

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: <http://www.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.



Ohia Lehua, by Jelly Freedle



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.