

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

PUBLICATIONS

Wiersma, J. K., **Freedle, L. R.**, McRoberts, R., and Solberg, K. (2022). A meta-analysis of sandplay therapy treatment outcomes. [Manuscript submitted for publication].

Freedle, L. R., McGee, M., Blechman, S., Souza, J. & Zandbergen, D. L. (2021). The lava ate my school: The use of group sandplay to reduce anxiety and post-traumatic stress in displaced elementary school students. *Journal of Sandplay Therapy*, 30 (2), 129-147.

Freedle, L.R. & Morena, G.D. (2020). [Foreword] in Kalf, D. M. *Sandplay: A psychotherapeutic approach to the psyche* (B. Matthews, Trans.) (pp.vi – xi). Oberlin, OH: Analytical Psychology Press. (Original work published in 1966).

Foo, M., **Freedle, L.R.**, Sani, R. & Fonda, G. (2020). The effect of sandplay therapy on the thalamus in the treatment of generalized anxiety disorder: A case report. *International Journal of Play Therapy*, 29 (4), 191-200. DOI: 10.1037/pla0000137

Freedle, L.R., Goodwin-Downs, D., Souza, J. & Cipponeri, A. (2020). The added value of sandplay therapy with emerging adults in an outdoor behavioral healthcare program. *Journal of Sandplay Therapy*, 29 (1), 129-144.

Freedle, L.R. (2019). Making connections: Sandplay therapy and the Neurosequential Model of Therapeutics. *Journal of Sandplay Therapy*, 28 (1), 91-109.

Kalsched, D. & **Freedle, L.R.** (2019). Trauma, Innocence, and the Self-Care System: Implications for sandplay therapy. *Journal of Sandplay Therapy*, 28 (1), 7-32.

Freedle, L. R. (2018). Birth, rebirth and interconnectedness in sandplay. In D. Sherwood and B. Jackson (eds.), (pp. 207-222). *Into the Heart of Sandplay*, Oberlin, OH: Analytical Psychology Press.

Freedle, L. R. & Echsner, S. (2018). *Fire and Sand: Healing in the wake of the Kilauea Eruption* [Motion picture]. Hilo, Hawaii: Black Sand Neuropsychological Services and Little Feather Films. <https://filmfreeway.com/FireandSand>

Freedle, L. R. (2017). Healing trauma through sandplay therapy: A neuropsychological perspective. In B. Turner, (Ed.), (pp. 190- 206). *The Routledge International Handbook of Sandplay Therapy*, NY: Routledge.

Freedle, L. R. & Slagle, T. (2018). Application of the Neurosequential Model of Therapeutics (NMT) in an integrative outdoor behavioral healthcare program for adolescents and young

adults. In E. Perry, G. Griffin, M. Maikoetter, S. Graner, J. Rosenfelt, & B. Perry (Eds.), (pp. 20- 26). *Proceedings of the 2nd International Neurosequential Model Symposium: Banff, Alberta Canada. 2016*. Houston: The ChildTrauma Academy Press.

Hambrick, E.P., Perry, B.D., Wang, E., DeMarco, T., Capparelli, C., Grove, T., Maikoetter, M., O'Malley, D., Paxton, D., **Freedle, L.**, ... & Polales, C. (2018). Restraint and critical incident reduction following introduction of the neurosequential model of therapeutics (NMT), *Residential Treatment for Children & Youth*, DOI: [10.1080/0886571X.2018.14](https://doi.org/10.1080/0886571X.2018.14)

Freedle, L.R., Altschul, D.B., & Freedle, A.M. (2015). The role of sandplay therapy in the treatment of adolescents and young adults with co-occurring substance use disorders and trauma. *Journal of Sandplay Therapy*, 24 (2), 127-145.

Freedle, L. R. (2007). Sandplay therapy with brain injured adults: An exploratory qualitative study. *Journal of Sandplay Therapy*, 16 (2), 115-133.

Freedle, L. R. (2006). Ese's emancipation. *Journal of Sandplay Therapy*, 15 (1), 93-107.

Freedle, L. R. (2006). *Sandplay therapy and the individuation process in adults with moderate to severe traumatic brain injury: An exploratory qualitative study*. Doctoral Dissertation, Fielding Graduate University, Santa Barbara, CA.

MEDIA

- 9/1/2021- **For the Love of Sandplay**, VFTS 2021 Episode 9 of the Creative Psychotherapist Podcast. Host: Reina Lombardi. <https://anchor.fm/reina-lombardi5/episodes/VFTS-2021-9--Lorraine-R--Freedle--For-the-Love-of-Sandplay-e16q49e/a-a6drclq>
- 10/26/18- **Fire and Sand: Healing in the Wake of the Kilauea Eruption**. <https://filmfreeway.com/FireandSand> Co-produced a documentary film by Black Sand Neuropsychological Services and Little Feather Films.
Winner of:
 - 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.
- 12/26/17- **The Healing Power of Sandplay Therapy**. ShrinkRap Hawai'i Livestream, <https://www.youtube.com/watch?v=v8GijRlv-HY&feature=youtu.be> Honolulu, HI.
- 6/15/15- **Cultivating Change at Pacific Quest**. Answers 4 the Family Radio Show, www.latakradio.com. Los Angeles, CA.

RESEARCH PROJECTS IN PROCESS:

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. (---). Stories in the Sand: A multicultural approach to disaster resilience during a volcanic eruption in Hawai'i.

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