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PROMOTING THE ETHICAL PRACTICE OF SAND THERAPY

Book Review

When a Goddess Erupts: Pele in the Psyche of Women

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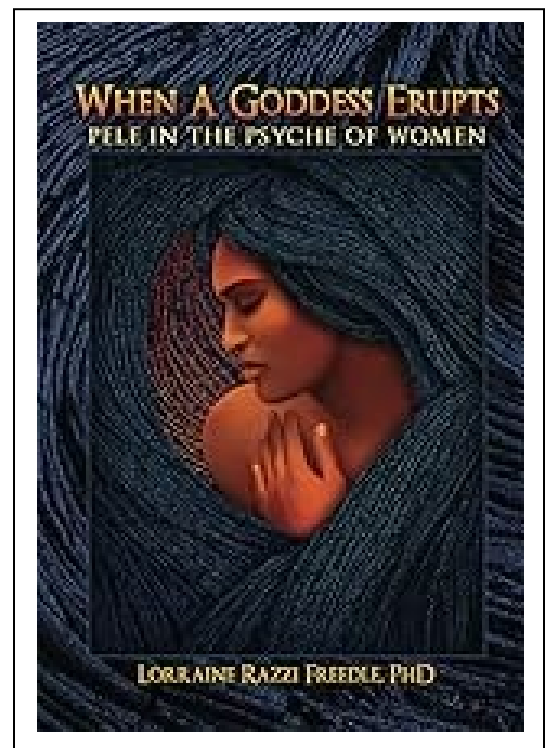
Freedle, L. R. (2025). *When a goddess erupts: Pele in the psyche of women*. Analytical Psychology Press.

334 pages, 7"X10"X .79", ISBN-10: 1958263176

Dr. Lorraine Freedle's *When a Goddess Erupts: Pele in the Psyche of Women* explores sandplay therapy through the archetype of Pele, the Hawaiian goddess of fire, volcanoes, and transformation. For those familiar with sandplay and newcomers alike, it delivers compelling case studies, layer-upon-layer of symbolic depth, and a testament to the transformative power of this modality.

Freedle seamlessly blends personal vulnerability with professional insight, opening with her own journey of pain and healing through Pele's energy. This sets the stage for a broader exploration of how Pele's dual nature—both destructive and regenerative—mirrors the emotional landscapes of the women she works with in therapy. The book illustrates how symbolic figures like Pele provide both distance and depth in processing trauma, creating a powerful yet safe space for healing.

Beyond psychology, Freedle introduces readers to Hawaiian culture, where Pele is revered not just as a force of destruction but as an agent of renewal. This cultural context deepens the therapeutic narratives, adding layers of meaning to the imagery created in the sand.



What makes the book particularly moving is its powerful visuals—photographs of volcanic eruptions, sandplay scenes, and symbolic figures. These images capture the intensity of emotion and healing, making readers feel present in these sacred moments.

Freedle weaves together the stories of five women, each guided by Pele’s archetypal energies as they navigate life’s challenges. These are not just clinical case studies but deeply human narratives of suffering and renewal. Through Pele’s lens, Freedle shows that emotional eruptions, though painful, are necessary for transformation.

For therapists, *When a Goddess Erupts* is a profound reminder of the sacred responsibility of holding space for healing. Whether experienced in sandplay or new to the modality, readers will find inspiration in Freedle’s exploration of the interplay between myth, psyche, and transformation. This book is a powerful invitation to witness the therapeutic potential of both the sand and the archetypes that guide us.

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