



Sandplay Therapists of Hawai'i

Newsletter – September 2025

Creation and Destruction:

The Living Mythology of the Goddess Pele in Jungian Sandplay Therapy

Presented by: Lorraine Razzi Freedle, LCSW, PhD, CST-T



**In-person only,
Tuesday, November 11, 2025
(Veteran's Day)
9am to 4pm
(registration/talk story 8:30)**

Often emerging in times of individual or collective crisis, myth and cultural stories help people process trauma, build resilience, and find meaning in overwhelming experiences. Despite their profound impact on psychological well-being, many counselors and sandplay therapists struggle to understand and incorporate the power of myth and cultural stories into their clinical practice.

In this workshop, participants will explore the many ways Pele—the revered Hawaiian goddess of fire and volcanic activity—naturally enters the therapy room. Whether one is familiar with her stories or not, Pele activates the dynamic forces of creation and destruction in the psyche to promote psychological healing and growth.

With vivid images and storytelling, Dr. Lorraine Freedle will share insights from her experience with disaster resilience during the 2018 Kīlauea eruption, her newly released book, *When a Goddess Erupts: Pele in the Psyche of Women*, and case studies from Jungian Sandplay Therapy with children and adults to illustrate this transformative process. Participants will also engage their own creative process with symbols, sand, and art to enhance learning. No prior experience with sandplay therapy is required. The universal languages of image and archetype invite therapists of all theoretical orientations to engage with the psychocultural dimensions of psychotherapy practice.

Location: [Kaneohe Higashi Hongwanji - 45-520 Keaahala Rd, Kaneohe HI 96744](#)

Cost: \$150 professionals, \$125 - STH members, \$75 - students

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

Register online: <https://sandplaytherapistsofhawaii.org/>

Send questions to: webhead@sandplaytherapistsofhawaii.org

This STA/ISST Certified Training® is ideal for students and therapists who would like to...

- Experience how myth and archetypes promote psychological healing and well-being
- Enhance their psychotherapy practice by utilizing myth and cultural stories
- Take a deep dive into the clinical applications of Jungian sandplay therapy
- Explore the creative and destructive qualities of the archetype of fire

Learning objectives:

1. Define archetype in Jungian psychology and describe three ways to activate archetypal energy.
2. Assess how myth and cultural stories influence psychological well-being, particularly during times of crisis.
3. Identify three themes from the Pele myth that may appear during the course of psychotherapy.
4. Assess symbols in dreams, personal narratives, and sandplay therapy that may relate to the living mythology of Pele and the archetype of creation and destruction.
5. Analyze the evidence base of sandplay therapy in the treatment of traumatic stress and other mental health conditions.
6. Evaluate how images and stories emerge during sandplay therapy to provide psychocultural resources for healing symptoms of anxiety, depression, and trauma.



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Lorraine Razzi Freedle, PhD is a resident of East Hawai'i Island, licensed clinical psychologist and social worker, pediatric neuropsychologist, and sandplay teacher (STA/ISST) who practices and lectures at the crossroads of depth psychology and neuroscience. She serves on faculty at Southwestern College in Santa Fe, NM and the Trauma Research Foundation. Author of [When a Goddess Erupts: Pele in the Psyche of Women](#) and many [research articles](#) on sandplay, neuropsychology, and trauma, Dr. Freedle also co-produced *Fire and Sand*, an award-winning documentary featuring mobile sandplay in disaster response. She provides clinical oversight to several behavioral health organizations. In 2023, Dr. Freedle was honored with the Lifetime Achievement Award by the National Association of Social Workers, Hawai'i Chapter, in recognition of community service and mentoring the next generation of psychotherapists.

Dr. Freedle is the research editor for the *Journal of Sandplay Therapy* and serves on the boards of the Sandplay Therapists of America (STA) and the International Society for Sandplay (ISST). Locally, she serves in an advisory capacity for the Hawai'i Island Psychological Association (HIPA) and the Sandplay Therapists of Hawai'i (STH). Her private practice is Black Sand Neuropsychological Services in Hilo, Hawai'i.

www.lorrainefreedle.com



*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.

Dear Members & Friends of STH,

I hope all of you had a delightful summer and are starting to settle into a magnificent fall. Sandplay brings many connections in many ways. We connect with our clients as we hold the free and protected space while they do their work to heal. Our clients connect with the sand and the images. During workshops and pau hana symbol studies whether in person or online, we connect and share knowledge and experiences with each other as therapists. The pandemic forced us to connect in new and different ways that have now become common to us. We are able to have people join our workshops and symbol studies and we are able to take advantage of sandplay trainings in other states and countries if we choose, making our connections as therapist far reaching.

This past August 18-22, The International Society of Sandplay Therapists (ISST) held their congress in Egmond aan Zee – The Netherlands. It brought together and connected more than 300 sandplay therapists of many countries, varied sandplay expertise, and a wide range of personalities. It was a privilege to be able to attend and reconnect with sandplay therapists whom are usually only seen at the ISST congresses and to connect with therapists whom were either new or had not attended before. The common connection of course was sandplay, the deeper connection was relationship. Then there is the connection with the international presentations, hearing and learning new perspectives and the commonalities we have no matter who we are and where we are from across the globe.

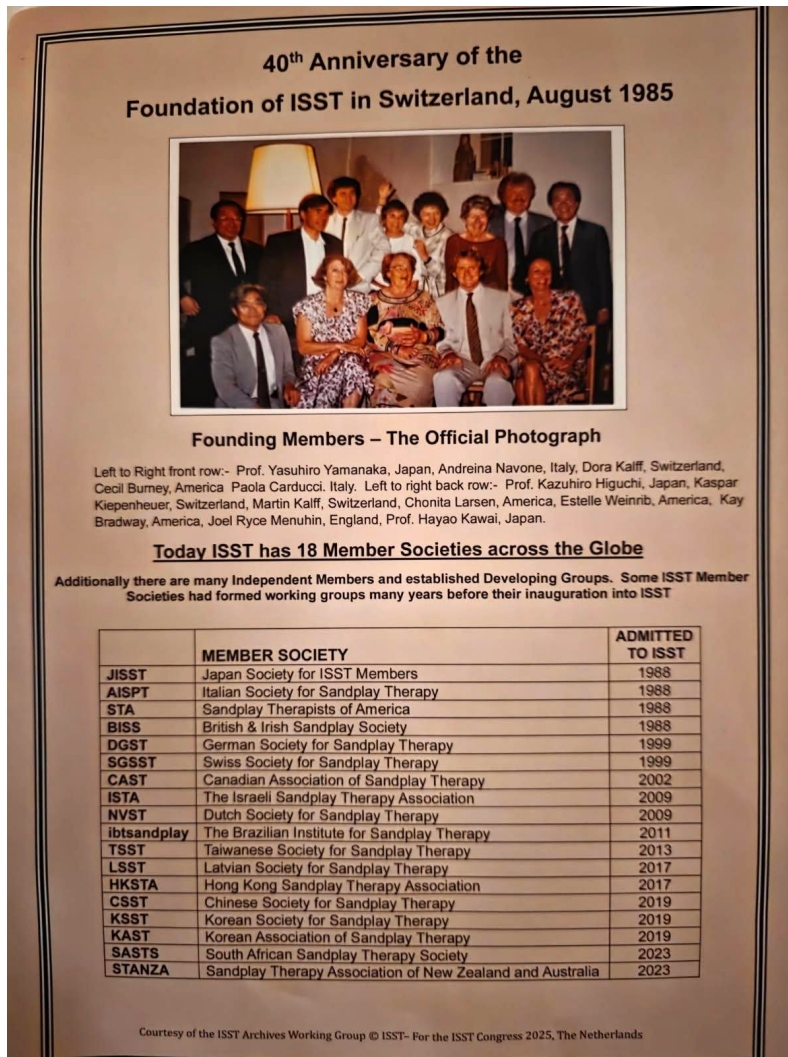
The congress began with a guest speaker who was a landscape architect to give us background on how the land of the Netherlands was formed, how the people and the land connect and have connected over time. Our Lorraine Freedle opened her presentation with an impressive o'le then went on to tell of the connection Pele has to our islands, the Aina (land), ancestors and people through the story of Pele. The theme of this 27th congress, was "Changing Horizons: Encountering the Other in Sandplay Therapy" which I found interesting to decipher that other connection that evolves and may or may not be the obstacle or part of the healing as the sandplay process does it's magic. I encourage you to consider branching out and taking advantage of connecting more broadly by attending a future ISST congress or closer to home plan to attend next summer's Sandplay Therapists of America (STA) conference in Chicago. Making connections beyond Hawaii helps bring our world together, something our planet needs.

Be sure to connect here at home on November 11th for our fall workshop.

Aloha nui to each of you,

Sue :)





Courtesy of the ISST Archives Working Group ©ISST - For the ISST Congress 2025, The Netherlands



Sue Bergman & Lorraine Razzi Freedle, picture from Lorraine



Opening activities, picture from Sue Bergman



Lorraine Razzi Freedle presenting, picture from Lorraine

Kaua'i Sandplay Foundations Series

Donna Charron, our STH Secretary, had a dream to bring sandplay to Kaua'i... and that dream became reality thanks to the worker bees of the STH Board and a grant from the YWCA of Kaua'i. In June, our newest STH members from Kaua'i completed the 18-hour sandplay foundations series. Twenty-four Hawaiian therapists attended the in-person weekend in Līhu'e in March and an additional 33 people from the continental US and other countries participated in the four online seminars that followed. Our last seminar, "Sandplay Trauma and the Brain," taught by Dr. Lorraine Freedle proved to be a powerful ending.

The STH Board had a lot of fun making the arrangements for this series, spending the weekend together on Kaua'i, and seeing sandplay spreading throughout the islands.

Thank you, Donna, for your vision and to the STH Board for all your hard work!



Big thanks to Alexander John Shaia who taught our April training. With the split online session we were able to start and end the day with Alexander, getting to see the sun rise and set in Spain (where Alexander joined us from), while experiencing the opposite in Hawai'i - with a sunset to morning light. We're so grateful to Alexander for his teaching, wisdom, and experience, as well as the reminiscence with our Board President about the last time he was able to teach in Hawai'i!

Some of the feedback of three words describing the training provided by participants included:

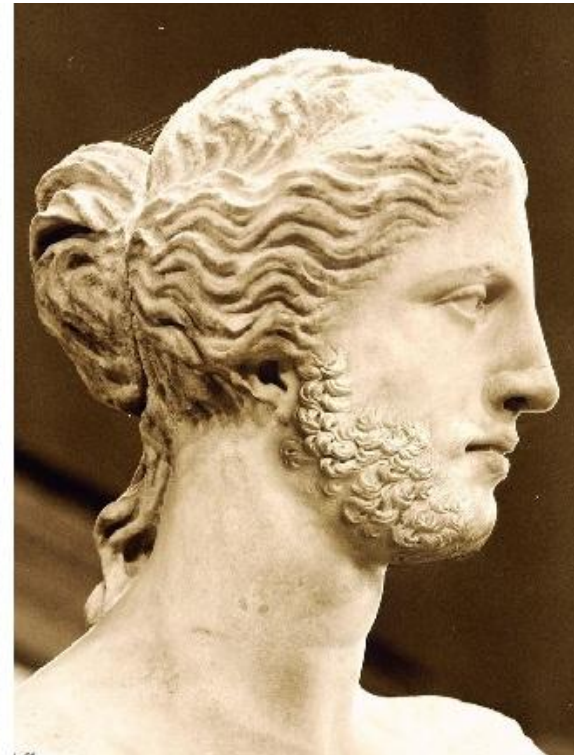
"Disruptive, visionary,
enlightening"

"provocative,
intriguing,
expanding"

"Eye-opening,
mind-opening,
heart-opening"



STH tray for the training, put together by Kerri Kahapea



On 9/19 Dr. Theresa Hasting from Hilo, HI shared with participants her work on the Dark Aphrodite at STH's Pau Hana Symbol Study gathering. The intimate online gathering included participants from Hawai'i, Australia, New Mexico, California, and Poland all coming together to be with Aphrodite in her wholeness. With delving into her pre-Greek roots, and bringing it forward to current presentations, Dr. Hasting illuminated the importance of holding the full embodiment of Aphrodite. Mahalo to Dr. Hasting for sharing her deep work with the Dark Aphrodite, and we look forward to your upcoming STA Vice-Presidency!

**"The Dark Aphrodite can
serve as a conduit for
wholeness."**

Participant descriptions of their experience with the training

**Was very well
presented and incited
deep thinking.**

**Split, Integration,
Community, Sexuality,
Belonging to Self**

**Curious,
knowledge-deepening,
and insightful.**



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

- **The Neuropsychology of Trauma and Sandplay Therapy**, weekend course by Dr. Lorraine Freedle October 10-12, 2025 at Southwestern College in Santa Fe, NM. Come to NM for the International Balloon Fiesta! Register here: <https://lorrainefreedle.com/product/the-neuropsychology-of-sandplay-therapy-and-trauma-in-santa-fe-nm/>
- **Symbol Paper Writing Seminar** (6 parts) selected Fridays, 2 pm - 4pm HST, Nov 14, 2025 - March 6, 2026. Online via Zoom. Register here: <https://www.sandplay.org/events/pathways-to-certification-symbol-paper-writing-seminar/>
- **BIG ISLAND SANDPLAY ANNUAL HOLIDAY PARTY- Saturday, Dec 13, 2025, 930 am until 1230 pm, in-person, Lorraine's house** RSVP HERE: https://docs.google.com/forms/d/e/1FAIpQLSfh_wo-MKibgTyO30G9eonJ95WtmvWjPFwqCnRBq5vf4kHyVg/viewform?usp=header

2025 Big Island Sandplay Case Consultation Group

Case consultation is a way to witness the mysteries and magic of an unfolding sandplay therapy process and to support each other in holding this deep work of sandplay. Therapists with all levels of experience are welcome!

- Saturday, **November 1, 2025** (in-person at Lorraine's house, Hilo)- Cheri Jorgensen, LMHC will be presenting.

Time: 930 am to 1200 pm* (HST)

Facilitators: Drs. Sherry Shepherd and Lorraine Freedle

Cost: \$50 per session

2.5 hours - STA/ISST credit

Note: Space is limited for consultation groups (per sandplay standards) so register asap if you are interested!

Register here:

https://docs.google.com/forms/d/e/1FAIpQLSfh_wo-MKibgTyO30G9eonJ95WtmvWjPFwqCnRBq5vf4kHyVg/viewform?usp=header

Don't forget to join STH in 2026!

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/>

Please consider donating to the Diana Chee Scholarship!

In honor of our dearly departed friend and devoted Certified Sandplay Therapist, Diana Chee, a scholarship fund has been established to assist others in learning more about Sandplay therapy.

Diana spent her life serving others in her most gentle way, and now the legacy of her service to others will continue on. This scholarship would cover up to 50% of the workshop registration fee for one workshop.

Donate here: https://www.paypal.com/donate/?hosted_button_id=Q6VN9BCAZ22SY



Diana Chee, STH President Sue Bergman, and Emeritus Board Member Pratibha Eastwood at the 2013 ISST Conference in Venice

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!

To unsubscribe please email us at webhead@sandplaytherapistsofhawaii.org