



Sandplay Therapists of Hawai'i

Newsletter - February 2025

Messages of love and healing...

Instead of a typical President's message from our beautiful Sue Bergman, this issue we'd like to send our aloha to those healing right now.

This includes STH President Sue Bergman who's currently recovering from emergency surgery (and still feisty!) and those in California experiencing profound loss and uncertainty due to the horrific fires.

Our love goes with you all, and if you'd like to send well wishes to Sue, or connect with Sandplayers in CA, please contact us at webhead@sandplaytherapistsofhawaii.org and we'll do our best to help connect you with them 🌱



Getting Started in Sandplay Therapy: Foundational Skills for Clinical Practice

Sponsored by
Sandplay Therapists of Hawai'i (STH)
and YWCA of Kaua'i

Join us on Kaua'i for a hands-on workshop on the foundations of Jungian Sandplay Therapy with Hilo's own Dr. Lorraine Razzi Freedle

March 8, 2025 from 9:30 am - 6 pm
March 9, 2025 from 9:00 am - 12 pm

With monthly online follow-up sessions, participants will become part of a learning community and earn up to 18 hours toward Certification as a Sandplay Therapist through Sandplay Therapists of America (STA) and the International Society for Sandplay Therapy (ISST)

Up to 18 CEs pending through NASW Hawai'i

Location: YWCA of Kaua'i, 3094 Elua Street, Lihue, HI 96766

Many people have difficulty expressing themselves in words, especially children and adults who have experienced abuse and other forms of trauma. Sandplay Therapy provides an evidence-based, culturally-sensitive, trauma-responsive, and neurobiologically-informed means to safely access and reprocess traumatic memories. By telling their story using symbols and the sand in the presence of a "generously-attuned" therapist, people who have experienced trauma can tap into the wisdom of the body and the psyche's natural healing capacities. As they awaken to their senses and feelings, a regenerative narrative follows, and they discover new meaning and purpose in their lives.

This workshop will introduce the seven key principles and neuropsychological underpinnings of Jungian Sandplay Therapy with special attention to its use in the treatment of trauma. The latest advances in research will also be presented. Through case studies, demonstration of methods, experiential exercises and a review of the evidence base, participants will explore how Sandplay Therapy can be effectively used in clinical practice



STH and the YWCA of Kaua'i are partnering to stimulate the development of Sandplay Therapy throughout Hawai'i. Join our learning community!



Join us on Kaua'i!

Schedule - Part 1 (in-person w/online intro)

Thursday, March 6th, 6pm to 8pm

- Online intro to sandplay (required for both in-person and online participants)

Saturday, March 8th, 9:30am to 6pm

- In-person at the YWCA of Kaua'i - lunch, coffee, and snacks provided

Sunday, March 9th, 9am to 12pm

- In-person at the YWCA of Kaua'i - coffee and snacks provided

Schedule - Part 2 (online only)

- Thursday, March 6th, 6pm to 8pm
- Thursday, April 17th, 6pm to 8pm
- Thursday, May 15th, 6pm to 8pm
- Thursday, June 26th, 6pm to 8pm

Lorraine Razzi Freedle, PhD, is a resident of Hawai'i Island, neuropsychologist, and sandplay teacher (STA/ISST) who offers inspired workshops throughout the world. Author of *When a Goddess Erupts: Pele in the Psyche of Women* and many research articles on sandplay and trauma, Dr. Freedle also co-produced *Fire and Sand*, an award-winning film featuring mobile sandplay in disaster response. She serves on the Boards of STA and ISST. Her private practice is Black Sand Neuropsychology in Hilo, Hawai'i.
<https://lorrainefreedle.com/>

This low cost training is a tremendous opportunity for therapists considering using Sandplay Therapy in their practice!

Fees include up to 18 CEs, free membership to STH for 2025 (valued at \$35), and a free copy of *Getting Started in Sandplay Therapy* by Dr. Lorraine R. Freedle.

Full workshop - \$75 

- Includes all Part 1 & 2 workshops, STH membership in 2025, & Dr. Freedle's *Getting Started* book

Part 1 only - \$50

Part 2 only - \$40

Scholarships are also available! Email STH if you're interested in this option.

There are a limited number of spots for the in-person workshop, please don't miss out on this incredible opportunity!

Go to
<https://sandplaytherapistsofhawaii.org/>
to register!

For more information contact STH at
webhead@sandplaytherapistsofhawaii.org



Learning objectives:

Participants will~

- Describe the three roots and seven key principles of Jungian Sandplay Therapy.
- Apply concepts to a video demonstration of a sandplay therapy session.
- Distinguish sandplay from other play therapy methods that use sand and miniatures.
- Assess how play, symbolic language, and therapeutic presence promote psychological development in sandplay with children and adults.
- Complete a personal symbol study to explore the multilayered healing power of symbols.
- List ten categories and develop essential skills to set-up a sandplay miniature collection.
- Practice securing "the free and protected space" in sandplay therapy.
- Practice introducing, conducting, and documenting a sandplay session.
- Identify the multicultural applications and evidence base of sandplay therapy.
- Explain guidelines for professional development of sandplay therapists in clinical practice.



Participants get a free copy of this publication!

Intended Audience:

Social workers, counselors, psychologists, play therapists, and other mental health professionals interested in a post-graduate level training in the fundamentals of Jungian Sandplay Therapy. Those interested in joining a community of practice and training to become a sandplay therapist.



*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.

Go to
<https://sandplaytherapistsofhawaii.org/>
to register, spaces for the
in-person portion
are almost full

Don't miss this incredible
opportunity!

Please join us online in April...

Our presenter will be Dr. Alexander John Shaia, PhD, CST-T/ISST, and he'll be teaching about his work. Please be on the lookout for more information soon!

About Dr. Alexander John Shaia

Alexander had a unique seat in the early years of ISST/STA. He was taught by Dora M. Kalff in her final intensive (August 1989), and became the first man admitted to STA in 1993. From this place, he will recount personal experiences with Frau Kalff, ISST/STA as well as rarely relayed stories of our seminal theorists - from H.G. Wells, Melanie Klein and Margaret Lowenfield, to Charlotte Buhler and John Hood Williams.

He will show how Dora M. Kalff followed the work of these theorists, while also being touched by the territorial conflicts between them. In the end, Frau Kalff arrived at a fresh, integral and cross-disciplinary work that transcended most theories of her day.

Alexander believes that if we can recognize that which has been handed to us from the early theorists (including their conflicts), we will be better prepared to entertain new thoughts, divergent perspectives and diverse peoples.

Visit his website here:

<https://www.quadratos.org/>



Review of Judy Zappacosta's Portals to the Numinous: The Awakened Body in Sandplay Therapy

by Anna Sugimoto, LCSW

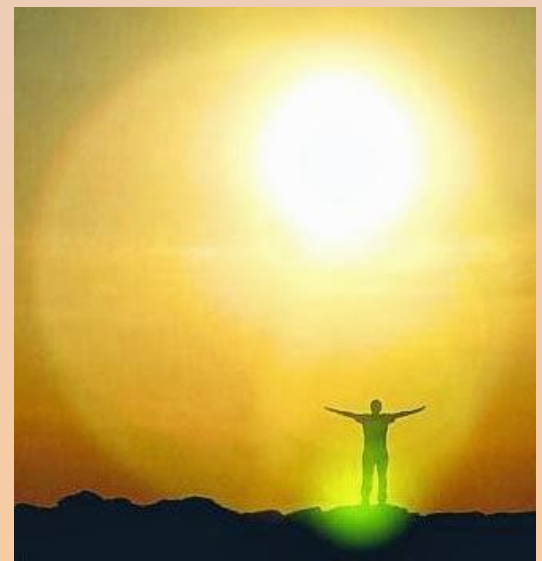
After several years of taking a break from Sandplay therapy trainings, it was a delight to join ISST Certified Sandplay teacher Judy Zappacosta's day-long presentation, *Portals to the Numinous: The Awakened Body in Sandplay Therapy* on November 11, 2024, Veteran's Day. In addition to two compelling Sandplay case studies, we were treated to an array of sensory-based practices, guided by important insights on psychological growth and change.

Beginning with Carl Jung's view of psyche as "the totality of all psychic processes, conscious as well as unconscious", and Marion Woodman's work exploring the connection between psyche and soma (body), Ms. Zappacosta invited us to consider how the numinous, "the influence of the invisible presence that causes a peculiar alteration of consciousness" arise in our work with clients. In so doing, she raised an essential question in the work of helping clients find new meaning, "how can we hold space for the unknown...to something bigger than what we know rationally?"

In the first presentation, a high-achieving 12-year-old boy undergoes crisis after learning he has a type of inflammatory bowel disorder called Crohn's disease. We see how his young life and identity are torn apart by the illness. Through his reworkings of unmetabolized energy, both literally and symbolically in the sand, the boy gradually finds differentiation from the illness, and a transformed sense of self. "Touching sand", Ms. Zappacosta points out, "is touching psyche". By highlighting this connection, Ms. Zappacosta upholds a key aspect of, and a portal to the numinous: embodied presence. As Sandplay therapists, we see how story is held in the sand. "Body helps us to understand the story" Ms. Zappacosta states. "Find ways to make embodiment happen" she reminded us steadily throughout the presentation. Using images, sounds, senses, movement and other explorations Ms. Zappacosta brought this message to life, encouraging a sense of presence. "Sandplay therapy is...like a dance between self and client", Ms. Zappacosta offered. Through embodied presence, we can hold space for the unknown and activate the "self-regulating energy" intrinsic to body and psyche. Ms. Zappacosta noted that embodiment can also be external and we have choices. An unexpected ally in the form of a lizard suddenly appears during the young boy's Sandplay process, ensuring his continued growth and healing.

In the second Sandplay case presentation, we see how a therapist's embodied presence helps a client with early trauma find relational safety. Citing the work of Michael Fordham, Ms. Zappacosta noted the delicate distinction between states of disassociation and "the rhythms of dis-integration and re-integration" that are essential for ego development and connection to the Self. Ms. Zappacosta shared that if we can find a way to hold the "fluctuating sense of opening up to new experience and withdrawing...a space in the psyche opens up for our clients to discover unknown places...a quiet still point within that offers a call to cross the thresholds, leading to transformation".

I found Ms. Zappacosta's call to develop embodied presence invigorating, hopeful and enriching, filled with invitations to "drop in" and discover what it means to stay connected to Self and to each other, even online. Thank you very much, Ms. Zappacosta for offering such a rich and layered learning experience. It was a wonderful way to extend the wisdom intuited by Dora Kalff, and a much-appreciated temenos on Veteran's Day.



These are the “ramblings” of a non-detailed person who just had the pleasure of sitting in a day of STH sponsored training with Judy Zappacosta ~by Marilyn Choy-Gibson

Let me say that I have never participated in a Sandplay training that was unenjoyable. However, I am rushing to capture my impressions while they are still fresh in my mind and body because being with Judy Zappacosta was so...easy. It is likely that sitting with her online is a mere sampling of what it is to sit with her in person. However, we were in training, not in session. And it “felt” easy. I was struck by her conversational tone and attitude of inquiry and endless possibility. When I started tracking Judy’s words, I realized that her thoughts often ended in question marks and ellipses. “What is to come?” “What is the energy?” “You can think of Shakras if you like...” Judy talks out loud as she manages issues with technology and does not appear flustered. Neither does she change pace. One can imagine you are with her in her kitchen and she is asking, “where did that slotted spoon go?” so nonplussed is she. I was not tired at the end of the training. It wasn’t a training. It was a visit. To me, Judy was deceptively good. I left with new ideas, and a shift in awareness and I felt no resistance, just invited to join the club where it is acceptable to think in questions and to use ellipses.



Sue Bergman, went back through her vast archives and found a picture of Training presenter Judy Zappacosta and Hawai'i Sandplayers from back in the 90s! The original Hawaii Sandplay Council was formed and supported by Chonita Larson, one of Frau Kalff's original 12 selected therapists. This board picture with Judy was from the mid 90's, left to right: Sue Bergman, Pat Yuen, Judy Zappacosta (workshop presenter), Julia Phillips, and Diana Chee.

Reflections from the Janus Symbol Study, January 2025



Janus, the Roman God of beginnings, endings, transitions, war & peace

"Two-headed Janus, source of the silently gliding year,
The only god who is able to see behind him,
Be favourable to the leaders, whose labours win
Peace for the fertile earth, peace for the seas:
Be favourable to the senate and Roman people,
And with a nod unbar the shining temples.
A prosperous day dawns: favour our thoughts and speech!
Let auspicious words be said on this auspicious day."
~Ovid, Fasti Book 1

Feedback from participants...

It is a pleasure to take a journey with a symbol in community. I also learned a lot about Janus!

New insight gained into how symbols culturally evolve and shape thought and neural structures.

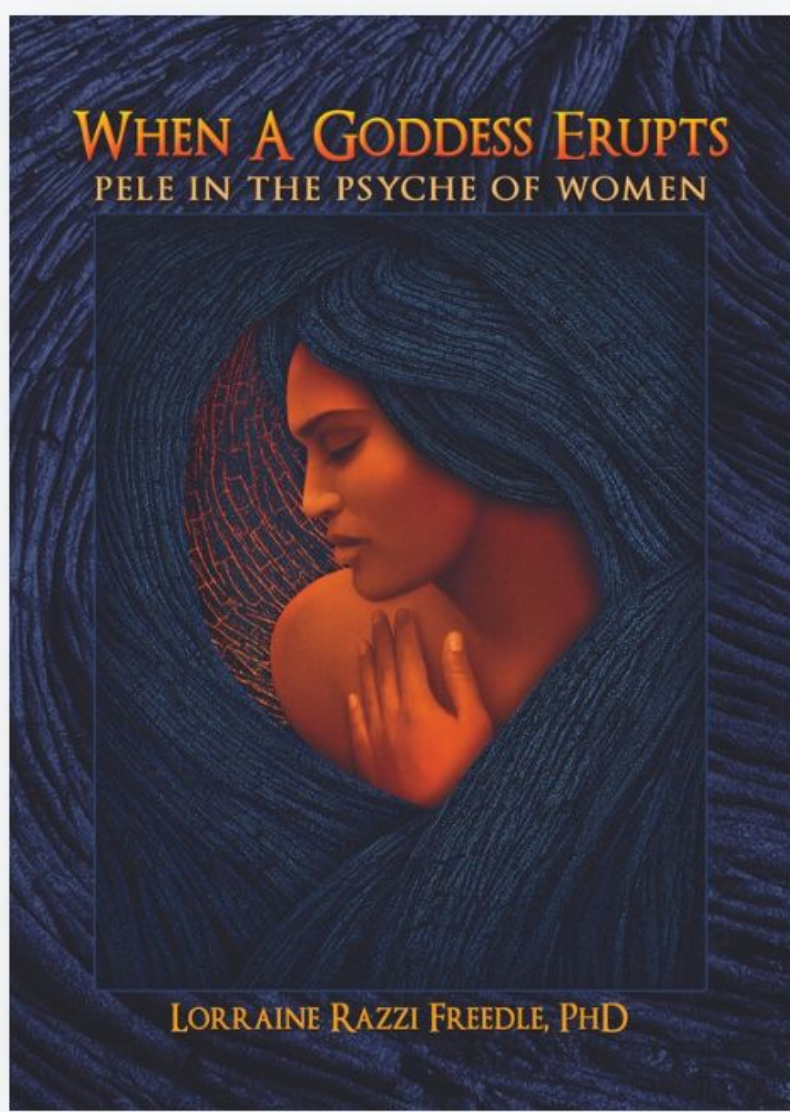
Authentic, interesting, interactive sharing,
professional comradery, creativity

Intimate, multisensory,
informative, fun, community

Enjoyed the drawing on of old texts to support the symbol discussion. Thanks.

Visit Lorraine's updated website to order her new book and see more about her other work!

<https://lorrainefreedle.com/>



<https://lorrainefreedle.com/goddess-erupts/>





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: lfreedle@gmail.com

STA/ISST Teaching Members:

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

Don't forget to join STH in 2025!

The membership year begins January 1 of each year and is effective until December 31. Annual membership fees are a modest \$35 per person and are used to provide local Hawai'i Sandplay accredited (typically STA/ISST) professional workshops and facilitate professional gatherings.

Benefits of membership include: discounted STH sponsored workshop fees, free attendance to symbol studies, and being part of a local supportive community of practice for Sandplay therapy

Register at our website today! <https://sandplaytherapistsofhawaii.org/>



26th Annual Hawaii Association for Play Therapy Conference

Thursday February 20, 2025 &
Friday, February 21, 2025

The Way of Play: The Dynamic Power of Neuro-based Play Therapy



About Georgie Wisen-Vincent

Georgie Wisen-Vincent, LMFT, RPT-S, ECHMS is a nationally recognized play therapy expert and co-author (with Dr. Tina Payne Bryson) of the new book – *THE WAY OF PLAY* (Penguin Random House, January 2025). Georgie is the Founder/Director of The Play Strong Institute, a center devoted to the study, research and practice of play therapy through a neurodevelopmental lens, along with Dr. Bryson, the Founder/Executive Director of The Center for Connection, multidisciplinary clinical practice in Southern California. Georgie is also a child, adolescent, and family psychotherapist and maintains private practice at The Center for Connection. Through the Institute, the Play Strong approach was developed using child-led, adult scaffolded connection and play to help parents, therapists, educators, and care providers augment intervention aimed at the social, emotional, developmental, and learning needs of children from infancy to early adolescence. Play Strong Parenting (a component of Neurofilial Therapy) has been validated by empirical research and is currently being studied with non-parental caregivers and early childhood educators, among other research investigations currently underway. Neurofilial Therapy (NFT) is a more recent expansion on the well-established research behind Filial Therapy, a model that nurtures the parent-child relationship and places parents and caregivers in the role of therapeutic change-maker for their children. Georgie has gathered an advisory group of clinicians, knowledgeable in dyadic practice, to further develop the model and advance training in family therapy informed by Interpersonal Neurobiology (IPNB). A graduate professor at Santa Clara University and active researcher in childhood play, attachment science, and mental health, Georgie has been commissioned as a consultant, program designer, and lead trainer for several major organizations and frequently presents to educators, parents, and clinical professionals on play therapy, trauma resilience, and the power of play-driven learning. She completed advanced study in play therapy at the University of Southampton, London. Georgie gained specialist endorsement in early childhood mental health after completing the UC Davis Napa Infant Mental Health Fellowship. She is currently in the final phase of her doctoral program, a PhD in Infant and Early Child Development, focused on neurodiversity and parent-child attachment relationships.

Day 1:

Trauma Resilient Play: Strengthening the Role of Play Therapy in Child/Family Trauma Recovery

In the upcoming book *The Way of Play* (co-written with Dr. Tina Payne Bryson, NY Times best selling author of *The Whole Brain Child*), renowned play therapist Georgie Wisen-Vincent, LMFT, RPT-S, presents the latest scientific research with special emphasis on the developing brain and the power of play. Dive deep into specific interventions for building brain development and stress resilience in children and families to strengthen trauma recovery. In a way that's clear, interesting and practical for therapists and multidisciplinary practitioners, Georgie will present a set of neuro-based play therapy strategies to better address stress-related symptoms, including challenging behaviors, emotional dysregulation, and difficulty with relationships. Through heartwarming stories, video clips, and engaging demonstrations, Georgie will show you how the PlayStrong approach invites children alongside their parents and teachers, to improve behavior in the classroom and at home, create secure bonds, and boost stress recovery and resilience.

Learning Objectives:

1. Identify symptoms of stress/trauma responses in play therapy.
2. Describe 3 changes in child functioning that occur due to stress/trauma within a play therapy conceptualization.
3. Recognize three play therapy strategies to engage children around trauma-related themes.
4. Integrate play therapy activities to develop child emotional regulation.
5. Describe play therapy activities that enhance responsiveness to children's trauma-related behaviors.
6. Formulate 3 goals to advance child emotional resilience and post-traumatic growth using play therapy techniques.

Day 2: *The Way of Play: A Neuro-Filial Approach to Build Secure Attachment and Repair in Parent-Child Bonds in Play Therapy*

Overview: In this groundbreaking session Georgie equips you with play therapy strategies to support young clients and families facing stress, dysregulation, chaos, and conflict. You will learn to:

- Engage and retain caregivers in play therapy, even those initially resistant;
- Use creative filial play therapy techniques to foster neuroplasticity and inspire hope after trauma;
- Apply play therapy strategies to help children move from reactivity to resilience.

Georgie's approach combines talk-based parenting support with play therapy, offering tools that build emotional skills, self-awareness, empathy, and more. Through case studies, videos, and lively demonstrations, she will show you how to help parents reframe challenging and dysregulating behaviors, promote relational growth, and transform everyday moments into powerful opportunities for attachment and healing.

Learning Objectives:

- After the workshop, participants will be able to:
1. Describe 2 elements of the theoretical basis for filial play therapy.
 2. Identify 3 predictors of healthy child development from the filial play therapy perspective.
 3. Choose 3 filial play therapy strategies to engage parents and caregivers to increase positive interactions with their children
 4. Integrate 2 filial play therapy activities to reduce family reactivity.
 5. Utilize 2 filial play therapy activities that enhance parents' and caregivers' responsiveness to their children's stress-related behaviors.
 6. Formulate 3 goals to advance parent and child emotional skills using filial play therapy techniques.

Location Information:

This in-person training will not be recorded and is scheduled to take place at the:

Japanese Cultural Center of Hawaii Ballroom

2454 South Beretania St., Honolulu, HI.

Parking available on-site.

For further information, please email:
info@hawaiiplaytherapy.net

REGISTRATION

HAPT and HCA Members rate* \$275 (2 day) \$150 (1 day)

Non-member rates \$365 (2 day) and \$195 (1 day)

Student rate \$200 (2 day) and \$100 (1 day)

Register online at HAPT website: www.hawaiiplaytherapy.net
Register by January 21 to have your name entered into special drawing.

*Join APT & HAPT: Joining HAPT now gets you a discount on the conference and other trainings and opportunities. It also enables you to grow professionally through association newsletters, journals, networking and peer consultation. Go to www.hawaiiplaytherapy.net to download the membership application, or join online at the Association for Play Therapy (APT) website at www.apl.org.

Play Therapy CEU's will be provided without charge sponsored by HAPT (APT Approved Provider 99-053).

CE Credits through NASW will also be available for purchase for \$25 12 hours of CE credits for both days or 6 hours for one day

Purchase orders can be mailed to:
Hawaii Assc. for Play Therapy
PO Box 22966
Honolulu, HI 96823

Conference Schedule

8:30-8:45 Check-In & Talk Story
8:45-9 Welcome & Information
9:00 Presentation
10:30 Morning Break
12:00 Lunch
1:00 Presentation Continues
2:30 Afternoon Break
2:45 Presentation Continues
4:30 Presentation Ends

You will not want to miss this fabulous opportunity in February with renowned author, presenter, and play therapist Georgie Wisen-Vincent, LMFT, RPT-S, ECHMS!

Go to the link below to register!

<http://www.hawaiiplaytherapy.net/annual-conference.html>

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 visiting:

<https://sandplaytherapistsofhawaii.org/join-sth>



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!

<https://www.hicounselors.org/>



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

<https://www.sandplay.org/>

Sandplay Therapists of Hawai‘i

webhead@sandplaytherapistsofhawaii.org

<https://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!

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