



# Sandplay Therapists of Hawai'i

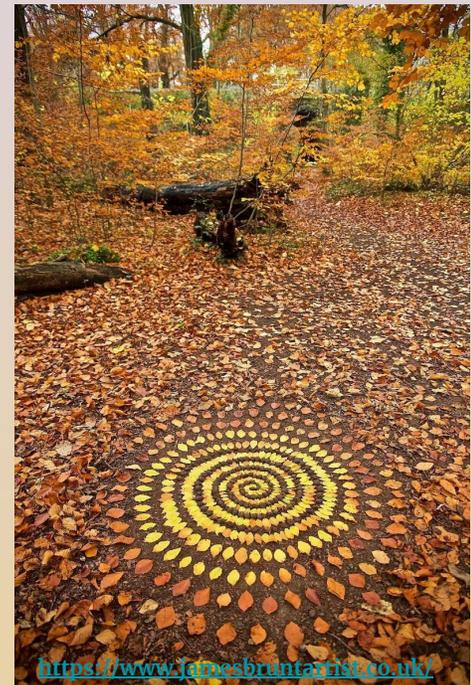
Newsletter - September 2022

## President's Message

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

### Dear Sandplay Family,

Summer has come to an end, no more summer vacation, we are now entering a new season, the season of autumn. "Autumn, also known as fall in North American English, is one of the four temperate seasons. Outside the tropics, autumn marks the transition from summer to winter, in September (Northern Hemisphere) or March (Southern Hemisphere). Autumn is the season when the duration of daylight becomes noticeably shorter and the temperature cools considerably." [Wikipedia](https://en.wikipedia.org/wiki/Autumn)



Autumn or fall is a time of change or transition for us. The newness of life, the planting, hatching and birth and that happened in spring has now become a time when crops and plants come to maturity, are harvested and gathered and leaves turn vibrant colors and fall. During this time, northern hemisphere and the mainland US animals stock up on food that they will be using while in hibernation throughout winter. It is the period from the autumn equinox to the winter solstice a time of change for the earth, universe and cosmos. Pumpkin Spice Lattes are back—it's fall!

STH has had a rich calendar of events so far this year. Starting in March we had our free to members on-line symbol study where we discussed the symbolism of St. Patrick's Day, all that is Irish and the color green. April we had our spring workshop online with Dr. Marion Anderson who presented great information regarding the relationship of the therapist with the sandplay collection. June brought back the STA National Conference in Redondo Beach that many of us had planned to attend in 2020, but of course was cancelled due to COVID, like so many other things that were affected in our lives over the past couple years. Check out the summaries of these in this newsletter.

By now you should have received the flyer for our fall online, interactive workshop being held on November 11th. If not, no worries, we also have it included in this newsletter. We will be welcoming Shannon Yockey to present *Psyche and Symbol*, that is destined to be wonderful. You will notice the operative words are online. In order to meet and be safe we have moved everything online like most social interaction and classes. This brings up a question we have for all of you. In the near future, we will be asking your opinion about whether to continue online or possibly try meeting in person for our spring and/or fall 2023 workshops. Some are ready for starting back face to face, others, not so much. We want to meet you where you are at so please respond when the survey comes out. Your response will greatly help the board when planning for next year's workshops. We would love to see you in person and also want to be as safe as possible, soooooooo, we are counting on your feedback.

If you haven't signed up for membership this year, be sure to do so. Our membership goes from January 1st to December 31st each year. We want you to be part of us. The form is, you guessed it, in this newsletter as well as on our website where you can register for our November 11th workshop.

Ready to travel? March 26-30, 2023 is the [International Society for Sandplay Therapy \(ISST\) International Congress](#) that is planned to be in Jerusalem next year. Again the congress was not been held in 2021 due to the pandemic. A fabulous program is planned. This is a super time to meet and greet sandplayers from around the world. The congress is exciting and stunning, the people are friendly and fun, the experience will be extraordinary!

Have a wonderful fall as our year of 2022 flies by.  
Sue : )

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

**Psyche and Symbol:**  
Exploring the Soul's Inner and Outer Landscapes  
Through Sandplay, Nature and Active Imagination

Presented by: Shannon Yockey, LCSW  
Jungian Analyst, Certified Sandplay Teacher (STA/ISST)



Live, interactive webinar  
Friday, November 11, 2022  
(Veteran's Day)  
9 am to 3 pm Hawai'i Time  
(11am to 5pm Pacific)

Location: Virtual event. Zoom link will be provided upon registration  
Cost: \$125 professionals, \$100 - STH members, \$85 - students  
5 CE's: pending through NASW-HI (Social Workers, Counselors and MFT's)  
Register online: <http://www.sandplaytherapistsofhawaii.org>

Who should attend: 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.

During these challenging times we are experiencing both a collective and personal dissolution of life as we have known. Through the chaos and pain there is hope of creating something more meaningful through cultivating a deeper relationship with psyche. The deep psyche is self-directed and self-correcting. It holds the pathways of human development, pathways for making course corrections in our life's journey, and pathways for healing the wounds of trauma. The human psyche moves constantly towards wholeness and wisdom, and it communicates by bringing images, symbols, feelings, and energies from the psychic depths to the shore of our awareness...the land of consciousness. As each person works their individuation journey, they contribute to collective healing. →



Join  
STH!



March 26-30  
ISST 26<sup>th</sup> CONGRESS  
Jerusalem, Israel | 2023

# Psyche and Symbol:

## Exploring the Soul's Inner and Outer Landscapes Through Sandplay, Nature and Active Imagination

Flyer  
PDF

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## Learning objectives:

1. Define psyche, symbol, and active imagination and how they impact both individual and collective life.
2. Engage in personal symbol exploration (please bring a symbol that is meaningful to you to the workshop)
3. Expand awareness of healing potential through symbolic amplification.
4. Explore how connecting to both personal and collective experiences of trauma can lead to a more meaningful way of living.
5. Apply symbolic awareness in clinical work.

**Shannon Yockey LCSW, J.A., CST-T**, is a licensed clinical social worker with over 25 years' experience working with individuals, children and families in mental health agencies, church communities, overseas military, and currently, [private practice](#) in Fort Collins, Colorado. She works with teens and adults using dreamwork, Sandplay therapy, EMDR and mindfulness practices. She is a Jungian analyst with the Inter Regional Society of Jungian Analysts, STA/[ISST](#) certified Sandplay therapist and teaching member, EMDRIA approved consultant and EMDR certified therapist. She has presented regionally and nationally on sandplay and EMDR and specializes in early attachment trauma, relational trauma, anxiety, depression, and life transitions. Her current area of exploration is healing and transformation through relationship with nature in direct experiences, dreams, Sandplay and active imagination.

\*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.

# Reflection on The Symbolic Language of the Sandplay Collection

Held April 2022, presented by Dr. Marion Anderson, PhD, STA/ISST, GGLA/IAAP

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

Our spring workshop presenter, Marion Anderson practices as a clinical psychologist in Santa Monica, California. She is a certified Jungian analyst and certified sandplay therapist and teacher, who teaches, lectures and publishes nationally and internationally on Sandplay and Jung. Dr. Anderson is a native of Germany and a founding member of the sandplay society in Brazil where she lived and practiced as a clinical psychologist before her move to the USA.



Marion asked the question: "Do you have a memory or a fascination of something small in your childhood?" She stated that she started her collection in 1995, and shared the following quotes from Dora Kalff, Kay Bradway and Gretchen Hageman about the Sandplay Collection:

*"On a shelf are hundreds of little figures made of lead and other materials: people— not only of various types and professions of modern times, but also figures from past centuries, Negroes, fighting Indians, etc. There are also wild and domestic animals, houses of different styles, trees, bushes, flowers, fences, traffic signals, cars, trains, old carriages, boats; in short, everything which exists in the world as well as in fantasy."  
(Kalff, p. 30)*

*"Each therapist makes up his or her own unique collection so that the client is interacting with something personally connected with the therapist." Bradway (1979)*

*"A Sandplay miniature collection is not simply a massing of important symbols. It is the reflection of the relationship of the individual therapist to those symbols. A client/patient, who looks upon your collection, will be looking at both you and your soul."  
Hegeman (2001, §3)*

The origins of a collection both follow some collective themes and unique aspects significant to each therapist. An impetus to the collection may come from personal process work, or the opportunity to seek and gain common “starter pieces.”

Some origins and anchors of a collection are directly connected to the therapist’s personal history (using figures from their family), and some are inherited from cherished colleagues (adding a special depth and preciousness due to the connection between holders).

The energy a collection takes on while being held by a therapist can seem to have a life of its own – in meaning to both the therapist as well as each client. It’s a collective energy, and for some the relationship to the collection is numinous.

Another aspect of each collection is the cleaning of the figures, the extra work it requires to put figures away and keep them organized, and dismantling the collection when a therapist decides to retire. The Sandplay Journal has a wonderful article by Sally Suggatt on the topic. Judy Zappacosta has an article on breaking of toys. We need to consider the possible guilt than can happen, the transference and allowing some things to be broken. Each collection and each miniature has a beginning and an end, just like life.



The role of transference between the therapist, the client, the figures, and the collection as a whole was explored.

In regard to transference between the client and collection as a whole, Dr. Anderson identified positive transference as:

- Identifying with the therapist’s energy;
- Mysterious energy numinous field;
- Figures as transitional objects;
- Client copying figures or buying same figures;
- Figures as a bridge.

And identified negative transference as:

- Criticism of the figures/ collection;
- Feeling destructive towards the collection;
- Purposeful mess;
- Purposeful flood;
- Negative transference through figures.

An additional element of transference is that which occurs through touch:

- Shared energy between client and therapist;
- Staying in contact with the energy during cleaning;
- Enlivening touch;
- Reconnecting to others.

"We carry in our bodies the energy the client has transmitted to the objects and the sand," Sally Suggatt (2001).

*A big mahalo to Dr. Anderson and all those who joined us!*

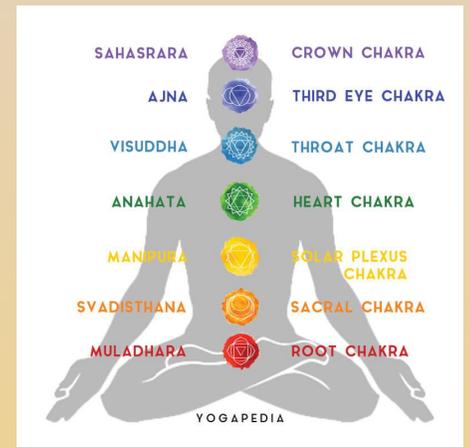
# "Green Pau Hana Mini Symbol Study" Synopsis

By Trina Nahm-Mijo, Ph.D., LMHC, RSP

On March 18, at 5:30 pm, Sandplay Therapy Hawai'i (STH) hosted a delightful event "Green Pau Hana Mini Symbol Study". It was a welcome opportunity for sandplay community members to commune after the challenges of pandemic social distancing, and also to take a closer look at St. Patrick and the symbology of green as well as related Irish symbols.

In the round of introductions facilitated by President Sue Bergman, participants shared what they were eating and/or drinking, wearing and their connection to a symbol they wanted to share with the group. Many shared their connection to the "small, supernatural Leprechauns" and the rainbow with the pot of gold at the end of it.

Alissa Schneider Berg presented a very stimulating, informative PowerPoint about St. Patrick's early life which included escaping slavery at 16 years of age and his major role of converting the Irish to Christianity. She also informed participants about why the color green was so significant in the Great Irish Rebellion of 1641, and she played a segment of "The Wearing of the Green" which was a rebel song. Another significant aspect of Alissa's presentation was her sharing of how green "holds the middle" in the color and chakra spectrum.



After Alissa's enlightening presentation on St. Patrick and the color green, Kerri Kahapea read the lyrics from the song "Rainbow Connection" which led beautifully into a drawing activity where participants were free to create anything that the poetic imagery inspired or their own connection to the evening's themes. After each participant shared their creation, there was open sharing about how the evening had affected them. Many shared how they had a new, deeper connection to St. Patrick's Day, recognizing the suffering and sacrifices of St. Patrick and the Irish rebellion, and that it was more than a day to party and be lighthearted. It reminded participants that our freedoms are hard won and not to be taken for granted, and to acknowledge and support the people of Ukraine in their current struggle. The short session integrated the aspects of Sandplay that make it such a powerful modality—head, heart, and Soul.



🍀 *A big mahalo to all those who joined us!* 🍀

# The Mālama Project's Mo'olelo Monday Series on Youtube



## About the [Mālama Project](#):

"Mālama Project, Hawai'i's first collegiate recovery program, was founded in 2016, with a grant through Transforming Youth Recovery.

Mālama Project seeks to provide a space where all students in recovery can feel safe, accepted, understood, and empowered. Cultural sensitivity and congruent practices, grounded in traditional Hawaiian values, are embedded in Mālama Projects practice. Mālama Project embraces all forms of recovery and students at any point in their journey.

Our program embodies inclusivity, accountability, forgiveness, support, healing, and is founded on the traditional Hawaiian values of Lōkahi, Pilina, and Aloha."

## [From the Youtube Playlist of the Series:](#)

"Our Mo'olelo (story, tale, myth, history, tradition, literature, legend) Monday Series will dive deeper into mo'olelo of resilience, strength, and healing, focusing on mo'olelo passed down by our ancestors. We have invited kumu to share mo'olelo and ka'ao with our students, followed by discussions on taking a deeper look into the layers of meaning contained within each ka'ao and how we can begin to interpret and understand how these mo'olelo relate to our own journey, what lessons they are trying to impart on us, and how this wisdom can continue to influence and inform us."



**Kumu Pele Kaio**  
[-Kana & the 4 H's](#)



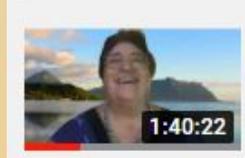
**Kumu Ku'ulei Kanahale**  
[-Hi'iaka](#)



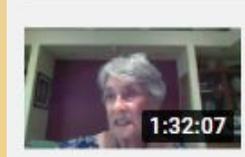
**Kumu Kū Kahakalau**  
[-Nanaue of Waipi'o](#)



**Kumu Manu Aluli Meyer**  
[-Aloha Aku, Aloha Mai](#)



**Kumu Lilikalā Kame'eleihiwa**  
[-Haumea](#)



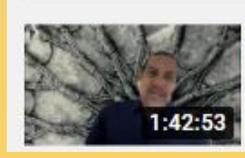
**Kumu Malina Kaulukukui**  
[-Pele & Hi'iaka](#)



**Tangarō**  
[-The transformation of the maimed woman by Hi'iakapoliopole](#)



**Dr. Jace Kaholokula Saplan**  
[-The mele of Lena Machado](#)



**Kumu Keola Chan**  
[-Lonopūhā](#)

## Making Wood Work, by Scott

We wanted to share with everyone the amazing things Scott O'Neal (our past head tech and webmaster) does with woodwork.

His website is:

[woodworksbyscott.com](http://woodworksbyscott.com)

You'll find Sandplay and Play therapy pieces that are beautiful and long lasting, as well as other customizable designs and furniture pieces.



From the website:

*"Working as a therapist for many years, I came to learn the value of having the right tools at the right time. And, while you can get most anything online nowadays, ordering things from the mainland you don't always get what you want and at the quality you expect.*

*I love filling special requests and helping someone get the office/tools they need. Contact me and let's see if we can't get you working to your peak."*

If you are in the state of Hawai'i, please take a second to complete a **SHORT** survey about the possibility of returning to in-person training in the Spring of 2023!

**[CLICK HERE FOR THE SURVEY](#)**



**SOUTHWESTERN COLLEGE & NEW EARTH INSTITUTE**  
CONSCIOUSNESS-CENTERED GRADUATE SCHOOL FOR COUNSELING AND ART THERAPY



PRESENTS VIA ZOOM:

**CMH 5055 THE FOUNDATIONS OF JUNGIAN SANDPLAY THERAPY**

Lorraine R. Freedle, PhD, ABPdN, CST-T

\$367, 16 CECs

Friday, 9/30, 5-8pm MST; Saturday & Sunday, 10/1 & 10/2/22, 10am-6pm MST

This course provides an overview of the history, theoretical foundations, practical applications, and neuropsychological underpinnings of Jungian sandplay therapy with children and adults. Through participation in lecture/discussion, compelling case studies, and experiential activities you will have the opportunity to connect on a deep level to this work and to integrate concepts. Experiential activities will include embodied exploration of personal symbols, expressive art projects, sandplay and writing/journaling.

❖ 16 hours toward the Children's Mental Health Certificate

❖ 16 hours of STA/ISST Certified Sandplay Training

*Lorraine R. Freedle, Ph.D., ABPdN, CST-T is a pediatric neuropsychologist and international sandplay teacher (STA/ISST). She provides clinical oversight for integrative and holistic behavioral health programs including TeamBuilders Behavioral Health in Santa Fe, NM and Pacific Quest in Hilo, Hawai'i where she also maintains a private practice, Black Sand Neuropsychological Services. Dr. Freedle has numerous research publications in the area of sandplay and trauma, and produced an award-winning documentary film, Fire and Sand featuring sandplay and disaster relief work during a recent volcanic eruption in Hawai'i. She currently serves as Research Editor for the Journal of Sandplay Therapy.*



For more information and registration contact [registrar@swc.edu](mailto:registrar@swc.edu), phone: (505) 467-6809, and [REGISTER HERE](#)

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

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

STA shared a reflection of the Sandplay Meta-Analysis in their monthly newsletter. Notably, Hilo's own Lorraine Freedle was one of the authors of the Meta-Analysis published this year in the International Journal of Play Therapy!





## 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)

## President

Sue Bergman, M.Ed., LMHC, NCC

## Past President

Kerri Kahapea, LCSW, RSP

## Vice-President

Lorraine Freedle, PhD, CST-T

## Secretary

Donna Charron, MA, MST

## Treasurer

John Mascaro, PhD, RPT-S, RSP

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### Committee Chair

Ala Kahalekai, LMHC, RSP

## Outreach

Alissa Schneider Berg, LCSW, RSP

## Emeritus

### Board Members

Carla Sharp, APRN, RPT-S, CST-T

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)