Southwestern College presents the 30th Annual

TRANSFORMATION AND HEALING CONFERENCE

# Interpersonal Neurobiology:

**Integrating Body, Mind and Spirit** 



August 24th - 28th, 2011



Santa Fe, New Mexico Visit www.swc.edu to find out about our MA Degrees and Certificate Programs



We are excited that this year's conference presents cutting-edge research and practice in the dynamic, breakthrough science of interpersonal neurobiology. Some of the presenters are also faculty of our newly developed Interpersonal Neurobiology, Somatics and Action Methods Certificate Program, which allows professionals to further expand their practices and careers in trauma and healing work.

Southwestern College is putting intentional efforts and resources into creating and offering training and certificates that support our consciousness-based mission, while enhancing the participant's skill sets and marketability in the changing workplaces of mental health.

For many of us, it is a dream come true that the fields of counseling, art therapy, neurobiology, energy medicine and Eastern mindfulness

are finding a shared language and paradigm within which to integrate previously unconnected disciplines. Thus this conference becomes a hands-on celebration of new possibilities for holistic treatment and healing.

Southwestern College has been at the forefront of the exploration of alternative, inclusive and integrative healing paradigms for over thirty years. This year's conference makes a dramatic and transformational shift toward realizing such a mission and dream.

This year's conference focuses on the integration of Body, Mind and Spirit, through the lens of Interpersonal Neurobiology. A rich variety of therapeutic practices will be offered for participants to experience, with the aim of enhancing your understanding of how these exciting new developments contribute to healing.

# Interpersonal Neurobiology

Integrating Body, Mind and Spirit

#### **CLASS LOCATIONS:**

### Wednesday-Friday

### morning and afternoon workshops:

Southwestern College campus, 3960 San Felipe Road Santa Fe, New Mexico 87507

### Saturday and Sunday

#### keynote presentations:

Santa Fe Center for Spiritual Living, 505 Camino de los Marquez Santa Fe, New Mexico 87505

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For directions to the college, visit www.swc.edu and look under "About SWC" for the directions page and map.

#### CECs:

Board-approved Continuing Education Credits (CECs) are available for counselors, art therapists and social workers.

The Wednesday through Friday morning and afternoon classes are 3 CECs each.

The Saturday workshop counts for 7 CECs and the Sunday for 3 CECs. 28 CECs are available for attending the entire conference.

#### For more information call Southwestern College

505-471-5756 or toll-free 1-877-471-5756. email: info@swc.edu

Southwestern College is offering a Certificate Program in

### INTERPERSONAL NEUROBIOLOGY, SOMATICS AND ACTION METHODS (INSAM)

The theoretical core of INSAM is grounded in current knowledge about neurobiology, social engagement, somatic psychology, trauma and attachment. This 200-hour certificate program offers a range of 20-hour weekend courses. Classes may be taken individually.

For more information call 877-471-5756, ext. 6815 or email: info@swc,edu

## Wednesday, August 24, 2011

### 9:00am - 12:00pm

### Exploring the 'Window of Tolerance' in Art and Action

Interpersonal neurobiology has deepened our understanding of the relational origins of affect tolerance and self-regulation, and the implications for those of us working in the field of healing and human development. In this workshop, the 'window of tolerance' model will be presented and used to orient participants, first in an art experiential, and later in an integrative action experiential. Discussion of the applications of the model and methods will follow.



**Deborah Schroder,** MS, ATR-BC, LPAT, is the chair of the Art Therapy Program at SWC. She is the author of *Little Windows Into Art Therapy: Small Openings for Beginning Therapists*. She is currently the art therapy representative to the New Mexico Counseling and Therapy Licensing Board.

**Kate Cook**, MA, LPCC, TEP, is a nationally board-certified trainer and practitioner of psychodrama, sociometry and group psychotherapy. She is a member of SWC's faculty and the director of SWC's INSAM Certificate Program. Kate has integrated her experience and studies in neurobiology into her teaching and work. She maintains a private practice and is a consultant and educator.



## Weaving it Together: Therapist Attunement and Integration of Modalities in Couples Therapy

Many modalities in couples therapy profess superiority over one another as if there is only one way to practice. This workshop will focus on the therapist's attunement to the couple's needs and presenting issues to weave together many therapeutic approaches in creating a framework for healing. The clinician needs to stay aware of the impact of his/her own attachment history and style. Equally important is for the therapist to have frameworks to draw upon that are flexible and adaptive to the unique configurations and histories of each couple.



**Carol MacHendrie** received her MSW from Syracuse University. She has been on the faculties of Syracuse University, College of Santa Fe, and St. Eustatius School of Medicine. She has presented at numerous conferences and practices in Santa Fe where she specializes in couples therapy. Carol also offers unique workshops and treatment for adults with ADHD.

### The Neuroscience of Creativity

This workshop offers an experiential exploration of the mysterious and elusive energy of creativity with information about the neuroscience of creativity. Left and right hemisphere contributions to creativity will be explored through somatic and cognitive channels. There will be a Narrative Therapy interview and a demonstration of either EMDR or Brainspotting in working with creativity and performance enhancement. This workshop is useful for anyone interested in expanding access to, and expression or performance of, creativity in their professional and artistic lives.



**Ellen J. Shabshai Fox**, LISW, psychotherapist, teacher, actress, poet, and member of the Santa Fe Improv Players, integrates EMDR, Brainspotting, INPB, & Narrative Therapy into explorations of Creativity and Performance Enhancement. She has practiced in Santa Fe since 1975. She believes that a workshop should be fun.

# Wednesday, August 24, 2011

2:00pm - 5:00pm

### Becoming the Love that is the Transformer

What appears to be a world divided, tearing itself apart, is the deconstruction of the collective 'false self' and the agendas that create and sustain the 'false self' as a social order. This seminar is an initiation that teaches us how to reorganize our perception and access our sense of self as an inner resource from which we can make infinite responses to external challenges. We will explore how to increasingly live authentically. We will take our two hands, our hearts and our imagination to create a resonance with all that is, and by so doing, create the condition to resolve limitation and open our capacity to be the loving that is the transformer.

Robert Waterman, EdD, LPCC, is founder and President Emeritus of Southwestern College and remains a member of SWC's faculty. He brings over forty years of experience exploring practical spirituality and its application to transformational learning and healing. He is author of Footprints of Eternity, Eyes Made of Soul and Mandala of the Soul.



### **Mindfulness-Based Auricular Acupuncture** (MBAA) in Trauma Treatment

This workshop will introduce you to the use of auricular acupuncture (NADA protocol) in trauma treatment. While having auricular acupuncture in place you will be guided through trauma-informed mindfulness exercises. These exercises are modified versions of the Mindfulness-Based Stress Reduction (MBSR) curriculum designed by Jon Kabat-Zinn PhD at the medical center in Worcester, MA. You will learn the theoretical framework for using Mindful Acupuncture in treating trauma.

Dana Moore LPCC, CADS, is the first mental health provider in the state of New Mexico to be certified by the state acupuncture board to use auricular acupuncture in private psychotherapy practice. He is a leading clinician in the field of traumatic stress using mindfulness-based and somatic treatment modalities.

(SWC hopes to launch a certificate program on Mindfulness-Based Auricular Acupuncture in Trauma Treatment in the 2011-12 academic year, under the leadership of Dana Moore. It will be the first academic graduate program in the country to provide training in acupuncture to mental health professionals.)

### Parent-Child Interventions from an **Attachment Perspective**

Attachment is a two-way interaction between a parent and child. On the one hand, the parent's own attachment history will influence how she relates to and understands her child's emotions and behaviors. On the other, the child's history with the parent colors the way she perceives her parent as a source of comfort and support. In order to work effectively with children and families, clinicians need to address both of these dynamics. This workshop focuses on clinical interventions with children and families, with emphasis placed on identifying and treating parent-child attachment patterns.

Christopher Alexander, PhD, is a child psychologist in private practice, specializing in the effects of adoption, foster care and divorce on children. He frequently serves as an expert witness in child welfare cases, testifying on child abuse, neglect, custody, termination of parental rights, bonding and attachment.

### Thursday, August 25, 2011

### 9:00am - 12:00pm

### Shame and Self-Forgiveness: Soul, Body, and Brain

The avoidance of feeling shame motivates and maintains a variety of addictive and trauma-derived patterns of behavior. We will explore the spiritual, psychological, and neurobiological dimensions of the experience of shame. We will practice relational mindfulness-based approaches that facilitate skillful encounter with this misunder-

stood emotion, and allow for a deeper experience of self-acceptance, personal integration, and physiological repair.



**Jason Holley**, MA, LPCC, is a psychotherapist and astrologer in private practice in Santa Fe. He is known for his work in the areas of trauma, addiction, and sexuality. He is a faculty member at Southwestern College.

#### Grief In The Body: Feel It to Heal It!

Psychodrama as a somatic therapy is well suited for exploration of the physiological components of grief and loss. As the body tells its story, the cortex gets a chance to rest. What stories can your body tell? By tracing our bodies we will create a visual container allowing us to concretize our held experiences of grief and loss. You have to feel it to heal it!



**Carol Frank**, MA, LPCC, RN, BSN, is a psychotherapist in private practice in Albuquerque and a faculty member of SWC. She is the director of SWC's Gift of Grief Certificate Program in Albuquerque.

**Sue Shaffer**, MA, LPCC, is Assistant Clinical Director and psychotherapist at TeamBuilders Counseling Services in Santa Fe.



Carol and Sue hold certificates in Psychodrama and Action Methods from Southwestern College. They facilitate psychodrama workshops at local and state levels and at the American Society of Group Psychotherapy and Psychodrama national conferences.

### Building Resilience in the Aftermath of Loss.

It is exciting that recent research in neurobiology, grief, and traumatic stress have given us new understandings of how we can become more resilient in spite of loss and trauma. Fostering a zen brain, promoting the discharge of adrenalin and cortisol, finding our center point and becoming more creative have all been shown to build our resilience. The more that we develop these skill sets, the better we can meet life's inevitable challenges. This workshop will be experiential, expressive and even fun.



**Janet Schreiber**, PhD, has a distinguished career in behavioral sciences in post-graduate education. For over thirty years she has trained counselors and other health professionals. She is the program director of SWC's Grief, Loss and Trauma Certificate Program. Since the 1970's she has helped develop hospice services as well as community programs. Dr. Schreiber is the former director of the Elisabeth Kubler-Ross Hospice

Program at the Northern New Mexico College. She is the author of numerous articles and technical reports. She has been sustained by a 40 year meditation practice.

# Thursday, August 25, 2011

2:00pm - 5:00pm

### The Wisdom of Breath: Integrating Body, Mind, and Spirit

Informed by the theoretical work of transpersonal pioneer Stanislav Grof, MD, this workshop will explore the healing potential of non-ordinary states of consciousness. Through the use of sound and breath (a modification of Grof's Holotropic Breathwork), participants

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will access the intrinsic intelligence of the body/psyche, thus cultivating a deeper integration of often differentiated aspects of our being.

**Diane Haug,** MA, LPCC, is a senior member of the Grof Transpersonal Training staff. She is on the faculty of SWC's INSAM Certificate Program. She is the executive director of the Ocamora Retreat Center in Ocate. New Mexico.

### Three Brains, One Mind: from Separation to Connection

This workshop is designed to provide tools that can be used to integrate the often fragmented or confusing perceptions of our viscera, hearts and brains toward the development of a coherent "mind." By using body awareness, we can access our innate capacity to experience wholeness.

Is it possible that our spiritual yearnings are hard wired? Some of the tools we will present have been used successfully in a wide range of settings, including clinical, post disaster, and with the military.



**Daniel Bruce**, DOM, is the founder of the Santa Fe Center for Conscious Living, a holistic health center that offers various forms of therapy including oriental medicine, somatic experiencing, brain spotting and workshops in Mindfulness Based Stress Reduction. www.danieljbruce.com

**Lorin Hager** is a Somatic Experiencing (SE) practitioner in Santa Fe, New Mexico, and on the faculty of Trauma First Aide Associates. He helped write *Waking the Tiger, Healing Trauma*, by Peter Levine, and is co-author, with Levine, of the *Healing Trauma Guide Book*.



### The Healing Power of Ceremony

In an Andean ceremony known as an "Ayni Despacho" we will create a beautiful "gift for spirit" and make healing prayers for ourselves, our community, and Pachamama (Mother Earth).

We will discuss the value and power of ceremonial reciprocity (Ayni) with the natural world, and the implications for personal and planetary healing. www.sacredlandjourneys.com



**Carol Parker**, PhD, LPCC, is the chair of the Counseling Program at SWC and the director of SWC's Transformational Ecopsychology Certificate Program. She is trained as a vision quest guide with the School of Lost Borders. She has studied with indigenous healers from the Amazon and the Andes since 1997 and has led groups to sacred sites in the southwestern US, Peru, Hawaii and the Yukon.

# Friday, August 26, 2011

### 9:00am - 12:00pm

### **Embodying Soul; Ensouling Body**

What does it mean to live as an embodied soul? What in all of us needs healing in order for a deeper connection to self awareness, awareness of Other and the Soul of the World? How does embodiment enhance our ability to become attuned, empathic and capable of discernment between self and others? A direct experience of neuroception in the body becomes a language of sensation that bridges empathic relationships that all humans are capable of sharing. To remain in the present somatic moment enables one to experience a simple, essential knowing that leads to deep personal meaning. Integration of Psyche and Soma become available to counselors and bodyworkers as an essential orientation in working with clients.



**Constance Buck**, PhD, LMSW, is a member of SWC's faculty. She has lectured nationally at conferences on topics involving unresolved loss and collectively held trauma. Her training includes 20 years of somatic work which she incorporates clinically and educationally with depth psychology and somatic awareness.

### Coming Full Circle: The Neurobiology of Somatic Archaeology™ and Reconciling Intergenerational Trauma

Historical amnesia burdens our hearts, minds and bodies, establishing repetitive patterns and familial dynamics that are at the source of suffering. Ruby has spent her years as a professional counselor, healer, spiritual guide and educator developing training programs to reconcile intergenerational stress, trauma and suffering. Ruby combines somatic-based awareness, breathwork, aromatherapy, neurophysiology, nature meditation, ancient medicine wheel principles, and stress management models formulated from kincentric and indigenous principles to create an innovative model of intergenerational therapy for the 21st century.



**Ruby Gibson**, ThM, believes it is the occupation of our generation to remember. A professional counselor, healer, spiritual guide and educator for 30 years, Ruby provides trainings for reconciliation of intergenerational suffering. Developer and author of *My Body, My Earth, The Practice of Somatic Archaeology*, Ruby is currently pursuing doctoral studies. www.rubygibson.com.

### The Brain in the Body

"The Body Remembers what the Mind Forgets" (J. Moreno)

In the beginning were gestures and sound. We expressed ourselves and perceived others through our bodies. In this preverbal state, our sense of self and the world was being formed and encoded as implicit memory by the right brain in a subjective and felt-sense. Through conscious engagement with our body we will explore these early sensations, emotions, beliefs and how they impact our present life. Action Methods and Interpersonal Neurobiology will help to further integrate the bodily experience into our left-brain and pre-frontal cortex awareness, thus enhancing healing and spontaneity.



**Silvia Stenitzer**, MA, LMHC, Silvia has completed the Interpersonal Neurobiology, Somatics and Action Methods Certificate Program from SWC. Her focus is group therapy and she has been running dynamic therapy groups for women since 2006. Silvia has been addressing the body-mind-soul connection for the past 20 years in her private practice, Interactive Bodytherapy.

# Friday, August 26, 2011

2:00pm - 5:00pm

### Living Boundary - Awakening the Body's Wisdom

All wounding in relationship happens as the result of a breach or intrusion into one's personal boundary space, leading to predator/prey behavior. In essence, sense of self and inner knowing has been lost. This experiential workshop provides skills for developing healthy boundaries and increasing awareness of the subtle interplay between mind,

body, and other.



**William Smythe**, MA, is a pioneer in the fields of Somatic Psychology, Rolfing®, and Aikido. He is an international teacher of Rolfing and Trauma based therapies and is the chief instructor of the Aikido Arts Center in Santa Fe, NM.

# Brainspotting: Activating the Intrinsic Healing Resources of the Brain and Nervous System

Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment, enhanced with Biolateral sound, which is deep, direct, and powerful yet focused and containing. Brainspotting functions as a neurobiological tool to support the clinical healing relationship. Brainspotting works by activating the brain's intrinsic capacity to process trauma and access resources when the appropriate neural networks are focused, stimulated, and supported within the therapeutic relationship. Participants will learn the basic elements of Brainspotting and will take part in a variety of experiential exercises designed to demonstrate its effectiveness.



**Robert Weisz**, PhD, is a clinical psychologist and director of the Milton Erickson Institute of New Mexico and the Brainspotting and Hypnotherapy Clinic. Dr. Weisz has a private practice of psychotherapy, coaching, training, and consultation in Santa Fe. He is the author of numerous scientific articles, two book chapters, and a series of hypnotic healing journey CDs. His website is www.robertweiszphd.com

### Using Music as a Tool to Cultivate Social Intelligence

This workshop will use a combination of experiential methods to explore our relationship to music with an emphasis on brain function and inner reflection. We will review related studies pertaining to music and it its profound effects in a therapeutic setting, including components necessary to develop social intelligence with a focus on working with adolescents. Music will be explored as a way of assisting us to incorporate parts of the brain that are otherwise difficult to access.



**Francesca Bottos**, MA, LMHC, an SWC alum, is currently the executive director of BackTalk, a non-profit that creatively serves youth using the elements of hip-hop. Francesca has over ten years experience working with culturally diverse adolescents in a variety of settings. She believes that the deepest healing occurs through the integration of music, mythology, artistic expression and community connectedness.

### **KEYNOTE SPEAKERS**

Location of keynote events: SF Center For Spiritual Living, 505 Camino de los Marquez, Santa Fe, NM

### Saturday, August 27, 2011

9:00am - 5:30pm

### Building a Therapeutic Pathway with the Brain in Mind

We are at a stage in our awareness of the discoveries of neuroscience that we have acquired a basic knowledge of the brain's structure and function, the processes of regulation and neural integration, and the principles of neuroplasticity. Now we find ourselves at a crossroads that challenges us to translate this knowledge into a guide for the moment-to-moment experiences unfolding within our therapeutic relationships. Building on the work of innovators like Daniel Siegel, Allan Schore, Stephen Porges, Marco Lacoboni, and others, we can create a brain-informed map of therapy from first contact with new clients to their transition out of ongoing therapy. Regardless of our paradigm, these principles will help us shape both how we are present and what we do to support the flow of attunement.



**Bonnie Badenoch**, PhD, LMFT, is on the faculty of SWC's INSAM program. She is an in-the-trenches therapist, supervisor, teacher, and author of *Being a Brainwise Therapist* and *The Brain-Savvy Therapist's Workbook*. She has spent the last five years integrating the discoveries of neuroscience into the art of therapy. She co-founded the Center for Nurturing the Heart with the Brain in Mind (Portland, OR), and is founder and former executive director of Center for Hope and Healing (Irvine, CA). Her work as a therapist has focused on helping trauma survivors and those with significant attachment wounds reshape their neural landscape to support a life of meaning and resilience.

### Sunday, August 28, 2011

1:00pm - 4:00pm

#### **Instinctual Trauma**

When trauma is severe enough to be recorded at a reflex level, every time you experience the completely natural stimulus (change in light levels, going into REM sleep, eating), your body/psyche feels that the trauma is happening all over again. As a result, you may feel flooded with emotion when you enter a dimly lit room, or strike out at your lover when you have a nightmare. You may feel completely at the mercy of your body because it is responding at an instinctual level – beyond your conscious control.

This workshop will introduce instinctual trauma, how it occurs as well as the most powerful strategy for resolving it - connecting the reflex system with enough present-



day neurological, psychological and spiritual resources so that your body realizes the trauma is over. As trauma is progressively released from the instinctual nervous system, you experience deepening abilities to actually choose the life you desire.

**Lee Cartwright**, MA, an SWC alum, developed Shifting Consciousness through Dimensions (SCtD), a neurological system for transforming trauma and personal limitations. He has written three books on SCtD, *The Qi to Unlocking Trauma and Limiting Behaviors*, *Neurological Approaches to Dream Work*, *Art and Sandplay* and *The Body Evolving Spirit*.

#### **REGISTRATION FORM**

### The 30th Annual TRANSFORMATION AND HEALING CONFERENCE Interpersonal Neurobiology: Integrating Body, Mind and Spirit

Wednesday-Sunday, August 24–28, 2011

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Name:		
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If attending the entire conference, please select ONE workshop from the morning and ONE workshop from the afternoon offerings:		I am applying for CECs:
Location: 3960 San Felipe Rd., Santa Fe, NM 8	37507	Make check or
WEDNESDAY, AUGUST 24, 9AM-12PM  ○ Exploring The 'Window of Tolerance' in Art and Action - Schrod  ○ Weaving It Together: Attunement In Couples Therapy - MacHe  ○ The Neuroscience of Creativity - Fox	rance' in Art and Action - <i>Schroder and Cook</i> ent In Couples Therapy - <i>MacHendrie</i>	
MEDNESDAY, AUGUST 24, 2PM-5 PM  ☐ Becoming the Love that is the Transformer - Waterman  ☐ Mindfulness-Based Auricular Acupuncture (MBAA) and Trauma - Moore  ☐ Parent-Child Interventions from an Attachment Perspective - Alexander  THURSDAY, AUGUST 25, 9AM-12 PM  ☐ Shame and Self-Forgiveness: Soul, Body, and Brain - Holley  ☐ Grief In the Body: Feel It to Heal It! - Frank  ☐ Building Resilience in the Aftermath of Loss - Schreiber  THURSDAY, AUGUST 25, 2PM-5 PM  ☐ The Wisdom of Breath: Integrating Body, Mind, and Spirit - Haug  ☐ Three Brains, One Mind: From Separation to Connection - Bruce and Hager  ☐ The Healing Power of Ceremony - Parker  FRIDAY, AUGUST 26, 9AM-12 PM  ☐ Embodying Soul; Ensouling Body - Buck  ☐ Coming Full Circle: Reconciling Intergenerational Trauma - Gibson  ☐ The Brain in the Body - Stenitzer  FRIDAY, AUGUST 26, 2-5 PM  ☐ Living Boundary — Awakening the Body's Wisdom - Smythe  ☐ Brainspotting: Activating the Healing Resources of the Brain - Weisz		Southwestern College T & H Conference P.O. Box 4788 Santa Fe, NM 87502-4788 Or, if paying by credit card, you may Fax completed form to: (505) 471-4071 for the most expedient processing.
		Cancellations before August 10 will incur a \$25 service charge. We will mail out tickets up
		until August 15, after which time paid tickets will be held at the door.
		O Using Music as a Tool to Cultivate Social Intelligence - <i>Bottos</i>
Location: 505 Camino de los Marquez, Santa Fe, NM  SATURDAY, AUGUST 27, 9AM-5:30PM  Building a Therapeutic Pathway with the Brain in Mind - Bades  SUNDAY, AUGUST 28, 1-4 PM  Instinctual Trauma - Cartwright	27, 9AM–5:30PM peutic Pathway with the Brain in Mind - <i>Badenoch</i> 3, 1-4 PM	
Entire Conference Early Bird Registration (purchased by August 9th) Entire Conference (students and seniors 62+) Any One Daytime Event (WedFri.), 3 CECs) Any 3 Daytime Events (WedFri. 3 CECs each) Saturday, 9:00am - 5:30pm (7 CECs) Sunday, 1:00pm - 4:00pm (3 CECs)	\$360 \$335 \$310 \$40 \$110 \$120 \$50	TOTAL ENCLOSED
Please charge my: O Visa O MC O Discover		
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