



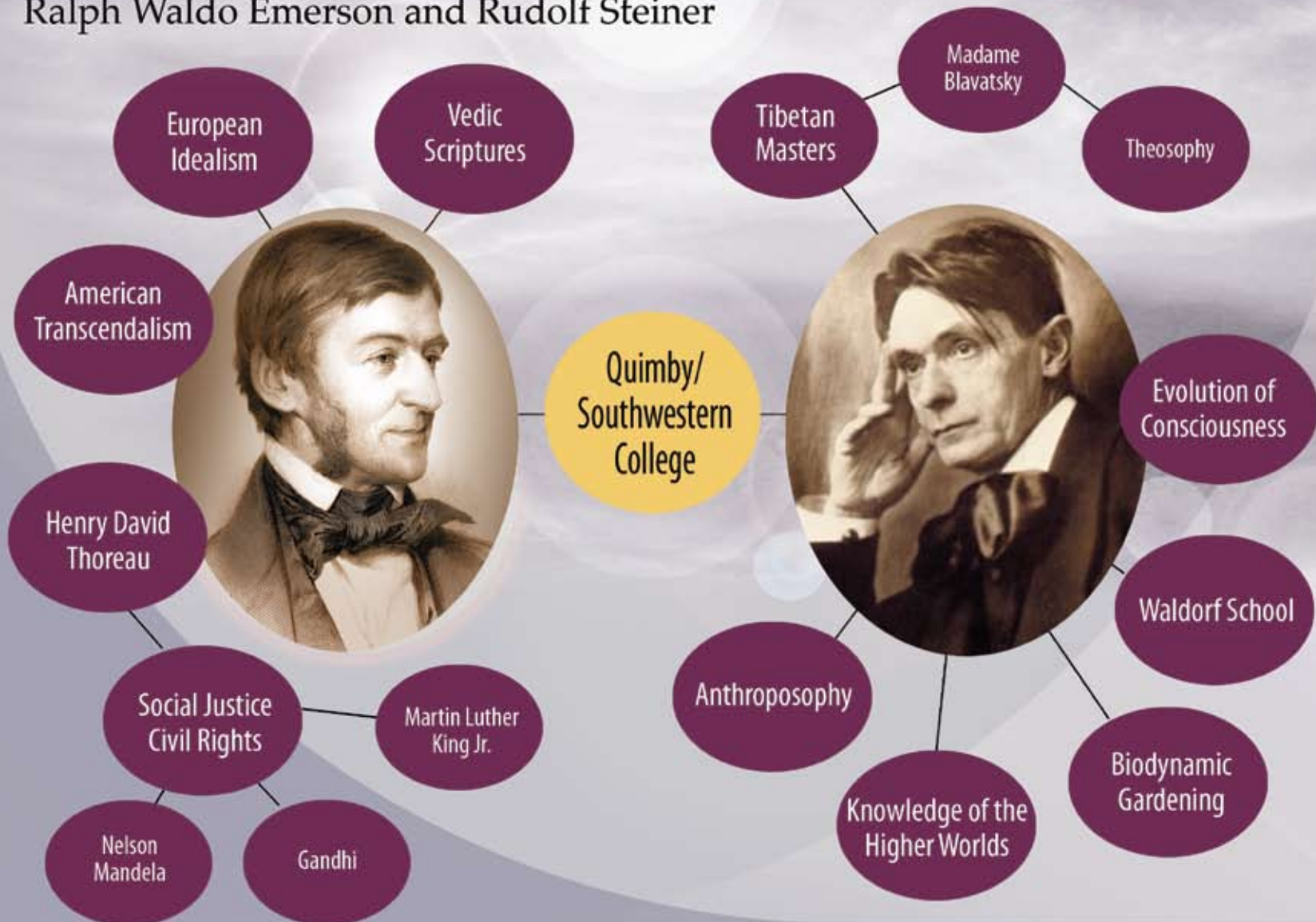
HEARTLINK

Summer 2010

Transforming Consciousness Through Education

Underpinnings of SWC: Part II

Ralph Waldo Emerson and Rudolf Steiner





Southwestern College

*Transforming Consciousness
Through Education*

Editorial

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Updates from the President **Dr. Jim Nolan**

This summer marks the beginning of my fifth year as President of Southwestern College and the end of the thirtieth anniversary year of Quimby/Southwestern College. In these past three Heartlinks, we have re-visited “Consciousness” consciously, through different lenses, from different angles. In this issue, we explore the connections offered to us through Ralph Waldo Emerson and Rudolf Steiner, and the bigger picture of consciousness on the planet emerges as part of our lineage.

As I reflect on the journey these three issues have offered, I cannot help but note the emphasis on inner truth and knowing that comes through Phineas Quimby and the many voices of New Thought, past and present; through Emerson and Transcendentalism, and Steiner and Anthroposophy; through the College’s first voices and teachers, such as Neva Dell Hunter, Ellavivian Power, Robert Waterman, Katherine Ninos and Marya Foley; and finally through the students and graduates of Quimby/Southwestern College... And of course we know that New Thought is the Oldest Thought, and that the ancient teachings and “philosophia perennis” are in-spired with the breath of each succeeding era and culture, and that there is indeed both nothing and everything new under the sun. We are all humbled to be part of this educational impulse, “standing on the shoulders of giants”, past and present.

We are poised for big things, my friends...

Warmly,

Jim Nolan, *President*

Naming Ceremony On January 29th, 2010, the Southwestern College Community met to commemorate two of its key early influences. The upstairs classroom of the main building is now known as the Ralph Waldo Emerson Room, and the downstairs classroom is the Rudolf Steiner Room. During this thirtieth year anniversary of the College, we have been chronicling the history of the school, and while doing so, honoring the lineages and persons that contributed to this educational impulse. At this naming ceremony, President Jim Nolan said a few words about Phineas Parkhurst Quimby, Founder Robert Waterman discussed the importance of Emerson’s “The American Scholar” for the educational philosophy of Quimby/Southwestern College, and Vice President Katherine Ninos explained the importance of Steiner’s visionary perspective on the early development of the College. Approximately forty people were in attendance.



From Left to Right: Robert Waterman, Katherine Ninos and Jim Nolan



Robert Waterman and Katherine Ninos

Foundations!

Most of you know that we built a new Art Therapy building this year. Fewer of you know that we have effectively replaced most of the infrastructure of Southwestern College as well. We have **re-wired** the buildings (fiber-optic, where indicated), **re-worked** the parking lot, and purchased a **new telephone** and **voicemail system** (from Linehan Communications, out

of Albuquerque). The biggest addition (besides the building, of course) is a new, completely integrated software system we have purchased from **Empower**. This state of the art technology system will allow us much greater flexibility, efficiency, speed and reliability, and gives us the firepower to implement distance learning options for the school. So while much that is new is beautiful and can be seen clearly by all, enormous changes are going on behind the scenes as we enhance our sustainability as a graduate institution well into the future.



Website: Our new website is beautiful, easy to negotiate, colorful and dynamic. Already we are getting record numbers of information inquiries from prospective students. Bookmark us (swc.edu) and visit often. For great video and photo material. Join us on Facebook too.

SWC.EDU



Top: Jim Nolan introduces Robert Waterman. Bottom Left: Cheryl Payson and Deborah Johns. Bottom Right: Michael Johll and Curtis Brant

30 year Anniversary On May 7th, Southwestern College celebrated its 30th year anniversary with a wine and cheese gathering of seventy-five faculty, board members, students and alum in the new Art Therapy building. Robert Waterman reminisced warmly about the origins of the College and evoked promising visions for its future. Graduate Kate Worman provided lovely violin music for the occasion. Thanks to all who attended and to all of you who sent love and positive energy. The school is moving forward into its ever-brightening future. This celebration was an evening of great inspiration and vision.

Accreditation

Most of you know that the Higher Learning Commission (HLC) will send a Peer Review Team for a site visit of Southwestern College in November of this year. Southwestern College was originally accredited in 1996. Like all institutions of higher education, Southwestern periodically conducts a self-study which the visiting HLC team reviews during their visit to ensure that we are still on track with our mission.

The surveys we sent to many of you are very important to us in our self assessment, in maintaining our accreditation, and in keeping our eligibility for federal financial aid, which supports roughly 85% of our students. Please consider completing the survey and helping us gather a collective sense of how well we are implementing our mission. And some of you will get an opportunity to meet with the site visiting team—you will hear more from us about that in the near future.



Transformation and Healing Conference

Wednesday, August 25 - Sunday August 29, 2010

Nurturing Our Children: Healing Our Future

We are excited that this year's conference focuses on our youth and is an introduction to our new certificate program in Children's Mental Health. You'll notice that the workshops and presentations are geared to working with children, adolescents and families. As we've collaborated with area agencies and practitioners we've become acutely aware of the need for a comprehensive understanding of challenges and solutions related to nurturing our children which are so directly related to our health and well being as a whole.

This year's conference offers both clinical and practical information and support critical for our times and invites you to participate in exploring diverse areas related to challenges we are all facing. Whether you are a parent, social worker, mental health practitioner, health care provider or concerned community member, you can benefit from what this conference has to offer.

KEYNOTE SPEAKERS:

Saturday, August 28, 2010, 9:00a-5:30p

Working with Traumatized Children: Conscious and Mindful Intervention (7 CECs)



Cathy Malchiodi, Ph.D., LPAT, LPCC is a leading international expert, syndicated writer and highly regarded author in the field of art therapy. She is a

recognized advocate, visionary, change agent and innovator of art therapy programs for children, adolescents, adults and families, particularly with survivors of trauma. In honor of her clinical and academic contributions, Cathy is the only person to have received all three of the American Art Therapy Association's highest honors.

Sunday, August 29, 2010, 1:00-4:00p

Infant and Early Childhood Mental Health: What is it, and Why is it Important? (4 CECs)



Deborah Harris, MSW, LISW, is endorsed by the New Mexico Association for Infant Mental Health as a Level IV Infant Mental Health Mentor.

She completed post-graduate internships at the Infant-Parent program at the University of California Dept. of Psychiatry and with the Family Therapy program at Veteran's Hospital in San Francisco. Deborah is trained in a number of assessment and treatment techniques specific to infant mental health.



Visit www.swc.edu for a complete brochure or call 505-471-5756, ext.11 to request a brochure be mailed.

More Experiential Workshops:

Wed.-Friday, August 25 - 27

In and Out of Their Minds: The Impact of the Growing, Changing Brain in Adolescents

Lost Boys in the Wild

Teen Leadership Through Spirituality and Service

Building Protection and Re-connection: Lowering Suicide Risk for Youth

Art-Based Genograms

Creative Movement as Spiritual Connection for Children

Helping Children with Grief, Bereavement and Loss

Attuning to Youth through Their Own Language

The T & H Conference is offered at a low cost to the community and continuing education credits (CEC's) are available for Counselors, Art Therapists and Social Workers. Visit www.swc.edu for a complete brochure, or call 1-505-471-5756.

SWC is adding some very clinically relevant and rich offerings through three new certificate programs and through some cutting edge changes to existing certificates. Under the leadership of Deborah Schroder, we are very pleased to be offering a career enhancing, new certificate in Children's Mental Health. In Albuquerque, Southwestern graduate Carol Frank will be directing "The Gift of Grief", which brings conscious training in this field to service professionals and laypersons. Kate Cook is taking powerful aspects from movement and body based methods and combining them into a powerful certificate called "Interpersonal Neurobiology, Somatics and Action Methods, offering new and clinically applicable gateways to heal through the body. Janet Schreiber will continue to offer what has been our most popular and successful certificate in "Grief, Loss & Trauma" and Dr. Carol Parker continues to add new dimensions to the Transformational Ecopsychology certificate.



What's New

Children's Mental Health

Program Director:
Deb Schroder

BEGINNING: Fall 2010

This certificate was created in response to requests from area agencies and organizations, alumni, and other professionals currently working with children and families. On a national level, it is understood that there is a demand across the country for people who are passionate and skilled in nurturing the wellbeing of children, adolescents and families. We intentionally offer a wide range of courses in order to enable participants to explore issues along the continuum of child and adolescent development.

Embedded in each course is:

- 1) An understanding of the child in the context of relationships, particularly parental or caregiving, within the family system, and
- 2) An intentional consistent theme of multi-cultural sensitivity.



The Gift of Grief

Program Director:
Carol Frank

BEGINNING: Winter 2011

This Albuquerque-based program provides the opportunity to learn how to work with loss and grief through the lens of resilience, hope and transformation. The grief process will be viewed through many perspectives, including bereavement and disenfranchised loss such as chronic illness, disability, GLBT issues, addiction and difficult life transitions as well as traumatic non-death related loss such as victims of crime, war, and intergenerational cultural trauma. Attachment theory in relationship to loss is addressed and special attention is given to the way children and adolescents grieve. The unique challenges of working with patients and families in pre-hospital and acute care settings will be examined in depth. Throughout the program, self-care will be emphasized as essential to the well being and success of every helping professional.



Interpersonal Neurobiology, Somatics and Action Methods

Program Director:
Kate Cook

BEGINNING: Summer 2010

Interpersonal Neurobiology, Somatics and Action Methods (INSAM) will provide participants with a toolbox of embodied methods for accessing and mobilizing the deep resources, imagination, spontaneity and creativity existing to some degree in every human being and group.

The theoretical core of INSAM is grounded in current knowledge about neurobiology, social engagement, somatic psychology, trauma and attachment. The program approaches learning through: the gateway of the body, movement and the felt sense; the experience of relationship and the intra/intersubjective field; the intentional exploration of states and traits of consciousness; and the cultivation of mindful awareness.



Ongoing Certificates



Transformational Ecopsychology

Program Director: **Carol Parker**

The Transformational Ecopsychology program is going strong and is additionally available online for distance learning. The program offers an opportunity for students to discover, both intellectually and experientially, what it means to assist self and others in accessing the soul's connection with Nature as a transcendent source of healing, wisdom, and creativity, and to birth this connection into compassionate service and aliveness in everyday life.

Grief, Loss and Trauma

Program Director: **Janet Schreiber**

The Grief, Loss & Trauma Certificate Program continues to be one of the favorites for students, alum and helping professionals. We thank Janet Schreiber for her commitment and longevity with this great program!

In this program, dying is viewed as a natural part of the life cycle. The curriculum emphasizes therapeutic care of the dying and grief counseling, transition, loss and hospice philosophy and practice. Dr. Elisabeth Kubler-Ross has endorsed the program.





Consciousness in Action:

Rudolf Steiner by Marya Foley

Rudolf Steiner, (1861-1925) writes in his autobiography that he was communicating with beings in the spirit worlds from childhood and could see the spiritual energies in all forms. Gradually he developed an ability to read the Akashic records and decipher the history of human and planetary evolution. Steiner was the first writer in the West to talk about reading the Akashic record as an authentic source of knowledge. Steiner called the Akasha "ether-essence" an eternal spiritual energy permeating all life. This spiritual essence leaves lasting images of it-

self, forming chronicles recording all aspects of life and history. Steiner proposed that any person who develops the "higher organs of perception" could read these records. In his early work, "Knowledge of the Higher Worlds and its Attainment," he supported the development of these higher powers of perception, through "pure thought" which was essentially a yogic practice

His soul-centered philosophy, articulated in "Cosmic History and Human Destiny," and many other works, anticipated the findings of modern depth psychology. Psychology had become, in the early 20th century, the study of the personality on the mental, emotional and behavioral levels, and the study of the soul, or psyche had been lost. Spiritual psychology, as awareness of Self as a spiritual being with a mind, emotions, and body emerged over time. Steiner, who came forward in the generation before Jung, described human evolution as the journey of the soul through many lifetimes, from a state of unconscious union with the divine through a state of separation and individual self-awareness, to arrive finally at conscious awareness of the divine.

Steiner's cosmology was similar to that of the Theosophists, but was distinguished by his vision of the Christ event as the center of all evolution, a view that emerged relatively late in his work and which he said was revealed to him through studying the Akashic record. In Christ, Steiner was talking about the Cosmic Being who is the lord of the

planet earth, who overshadowed the man, Jesus, something far different from the Christ as defined by Christianity. Steiner viewed the incarnation of Christ as an entirely new type of initiation where this cosmic being, incarnates fully into a human being for the first time. at the baptism of Jesus by John the Baptist. Up until that time, the Cosmic Christ had only overshadowed various teachers. Steiner viewed this Christ event as an entirely new step in development of the soul, where the awareness of Self as God, is released and the keys to develop a true freedom and knowledge of oneself as a co-creator are given.

For Carl Jung, writing many years after Steiner's death, the Christ becomes a state of full self realization: the "Christ exemplifies the archetype of the Self. ...The psychological equivalent of this is the integration of the collective unconscious, which forms an essential part of the individuation process. His bride (sponsa) is the human soul..." Jung's early work caught Steiner's attention; he liked that he brought awareness of spirit into psychology, but thought he did not go far enough because he did not include the concepts of reincarnation and karma in his work.

The value in Steiner's philosophy for psychology today, is to look at human beings as souls in a process of evolution through many lifetimes. Through his lens, we can approach our clients as spiritual beings who come to this life with a curriculum; with karma that can be deciphered and released, allowing us to move into greater freedom and identification with the Soul, or Self. In Steiner's vision, all experience has meaning and purpose. With his model of the evolution of consciousness, there is nothing to judge or regret. From this perspective, we can also sense where a culture or an individual might be in their journey, and bring more compassion and understanding to their process. In his call to develop higher perception, Steiner also served as a reminder that we can also help ourselves and others attune to their own higher consciousness, and know for themselves, the keys to their own liberation.

Marya Foley, Ph.D. *Original Faculty Member of Southwestern/Quimby College*



Looking back to the mid-70's to the founding of Southwestern College, I was part of the original team whose intention it was to develop a curriculum in Spiritual Psychology based on experiential education. When I met Robert Waterman at Quimby Center, he suggested that I might find in Steiner, a figure of great inspiration. Steiner offered a system that drew together many spiritual traditions, but also was based on his direct knowing. Steiner's work was then woven into many of the courses in the original curriculum, and was the basis for the core course I developed called "The Evolution of Consciousness and the Nature of Change."

Ralph Waldo Emerson

The American Scholar *by* Robert Waterman

In 1837, Ralph Waldo Emerson, stood before a group of students at Cambridge and said to them in a direct and forceful tone, that they, as the American Scholar, stood for a new and noble vision of nation building. It was their charge to create a nation based on the wisdom and inspiration of the human soul.

"The scholar is the man [woman] who must take up into himself [herself] all the ability of the contribution of the past, all the hopes of the future. He [she] must be a university of knowledges. If there be one lesson more than the another which should pierce his [her] ear, it is, the world is nothing, the man [woman] is all; in yourself is the law of all nature, it is for you to know all; it is for you to dare all. ...this confidence in the unsearched might of man [woman] belongs, by all motives, by all prophecy, by all preparation, to the American Scholar."

When I first read this, it was as if I were present at that event. I could feel his words vibrate through the cells of my body and stir the depths of my soul. The words cut through to my core and my sense of self. Purpose and country came together into one clear inspiration. Our charge is to educate to the soul. The foundation of transformational education must be firmly aligned in a sense of self as soul, and from that we make our life.

Emerson's words are as relevant today. Consider our circumstances. "Public and private avarice make the air we breathe thick and fat. The scholar is decent, indolent, complaisant. See already the tragic consequence. The mind of this country, taught to aim at low objects, eats upon itself. There is no work for any but the decorous and the complaisant. Young men [women] of the fairest promise who begin life upon our shores, inflated by the mountainwinds, shined upon by all the stars of God, find the earth below not in unison with these, but are hindered from action by the disgust which the principles on which business is managed inspire, and turn drudges, or die of disgust."

Was he assessing his own day or seeing today? Without a clear sense of education that firms the student in the one true source of strength, courage, wisdom and integrity, we will teach strategies of fear and build a nation that falls short of its high purpose.

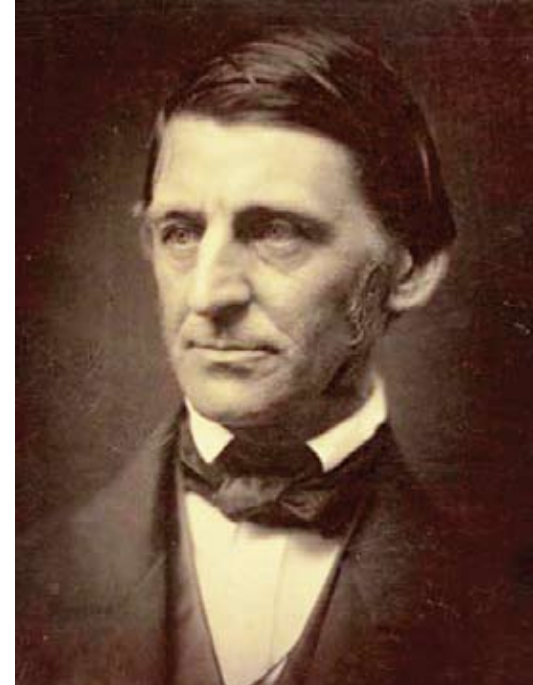
"What is the remedy? They did not yet see, and thousands of young men [women] hopefully crowd the barriers for careers do not yet see, that if the single man [women] plant himself [herself] indomitably on his [her] instincts, and there abide, the huge world will come round to him [her]. ...for solace the perspective of your own infinite life; and for work the study and the communication of principles, the making those instincts prevalent, the conversion of the world."

When I read this, the course was clear. Southwestern College, then Quimby College, must educate in the ways cited by the the American Scholar. I saw this as a calling, a patriotic service, and a force of transformation. Foundation in oneself as a soul-formed individual is our calling. It is through the true measure of self that we can measure our lives and inform our deeds to make life into its highest expression. We will educate transformational leaders.

Though it is clear that from time to time a few may see themselves as exclusive inheritors of the American Vision and, at the expense of others, foster laws and customs that grant to themselves what they do not grant to all, it is for us to renew the true vision and say that grace is meant for all.

As Emerson said in his time, we now say that...

"We will walk on our own feet; we will work with our own hands; we will speak our own minds. The study of letters shall be no longer a name for pity, for doubt, and for sensual indulgence. The



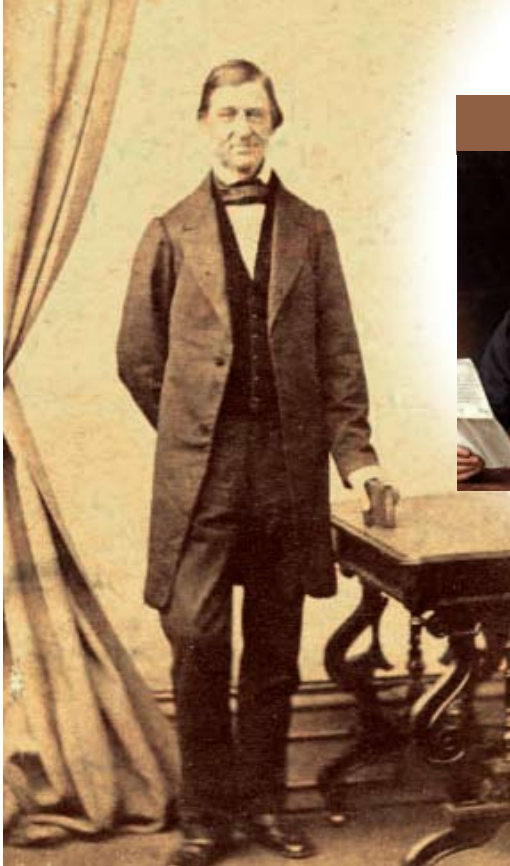
dread of man and the love of man shall be a wall of defense and a wreath of joy around all. A nation of men [and woman] will for the first time exist, because each believes himself [herself] inspired by the Divine Soul which also inspires all men [women]."

Of all the great and wise that have inspired the formation of Southwestern College, Emerson impresses us with the American perspective; it is from the inspiration of this continent, that we will build a soul-based nation. When we translate that into the curriculum, we have a core curriculum that instills a foundation in self, so that profession is a garment one wears instead of a self definition. We have an education that transforms consciousness. As graduates of Southwestern College, we pay tribute to the American Scholars, and we are confident that through self-transformation, we are the transformers of communities and nations.

Robert Waterman, EdD
*President Emeritus
and Founder of
Southwestern College*

The American Scholar: An oration delivered by Ralph Waldo Emerson before the Phi Beta Kappa Society, at Cambridge, August 31, 1837.





Underpinnings of SWC



From Left to right: Ralph Waldo Emerson, Goethe, Henry David Thoreau, Gandhi, Martin Luther King, Jr.

more reflections on **Emerson...** by **Dr. Jim Nolan** President Southwestern College



Ralph Waldo Emerson has been called the Father of American Transcendentalism, and the Spiritual Father of New Thought. He wielded a significant influence on the educational philosophy of Quimby/Southwestern College.

In this Heartlink, Robert Waterman discusses the profound impact Emerson had on him as a young man, and how that influence is alive today in the Southwestern College curriculum. Here, we wish to call into awareness how Southwestern College shares lineage lines with wisdom and social justice traditions, past and present.

As happens with many students in their respective cultures, Emerson was initially steeped in the 18th century New England zeitgeist. It was not surprising for a bright young man to attend Harvard, become a Unitarian minister, or a teacher. Valuable

as those experiences were to Emerson's earlier development, it still was a cultural trance he was meant to break. In a personal journal, he wrote "I have sometimes thought that, in order to be a good minister, it was necessary to leave the ministry. The profession is antiquated...we worship in the dead forms of our forefathers." Emerson sought dynamic truth, not static form. He studied and drew from the European mysticism, idealism and romanticism of thinkers such as Goethe and Swedenborg, as well as ancient Hindu metaphysics from the Vedas, Upanishads, and the Bhagavad Gita. He found parallel truths in his own uniquely American experiences, and gave birth to a new vision, marrying the sanctity of the individual experience and his clear inner knowing that we all are part of one Over-Soul, one common heart.

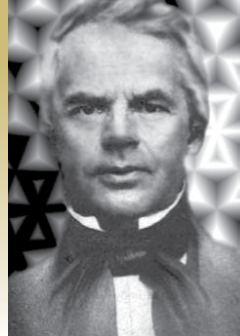
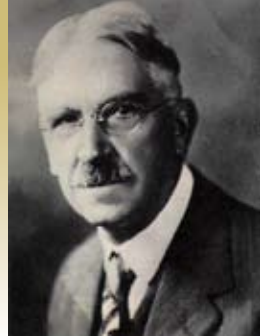
While some think of philosophers as living largely in a world of ideas, Emerson's visionary thinking manifested in form and action in the world, and contributed to changes on a grand scale. Henry David Thoreau was influenced immeasurably by Emerson's essay "Self Reliance", as well as by his Hindu-informed teachings that each person must access and attend to her or his inner truth and knowing.

Thoreau, of course, went on to write his great essay "Civil Disobedience." Far from being a writer of theoretical papers, Thoreau chose to be jailed several times rather than compromise core truths he held, related to slavery, war and

taxes. Inspired by Emerson's boldness, Thoreau's work would go on to impact major world leaders and actions. Gandhi wrote "His ideas influenced me greatly; I adopted some of them and recommended the study of them to all of my friends who were helping me in the cause of Indian independence." Dr. Martin Luther King, Jr. wrote in his autobiography "The teachings of Thoreau came alive in our civil rights movement; indeed, they are more alive than ever before." Nelson Mandela, Daniel Ellsberg and many others found inspiration from the Thoreau-Emerson-Vedas lineage stream...

So whether played out on the international stage, or in the life of one of Southwestern College's students, a simple yet profound principle has come through the ages. When students are encouraged in The Psychology of Consciousness course to break their own cultural trance, stand in their own authority, and listen to their divine, inner knowing, they are following in the footsteps of Emerson, Thoreau, Gandhi, Quimby, Steiner, and other change agents. Remember that these luminaries were reproached, often jailed for their bold stance. Perhaps Emerson was right when he wrote "To be great is to be misunderstood." But as Neva Dell Hunter transmitted in her original call for a "school of Hierarchical Truth" (Quimby/Southwestern College), "The power that is within you is greater than the world... That is the number one source that the new college will teach, the number one action."

"To laugh often and much; to win the respect of intelligent people and the affection of children...to leave the world a better place... to know even one life has breathed easier because you have lived. This is to have succeeded." – Ralph Waldo Emerson



From Left to right: Drawing by Rudolf Steiner, Alice Bailey, John Dewey, Phineas Parkhurst Quimby

more reflections on **Rudolf Steiner...** by **Katherine Ninos** Vice President, Southwestern College



Rudolf Steiner has been one of the major influences on the educational experience at Southwestern College. Steiner was, of course, a monumental and creative thinker

across such diversified areas as spirituality (founding Anthroposophy), philosophy, education (founding Waldorf schools), biodynamic agriculture, movement and sound (eurhythm), architecture and much more. In this Heartlink, Marya Foley offers her thoughts on some of Steiner's key tenets, and in this piece, we wish to explore how some of the major themes of his work are woven into SWC's educational philosophy and curriculum.

Steiner's cosmology views life as a "Journey of the Soul" from unconscious unity (pre-personal) through an individuation process (personal) to conscious unity (transpersonal). Our evolution in consciousness both micro and macrocosmically is embedded in SWC's curriculum. We honor each person's journey and accept all situations and experiences as opportunities for growth in awareness to the degree that one can refrain from judgment and be a witness to their own process. Steiner knew that we are powerful beyond measure and that the development of our consciousness depended on our access to multiple dimensions in which we exist or what he called the higher worlds. He founded Waldorf educa-

tion in an attempt to keep the veils between worlds open to children so they would not become limited in their spiritual sense perception and therefore hampered in accessing their highest wisdom as responsible creators. Rudolf Steiner along with Ralph Waldo Emerson, Phineas Parkhurst Quimby, Alice Bailey, John Dewey and others, all of whom were influential in the development of SWC's educational philosophy, carried the message that education is an act of experiencing and activating one's connection to their Soul's wisdom (inner knowing). An outcome of developing one's perceptual authority is a journey of servant leadership coming out of a greater experience of conscious unity and informed by love.

Another theme that we want to bring forward comes out of his work with biodynamic agriculture. He could see the living, breathing being that we call Earth in her own evolutionary process. He spoke of the relatedness of all of life, and of how we can know this when we free ourselves from cultural trances that objectify and dominate living beings and come from fear and separation. Along the journey of waking up to who we are as conscious beings we can transcend this limited view. The educational impulse of SWC resonates with Steiner's wisdom and "sight" and incorporates this piece of his work in the process of transformational education.

A third area of Steiner's work that is relevant to the college's mission is Anthroposophy. He



Rudolf Steiner as a young man

saw the Cosmic Christ as what he called the Solar Logos, or the Source of conscious creation that is birthed from the union of light and sound vibration (the Word). The Christ Event, according to Steiner, was when the Solar Logos fully incarnated into the body of Jesus for 3 years (30 -33) and penetrated into the living Earth (Gaia) at his death. This event, according to Steiner, constituted an enormous evolutionary shift in consciousness. Knowing that we are eternal luminous beings and that we exist beyond form became available within. Waking up this knowing and thus opening ourselves to our limitlessness is freedom from form, is conscious unity and is love made manifest.

"Reverence, enthusiasm, and a sense of guardianship, these three are actually the panacea, the magical remedy, in the soul of the educator and teacher."

– Rudolf Steiner

Southwestern Counseling Center

A DAY IN THE LIFE ...AT SCC

A man comes for an appointment with a student therapist at Southwestern Counseling Center. He has lost his job. The strain on his family is enormous; his wife doesn't earn enough to pay their bills. His children are scared, the relationship with his wife is strained, he has suicidal thoughts. He meets his therapist and a good connection is made. He feels supported, even a little bit hopeful for the first time in weeks. The therapist meets with her supervision group and strategies for helping him are discussed. After several sessions, he reports he has found work, though it doesn't pay much. He feels like a responsible father and husband again, and his depression has lifted.

Every day we hear stories of hope and healing at SCC. From the community, we hear that SCC student therapists are compassionate, ethical, and profoundly present for their clients. From our clients, we learn that they experience genuine assistance with their needs and goals.

And from our students, the message is clear: working at SCC as part of their graduate program is an amazing experience of professional learning and heartfelt service.

Erica Westby is a native of New Mexico and a graduate of Southwestern College, having obtained the counseling masters degree in 2007. Erica has been the Southwestern Counseling Center's Coordinator since November 2008 and takes pleasure in facilitating the student's journey from Practicum to Professionalism. Erica maintains a safe and supportive space from which students move through the final phase of their degree programs.



Erica Westby, SWC Counseling Center Coordinator

Heather Wulfers has been employed at Southwestern Counseling Center for three years during which time she has completed the Art Therapy Masters program. She is a licensed mental health counselor who works with a diverse population and thoroughly enjoys the creative processes of therapy. As the assistant coordinator Heather offers her professionalism and support, helping to keep the counseling center running as smoothly and effectively as possible. Heather is honored to be part of a team of genuine and dedicated individuals whose passion is serving their community.



Heather Wulfers, SWC Counseling Center Assistant Coordinator

Cecelia Albert graduated from Southwestern College in 2007 with a MA in Counseling. She holds a LMHC license and works with clients at the counseling center as well as in her own private practice.

Ginna Clark graduated from Southwestern College in 2008 from the Art Therapy program. She holds a LMHC license and sees clients at the counseling center as well as in her own private practice.

Todd Melnick graduated from Southwestern College in 2007 from the Counseling program. He holds a LMHC license and also provides support at the front desk.

Attiana Virella-Fuentes and **Chris Chappell** both recently graduated from Southwestern's Counseling Program in 2010, and are the Counseling Center's newest additions. They are both bi-lingual therapists with LMHC licensure and see clients at the Counseling Center.



Carol Parker, Ph.D., LPCC Counseling Program Chair, Southwestern Counseling Center Director & Ecopsychology Certificate Program Director

"Earth based transformational practices bring balance to the individual and healing to the community by restoring our deep relationship to Nature"



Right to left, Kiara Ninos, Jesse Kidd, Dakota Hampton, Jane Erlandson and Jill Dupont

New Staff

Kiara Ninos, is head of landscape and design and is currently working on installing the new landscape at the New Art Therapy Building. She has over 15 years experience both studying and working as a horticulturist. She also works for the college doing photo restoration and preservation for the historical project, and numerous other small jobs.

Jesse Kidd and **Dakota Hampton** are excellent landscaping and gardening assistants. They work tirelessly as a team to create and maintain beauty on our grounds.

Jane Erlandson, joined SWC as *Distance Learning Coordinator* in April of 2010, has been working with educational technology for 30+ years. For the past 12 years she has been designing, creating and supporting online courses at the University of New Mexico. She moved to Santa Fe in 2009, "a very happy day for me was when Dianne Deloren connected me with SWC to begin my work here". Her favorite thing (besides making art) is to be able to tweak things so that students and faculty feel supported in their online and live endeavors.

James Burden, *Library Assistant*, has studied film and mythology for many years and holds a bachelors degree in Moving Image Arts. His current research is centered on the work and scholarship of Joseph Campbell and Carl Jung. With plans to pursue a Masters degree in Mythological Studies in the future James hopes to one day become a professor and author.

Jill Dupont, *SWC Marketing Director* spent many years in the field of marketing and graphic design before branching out into film and video. She has collaborated on many local projects such as New Mexico Women in Film's Public Service Announcements (PSA) for the Santa Fe Rape Crisis and Trauma Treatment Center, and New

New Board of Advisors

Our board of advisors continues to grow and add depth, richness and diversity to SWC's resource base. **Reverend Lux Newman** owns and operates websites related to New Thought luminaries, including phineasquimby.com and thescientificman.com. She uses Quimby's methods of treatment in her New Hampshire practice at the Church of Spiritual Science. **Bill Ryan** is the president and CEO of the Center for Health Affairs in Cleveland Ohio. With twenty years of experience in the health care business, and five years as Senior Policy Advisor to then Governor George Voinovich, Bill is a great resource for cutting edge information in both health care and governmental policy developments. **Phillip Retsky** is a graduate of SWC's Counseling Program, a writer, an entrepreneurial spirit, a private psychotherapist and a huge supporter of the educational experience at Southwestern College. **Emily Whitfield** has more than 20 years of experience in media relations, strategic planning, issue advocacy, and crisis communications. She is particularly proud of her pro bono work with psychologists and activists to end the participation of health professionals in U.S. government-sanctioned tort

Eyes Made of Soul - Robert Waterman

A breakthrough in spiritual psychology, the reader begins with an orientation to self as a multidimensional being living fully aware in the fabric of life. Then, self takes us into a deeper discovery of how to transform the beliefs and traumas that distort the morphic field that holds the physical self. Through self forgiveness and energy techniques, we are able to deconstruct limitation and balance distortion thereby transforming our sense of self from ego to soul. In complete presence, our ability to see life through soul eyes makes available a power level of unconditional love that is the true transformer.



Art Therapy Complex

Welcome to Art Therapy's New Home !

Southwestern College has been offering Masters' Degrees in Counseling and Art Therapy in Santa Fe for thirty years. We are fully accredited by the Higher Learning Commission, and our graduates can be found in mental health leadership all over New Mexico and beyond. Our Southwestern Counseling Center on St. Michael's Drive in Santa Fe provides thousands of hours of sliding scale mental health services to low income clients, a value over 1.5 million dollars. We also offer regular free community lectures and our annual Transformation and Healing Conference has been running for 29 years, with attendees from the healing arts professions from all over the country.

Now we need some help

We just built a new Art Therapy building, paying for it outright with generous donations and money we saved over the years. A federal grant brought \$130,000.00 to make the building "green", consistent with our commitment to sustainability on the planet, and is A.D.A compliant as well. We now need to landscape, both to beautify the grounds and to enhance the sustainability of the soil for the future. Fortunately, we have the landscape design expertise in house, so all donations will go directly into the land.

Whatever you can donate will be greatly appreciated by future generations of Art Therapy/Counseling students and all visitors to Southwestern College. All donors will be honored with your names displayed in the new garden that you helped create.

Here is what we need

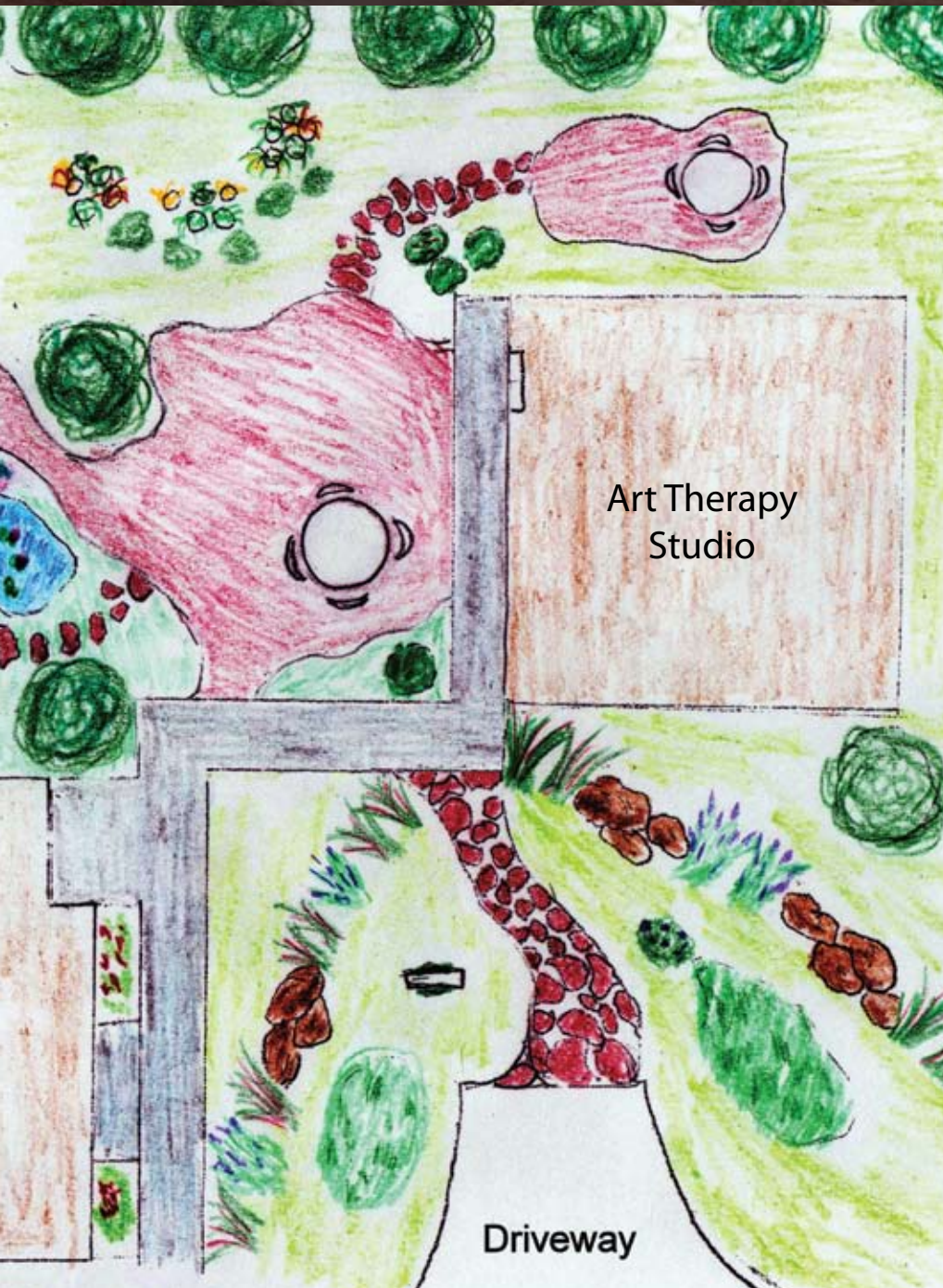
- **Soil Amenders** (manure, cotton burr & Sphagnum Peat Moss)
- **Plants, Grasses, Shrubs and Flowers**
- **Benches, Chairs, Tables**
- **Pond Supplies, including Koi**
- **Pots and Garden Fixtures**
- **Drip System** (Controller, Valves, PVC Fitting, Tubing, etc.)
- **Boulders, Flagstone, Rock & Crushed Rock**
- **Rototiller Rental**
- **Trees** (Deciduous and Evergreen)
- **Heavy Equipment Rental**

With great hope for the future,
from the Southwestern College Community

Please send your donations to:
Southwestern College, PO Box 4477, Santa Fe, NM 87502
Please make it out to SWC Ecological Project.



New Art Therapy
Building



How many of you can remember the excitement of getting a new box of crayons? The size box that I always hoped for was the 64-crayon box. Not the 16 or the 24 or even the 48. With the 64-crayon box there was potential. I didn't just have blue or sky blue – I had periwinkle! Imagine what could be created with periwinkle.

I feel the same way about our new art therapy building. The potential for student learning and client healing, is breathtaking! Who knows what good work a therapist will do who has studied, painted, shared and explored, in that building. Who can imagine the transformational healing that will be offered to clients through the insights gained in the new classrooms?

I am thankful for the Board and the Administration's belief in potential. I am overjoyed to share this potential with you – please come visit if you haven't seen it yet.



ALUMNI Profiles



2009

Rachel Zavarella

I am moving to the San Francisco Bay Area to work at The Creekside School. I will be working toward hours for LPCC and ATR

licensure in addition to being trained as a DIR/Floortime therapist. The Creekside School is a private, nonprofit, relationship-based school for children with autism and related disorders. It is one of the few schools in the country that utilizes Stanley Greenspan's DIR/Floortime model. It specializes in providing year-round services that are individualized and multi-sensory, which includes special education as well as integrated therapeutic services. It's a blessing to have the opportunity to work in a holistic way with professionals who are dedicated to working with these special children in new and innovative ways. I have never been more grateful for the experiential education that Southwestern provided. I will undoubtedly reference my experience and education time and time again. As a recent graduate and new therapist, I look forward to meeting the needs of these children and their families!



2007

Kate Latimer, MA, LMHC, is working at Solace Crisis Treatment Center, formerly the Santa Fe Rape Crisis and Trauma Treatment Center, as a Clinical

Counselor and Training Services Coordinator where she sees individual clients and provides stress management training for high risk groups such as first responders and active duty military members. She is continuing her training in Psychodrama and Action Methods under the direction of

Kate Cook, MA, LPCC, and is working toward national certification with the ASGPP. Kate also still teaches Nia and other fitness classes in and around Santa Fe and has even done a bit of teaching at Southwestern College in recent months.



Laura Lansrud-Lopez, LPCC, LPAT, ATR-BC

My life has been a whirlwind of activity and growth since graduating from Southwestern Col-

lege. I continue to live and work in Santa Fe, New Mexico, and this past year I obtained my independent licenses in both counseling and art therapy, completed my training to become a Certified Trauma Specialist with the National Institute of Trauma and Loss in Children, and embarked on the adventure of establishing a small private practice. I have also become more involved with the New Mexico Chapter of the American Art Therapy Association by serving as chapter secretary, and am in the process of laying the foundation for a workbook that combines art therapy and DBT, which I hope ultimately to publish. The most exciting development, however, has been the birth of my second daughter, Luciana, on 5/3/10. She and her two-year-old sister, Sofia, bring a constant flood of joy and light to my life.



Seren Morris, LPCC, ATR-BC, still lives here in Santa Fe. She is currently an independent contractor to Zia Behavioral Health. She is working as an art therapist and counselor in her Santa Fe office, as well as

contracting to TeamBuilders Counseling Services two days per week in their Las Vegas office. She enjoys working with a wide variety of clients, including families,

children, and adults. She is also a ceramics artist, and enjoys creating unique, one-of-a-kind coffee & tea mugs with designs inspired by Unconscious and Archetypal material. Beginning this July, she looks forward to teaching a clay class to SWC students in the old AT studio. She is very excited share her knowledge of basic techniques, as well as her passion for creative expression through clay. She is equally excited to meet more SWC students, whom she often calls "her Southwestern family."



2005

Barbara A. DeLuca, M.A., Counseling is now living back in her hometown of Highland, New York. She is currently working as a Massage

Therapist in Highland and on Long Island while she awaits issue of her New York State Counseling License. Being back in my hometown of Highland, New York in the Hudson Valley, has made me aware of just how much healing happened while away in Santa Fe and parts beyond in the 16 years I have been gone. The decision to relocate was in the works for a long time and the final impetus was my dad going into an extended care facility. The journey back has not been easy but I continue to appreciate the rich experiences of my life and my desire to serve others.

Marika Richards, Art Therapy I'm currently working as a traveling counselor providing support for military and their families. This year has taken me to Germany, several spots stateside, and now Guam! As for where I'm living I'd have to say, out of suitcases!

Lorrie Ogren LPCC, is working for "Circle of Life" Family Services under Eight Northern Indian Pueblos, in Espanola and Albuquerque. She is working with

Native American children and their families on the Pueblos, in homes and schools doing art and play therapy.

1997 Lilla Oakes Khalsa

(formerly Siri Simran Kaur Khalsa)
Because of my teachers at Southwestern College and my love of serving I have managed to work as a psychotherapist and art therapist since my graduation from Southwestern and Norwich University. I have spent the past 16+ years working with all kinds of populations. Many of my years were spent with youth at risk. Presently I am working in private practice and my clientele are traumatic brain injury, substance abuse and family therapy. I love the work I do and am always learning. Thank you so much for the excellent education.



1996

Susan Boyes, MA.
ATR-BC, LPC,
Board Certified Art
Therapist, Licensed
Professional Counselor.

I now live and work in Ann Arbor, Michigan, where I have a part-time position providing art therapy for traumatic brain injured adults in a rehabilitation center. I also have a thriving private practice, providing art therapy to TBI clients and others in their own homes, or in my office. I find this work to be richly rewarding. It seems that the years I spent getting to this place included a long history of working with people that had some kind of brain injury. Whether I worked in a psychiatric hospital, women's prison, outreach for at-risk youth and families, special education program, community mental health center, or methadone maintenance center (yes, I have worked in all of these places!), most of the behaviors and challenges my clients faced point to brain injury.

I have my ATR and Board Certification in art therapy. I remain active locally with art therapists and other healing professionals. www.centerforcreativegrowth.com.

James 'Max' Maxwell

Jack McLeod and I were married December 27, 2004, in the Empress Hotel, Victoria, British Columbia, Canada. We are moving to Santa Fe August 1, 2010.

Kate Bremer, I live in the magical Texas Hill Country (Blanco) with 3 mustangs and 4 formerly wild burros. I have an online horse products business www.foresthorse.com. I am involved in healing and advocacy with equines and other creatures.



1994

John Seniff After working for a few years as a high school family therapist in New York State, at present I am living in Ponte Vedra Beach, Fla.. I am continuing my studies and practice as a Zen Priest.

Am just now in the process of forming a Buddhist practice group in Jacksonville and do see some people privately. I have two books out on amazon called Beyond Religion and Awakening Mind; Travels with my Self. My Zen teacher (Rev. Seikan Hasegawa) and I are also attempting to establish Zen lecture and discussion groups around the country or beyond for those wishing to engage in this study and sponsorship. --This ought to do it for now.



Robert Levithan My newest project: I have begun a year-long column on ADVOCATE.COM titled THE NEW 60. It began on my 59th birthday in April and addresses aging as a man, a gay man, as a long-term survivor of HIV

and issues in our aging population such as internalized ageism and healthy vs. unhealthy vanity. I continue my private practice in NYC and my work at Friends In Deed, The Crisis Center for Life-Threatening Illness. The blond is Sophie, a former Guide-Dog for The Blind, my canine assistant.



1985

Rick Cotroneo, MA,
Counseling: This June marks 25 years since my graduation from the Southwestern College of Life Sciences (SCLS, as it was known at the time). Reflection

was a critical skill that was fostered during my education and it seems that this 25 year anniversary offers an interesting opportunity to look back and share it with the Southwestern community. Within one month of graduation I found myself at a traditional Sun Dance in Colorado and this opened a series of visionary experiences that have deeply transformed my life and opened an important door for my service to the world. It led to growing a loving community called the House of Mica Peace Chamber (a non-profit organization) that includes several hundred people. My education at SCLS provided a strong spiritual foundation and placed me on the path of healing and self-understanding that made my future work possible. On a professional level, I have spent the last 20 years working in the field of HIV/AIDS, first as a professional trainer for social workers and counselors. For the last 15 years I have served as the as director of a unit that oversees HIV/AIDS training for the New York State Department of Health. For the last 8 years I have also served as director of a national viral hepatitis training and technical assistance program. On the home front, I've been blessed with a loving partner and two children in whose hands I fully trust the future of the planet. Every day I give thanks for being blessed with wonderful teachers in my life - the priest at the Catholic Church where I grew up; Robert Waterman and Katherine Ninos at Southwestern; Beautiful Painted Arrow who shared with me the gift of sacred dance; Dungse Rigdzin Dorje Rinpoche for the Vajra Verses and most of all, Yug Purush Mahamandaleshwar Swami Paramanand Giri Maharaj, my loving guru.

Look for more Alumni Profiles on the website: Visit www.swc.edu and look for 'Alumni Lounge' Under 'People of SWC' If your update didn't get printed in this Heartlink it will be on the web.

More from Alumni

Excerpts from Facebook Correspondence with Jim
Brooke Balliett June 19 at 12:02pm in response to Jim's Facebook posting announcing the Children;s Mental health Certificate Program

Hi Jim, I am so glad to see that the school is developing this opportunity [Children's Mental Health Program]. I've been working in children's mental health in L.A. since graduating in 2007. I have extensive training in some of the primary early interventions being used with children and families out here in CA... I still credit my experience there with my ability to be a leader in my clinic right out of the box!

... It has really been amazing to see how the [SWC] curriculum supports all the truly necessary elements of being a present, ethical and skilled therapist. In fact, I am often asked where I went to school because the training is so obviously different than all of the MA programs out here. Also, my doctoral program has a lot of all day/weekend components and I have been really considering what the SWC faculty did that made each 8 hr day/16 hr weekend feel rich and worthwhile. Apparently, those qualities are not easy to replicate!

OBITUARY LOU SCHREIBER (1944 - 2010)

Graduated with an MA in Counseling from SWC in 1994



A life well lived and full of generosity, compassion and human spirit, Lou Schreiber unexpectedly left this world after a beautiful day of skiing in the Santa Fe wilderness. He left the way he lived with vigor & gratitude continuing his journey elsewhere. To say he will be missed is an understatement from the plethora of friends who now share a common void. He was a dedicated and loyal father, husband, friend and caring individual who took the time to care for others. His open heart, extensive life experience and knowledge made him a pillar of strength and good advice. He lived life to the fullest, always accomplishing what his heart desired. He travelled the world sharing his enthusiasm with all. To his community: A leader in sustainable living with incredible networking and tireless enthusiasm. Lou also had a deep concern for his local community and truly sought solutions to achieve a more prosperous and healthier Santa Fe.

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Through Education
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