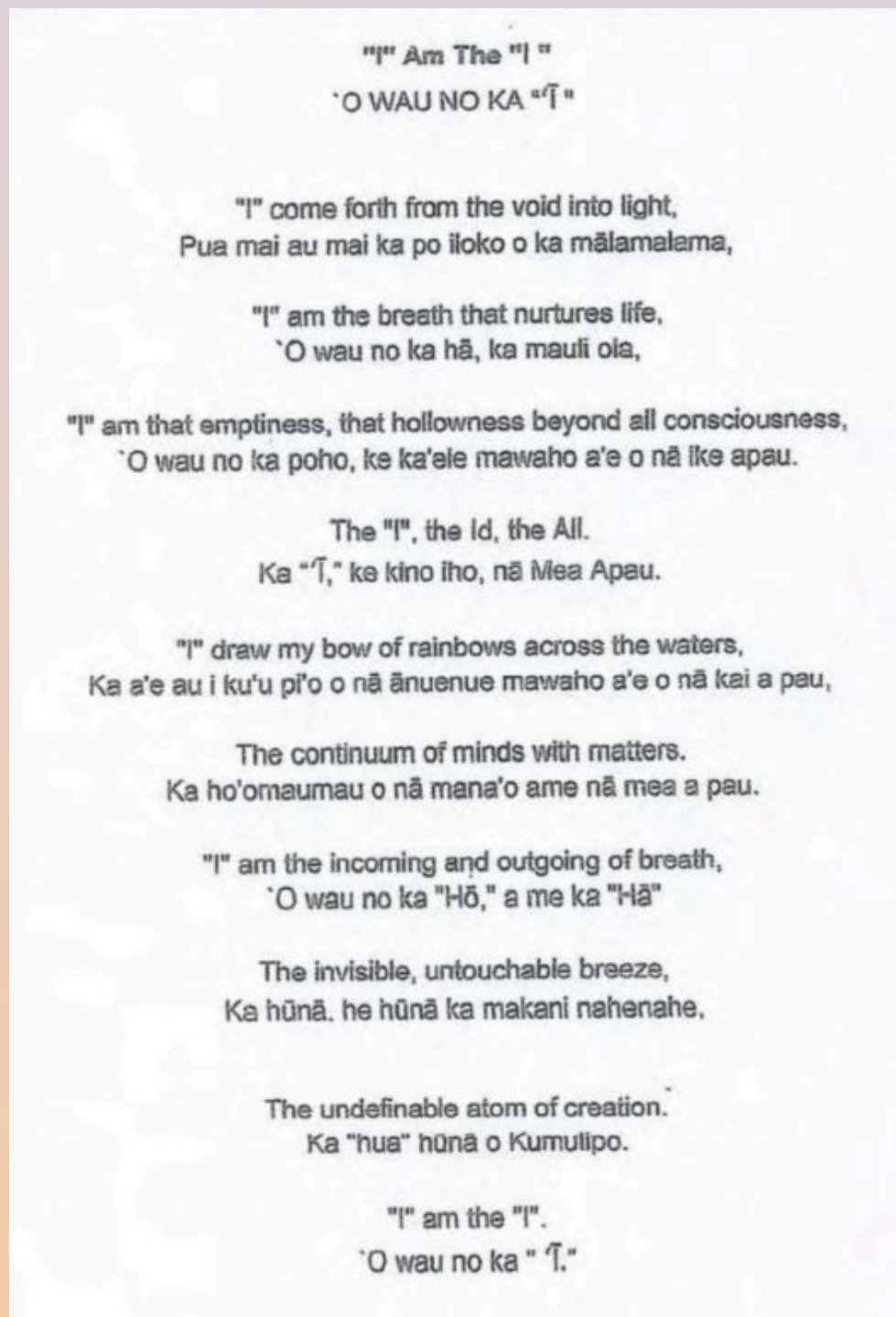
"I am the I"

A reflection on the prayer written by Morrnah Simeona, by Kerri Kahapea

"O wau no ka I" or "I am the I" is a beautiful prayer written by Morrnah Simeona. STH has been opening our trainings with this prayer written by Morrnah Simeona since the pandemic.

The words and the meanings of each word feels expansive and full of energy. Much like our symbols the prayer can hold us all together in a free and protected space as we learn, share, and be with each other.

Thank you to all who have joined STH and the many teachers who have shared themselves through their work with people, and to Morrnah Simeona for sharing her heart.





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



Public Lectures on Big Island, Maui, and Oahu
See Newsletter Announcement for Times and Venues

The Lord of the Rings as a Myth for our Times

Exploring the Hidden Meanings in this Hero's Journey
Where Metamorphosis and Initiations
Contribute to Deeper Thinking and Inner Growth



Mark McGivern is an engaging speaker who can delight audiences with his surprising insights into The Lord of the Rings. Using key concepts, he uncovers startling depth of meaning in saga, revealing it as a myth for our time. The lectures will provide analysis of the saga and opportunities to apply aspects of the myth as a key to one's own biography and destiny mystery.

Attention Sandplay Therapists:

The Lord of the Rings as a Myth for our Times Mark McGivern, an engaging speaker and educator with a strong interest in mythic imagery, reveals profound insights into the Hero's Journey in "The Lord of the Rings" using key Jungian and Anthroposophical concepts.

Public Lectures on Big Island, Maui, and Oahu

Donations at the door

Thursday, February 29, 2024 6:30-8:30pm
Kona Masonic Lodge
73-5577 Kauhola St. (just below Home Depot)
Kailua-Kona, 96740

Friday, March 1, 2024 6:30-8:00pm
Malamalama School
15-1834 Maku'u Drive,
Keaau

Saturday, March 2, 2024 9:30-11:00AM
New Thought Center
81-6587 Mamalahoa
Kealakekua 96750

Friday, March 8, 2024 7:00-9:00pm
Anthroposophical Society in Manoa
2514 Alaula Way
Honolulu, 96822
Please note: this location has stairs and is not equipped with Handicap access

Saturday, March 9, 2024 9:30-12:30
Scottish Rite Temple Snack break included
1611 Kewalo St. Free parking adjacent to address
Honolulu 96822 Donations at door (Venmo accepted)
Reserve a space: RSVP to dr.barbaralee@gmail.com



STH Membership for 2024!

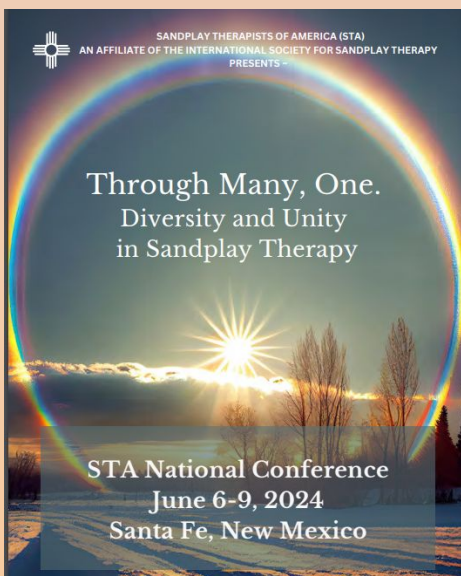
STH membership lasts for one calendar year, so please join us again during this rotation around the sun!

- Symbol Study gatherings are free to members
- Reduced fee for full day trainings in April and November

[Please click here to join us or renew](#), or print out and mail the membership form at the end of the newsletter!

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](#).



This national conference brings focus to diversity and inclusion, and transcending division through Sandplay Therapy. Presentations will illustrate the clinical and symbolic process of people with diverse backgrounds and spiritual beliefs. We will also examine historical trauma through multiple lenses and discover how engaging with Dora Kalff's method as a therapist or client can provide a platform for healing and transformation.

Click on the picture to go to the conference webpage

KA PO'E PULAMA | WINTER 2024

Professional Development Opportunity

Medicare & Working with Kupuna



March 7, 2024

11:00 AM– 12:00 PM

1 NBCC CE hours

Presented by

Matthew Fullen, PhD, MDiv, LPCC

Jordan Wescott, PhD, NCC



Description & Objectives ---- COMING SOON

Free for HCA Members

\$30 for non-members

Register online at:

www.hicounselors.org

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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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