Dr. Lorraine R. Freedle  
Research and Publications List

**Areas of research interest:** Sandplay Therapy, Neuropsychology, Trauma Treatment, The Neurosequential Model of Therapeutics (NMT), Nature-based Treatment

**RESEARCH ARTICLES IN PROCESS** (completed research only)


Foo, M. & Freedle, L. R. (---). The effect of sandplay therapy on the limbic system and prefrontal cortex in patients with generalized anxiety disorder (GAD).

Freedle, L. R., Souza, J., Ram-Souza, V., et al. (---). Stories in the Sand: A multicultural approach to disaster resilience during a volcanic eruption in Hawai‘i.

Freedle, L. R., et al. (---). “The lava ate my school.” Using group Sandplay to reduce anxiety and traumatic distress in displaced elementary school students.

Freedle, L. R., Slagle, T, and Freedle, A.M. (---). *Regulation to Resonance: The Neurosequential Model of Therapeutics (NMT) in nature-based treatment for young adults with emotional dysregulation.*

**PUBLICATIONS**


**MEDIA**

  - 2019 “Humanitarian and Social Justice Award” at Santa Fe Film Festival,
  - 2019 “Best Hawai’i Film” at the Honolulu Film Awards, and
  - 2019 Hawai’i Psychological Association Media Award for exceptional media contributions that promote psychological health and understanding.


- **6/15/15** - *Cultivating Change at Pacific Quest.* Answers 4 the Family Radio Show, [Link](http://www.latalkradio.com) Los Angeles, CA.