

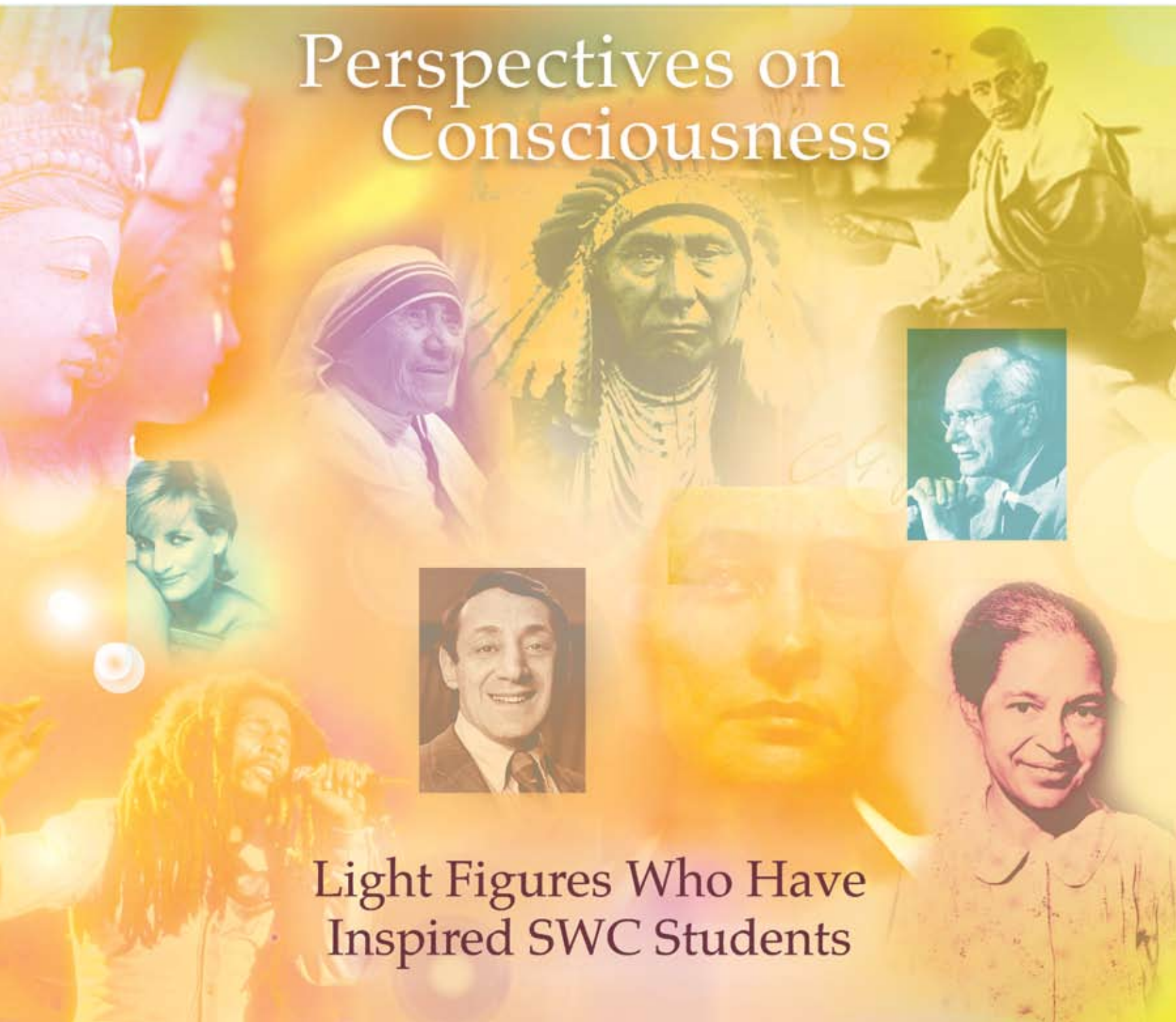
Southwestern College *Transforming Consciousness Through Education*



HEARTLINK

Summer 2011

Perspectives on Consciousness



Light Figures Who Have
Inspired SWC Students



Southwestern College

*Transforming Consciousness
Through Education*

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Join Us



Letter from the President

Dr. James Nolan

It is a new era at Southwestern College.

When I write a sentence like that, my inner censor always asks “Am I just cheerleading because I love the school?” And I check in, stop writing, and reflect. Then I have to make sure that I am in alignment with what I am writing, or else start over.

But today, that’s where I want to start. It is a new era. In my five years as president, we have catapulted forward by reaching into the past, into the true origins of the college and reclaiming our own mission, history and language. I feel we have come to be newly aligned as an institution, and during that energizing process we realized it was time to upgrade the campus. This would be in part in preparation for accreditation visits from the Higher Learning Commission and the American Art Therapy Association, but more importantly, to offer the highest level educational experience to our students.

So, with a heightened institutional consciousness, our renewed affirmation of our mission statement (re-articulated perfectly in 2009), and confidence in our future, we forged forth to build the Art Therapy Complex in 2010. We love it, I have to say. Then we implemented an incredibly creative landscaping plan, and the whole back area is pretty sensational, and getting more so by the week. (If you have not seen the campus in the past two years or so, you would be amazed...)

Then came the accreditation folks in late 2010, and we managed to bring that one home with honors. We received a ten year extension, and lots of kudos from the Higher Learning Commission visiting team. That task took about a year and a half of concerted effort, and it effectively came to be almost a full time occupation for me. It was worth every ounce of energy we spent, every night of short sleep.

As of 2011, our biggest challenge has become to increase student enrollment. (90% of our income comes from student tuition, so recruitment and enrollment effectively become our most successful “development” initiatives.) And you know what? As we have become more aligned, clearer about our mission and what we mean by “Transforming Consciousness through Education,” more re-connected with our own institutional history—well, things have started to shift, and shift fast.

Amazing new students, new faculty, new trustees, new staff, new energy and ideas and possibilities seem to be finding their way to our door at an unprecedented pace. Internally, many of us have felt this difference, commented on it, had discussions about it. It is exciting, affirming, and it brings with it hope and bold faith in the Quimby/Southwestern College lineage, and all that it is, and all that it will be.

It is a new era at Southwestern College!

Warmly,
Jim Nolan

We need your email address!

From time to time we send email announcements of events, professional opportunities, or Southwestern College news. If you are not receiving regular email from officemgr@swc.edu, please help us update our records by sending us your email address, especially if you graduated before 2003. Please send your name, email address, year of graduation and area of study to officemgr@swc.edu

News and Updates

New Academic Dean, Dr. Webb Garrison



We welcome Dr. Webb Garrison as he prepares to move into the ever-challenging position of academic dean at Southwestern College. Webb earned his Ph.D. in Clinical Psychology at the Derner Institute of Advanced Psychological Studies, Adelphi University, and brings much experience in the field of Psychology to Southwestern College. He received his B.A. in

Religious Studies from Davidson College in North Carolina, though he also studied as an undergraduate at the University of Tennessee, Knoxville. Webb has been teaching at Southwestern for about a year, and is already a favorite among the students.

Dr. Garrison's passion for spirituality and psychology are longstanding. During high school, he initiated self study of world mythologies, Gnosticism, Buddhism, and Jungian thought. During college, Dr. Garrison explored various Eastern and Western mystical traditions, as well as a range of philosophical traditions, including Empiricism and Existentialism. He entered the field of Psychology, believing that this field can be a medium for the integration of spiritual, philosophical, and psychological principles and practice.

AATA Self-Study

Although we just completed a thorough study of ourselves for the Higher Learning Commission, we are in the process of "studying" again. Every seven years, art therapy programs approved by the American Art Therapy Association must carry out a self-study and submit a report to AATA's Education Program Approval Board. We will certainly incorporate information gathered for the HLC report, and we will need to focus on areas specific to art therapy, such as AATA's Education Standards.

We started the process in March since our report is due by mid-March 2012. We've already received some very valuable feedback during meetings held this spring, and will be implementing some changes this year as a result. More opportunities to meet will be held during fall quarter, and I welcome everyone's input anytime, through email, phone calls and visits.

An important way that you can help is to make sure that the college has your current email address. AATA will send electronic survey links to students, alumni, faculty, supervisors and staff, this fall. Send your address to officemgr@swc.edu.



Deborah Schroder,
Art Therapy/ Counseling
Program Director

Dr. Antonio Nuñez

Dr. Antonio Nuñez has served as the academic dean at Southwestern College since 2007. Over these years, he has been a favorite of the students, teaching Group Dynamics, Multicultural Issues in Counseling, and Ethics. Faculty and students alike have had great appreciation for Antonio as a safe person with whom to consult on sensitive issues of any sort. Antonio was also a contributing visitor to the trustee meetings, and participated as a member of the Committee on Trusteeship.



Dr. Antonio and Zaida Nuñez

Antonio and his wife Zaida, are still formulating their "retirement" plans, but if we know Antonio and Zaida, they will be full of activity, grandchildren and garage sales! We are hoping that from time to time, Antonio will still be teaching courses at Southwestern in the future. Antonio, you will be missed.

European Expressive Art Therapies Conference

The European Consortium for Art Therapies will hold its conference this September in Lucca, Italy, and I'm very pleased to be presenting. The conference's theme this year is "Art Therapies and the Intelligence of Feeling" which is a new direction for the consortium – looking at what feelings emerge inside the therapist. I will be giving an experiential workshop, "Permission to Feel: the Creation of Emotional Landscapes". I appreciate the time away and support given in order to participate in this. AND, I'll be seeing art in Florence! Can't wait to share my adventure with students in the fall.



Artwork by Harriet Ellner (see page 14)

more News and Updates

Southwestern College - A Presence at the 69th ASGPP Conference *by Kate Cook*

Numerous members of the SWC community attended and presented at the 69th annual conference of the American Society for Group Psychotherapy and Psychodrama in late April in Clearwater, Florida. Kate Cook, director of SWC's Interpersonal Neurobiology, Somatics and Action Methods (INSAM) program, offered the opening plenary speech, entitled Brain Savvy Approaches to Group Process and Psychodrama. Kate also co-presented a workshop with INSAM faculty member and conference keynote presenter, Bonnie Badenoch. Carol Frank, alumna, faculty and director of the Gift of Grief Certificate Program, co-presented a workshop with alumna, Sue Shaffer. INSAM faculty member John Olesen, MA, PAT, also offered a workshop. Stellar SWC student attendees included Cynthia Alexis, Jeff Licalzi and Lori Padilla. To quote Dale Buchanan, president of the American Board of Examiners in Psychodrama and Group Psychotherapy, "You sure do have some great students there!"



Kate Cook and Bonnie Badenoch

Operation SCC Kitty Rescue *by Erica Westby*

Helping comes in many ways here at Southwestern Counseling Center. Magic comes in many ways too. We see so many people in so many different situations looking for help, support, caring and love. Recently we were able to help two little beings that were in desperate need, a life and death situation.



It was a Tuesday when one of our regular clients came through the door with two very little, and very hungry kittens. Eyes not even open yet, they cried and cried for their momma and some food. The client had been at her apartment dumpster when a neighbor walked up with the two kittens, getting ready to throw them away! The client took them in, but in her situation was unable to care for the kittens in the way they needed. The kittens were beyond adorable, and of course at a very fragile point in their lives needing 24 hour care! They were maybe a week old and both could fit in the palm of my hand. Immediately everyone who was present rushed into action. One student called the Humane Society, another student went over to a pet store to get kitten formula, feeding bottles and soft blankets for the kittens. Other students held the little kittens and gave them comfort. Finally we were able to get them into the Humane Society where they could get vet care and were placed with an experienced volunteer foster bottle feeder.

It was such an amazing experience to care for the two kittens. So amazing I didn't even mind waking up in the middle of the night to feed and care for them! I believe they touched the hearts of so many students and clients for the few days they were here. People smiled when they saw them, some even cried as they watched them being fed or held close as they slept. It felt good to see how much everyone stepped in to help these two little lives that were in our hands. *See full story on SWC's Facebook Blog.*

New Faculty Member



Michelle Daly, MA, MS, LPCC, ATR, is an SWC alumna and has a background in public health and human rights work. Her experience includes specialized training in art therapy; grief, loss, and trauma; interpersonal neuro-

biology, somatics and action methods, as well as various trauma treatment modalities. She has worked as an ESL teacher and an interpreter and has provided mental health treatment for refugees and survivors of torture in Chicago. Currently, she works as a therapist and clinical supervisor with Las Cumbres Community Services, providing mental health clinical services for children and families as well as clinical support and reflective supervision for staff and interns. Michelle is also serving as assistant art director at the Creativity for Peace camp.

New Faculty and Board of Trustees Member



James Jordan, Ph.D., LPCC, ("Dr. J") is from the Choctaw Nation of Oklahoma. His Ph.D. is in counseling psychology (APA approved) from the University of Denver. He has over 25 years as a psychotherapist, and many

years in academia, specializing in multi-cultural psychology, especially with Native American issues (Indigenous Psychology), and recently in traditional Chinese medicine. He has several publications in multi-cultural psychology.

He has lived overseas many years and has worked with many cultures, spiritual world-views, and states of consciousness. For all of these reasons, SWC is honored to welcome Dr. Jordan to the Board of Trustees and as a new faculty member.

SWC Highlights

New Board Members



Laura Lansrud-Lopez, MA, LPCC, LPAT, ATR-BC, CTS, is a native New Mexican with extensive professional and volunteer experience working with people in crisis

and survivors of trauma and traumatic loss. She is a registered and board certified art therapist and certified trauma specialist with the National Institute for Trauma and Loss in Children. Laura is currently in private practice in Santa Fe, NM, specializing in evidence-based practices that synthesize empirically validated treatments and expressive arts modalities. Laura also serves as board secretary for the New Mexico Art Therapy Association.



Phillip Retzky, MA, LMHC, has a private practice in Santa Fe. He began working in community mental health in the early 70's. His training at LA Psychiatric Service incorporated early models

of crisis intervention. In the early 80's, he opened a store in NYC's East Village, called it Little Ricky's, and for the next 15 years became the retail darling (and success story) of NYC. He retired in 1999 to study writing at The Fine Arts Work Center. After 5 years of solitude and a fabulous new relationship, he relocated to Santa Fe, and with a sense of returning to his "original career," he entered the masters program in grief and loss at SWC, to incorporate and transform the many losses he experienced during the AIDS crisis in the 80's and 90's, including the loss of his partner, Mitchell. Bringing all these gifts of 58 years into his private practice feels like a vast journey into the past, present and future.



Ted Wiard, MA, LPCC, CGC, The Reverend is co-founder and executive director of Golden Willow Retreat, a sanctuary for grief and loss in Taos, New Mexico. He became an ordained minister at Terra

Nova Ministerial School in Cedar Mountain, North Carolina. Reverend Wiard has a diverse background having been a spiritual care counselor at the Rancho Mirage, California Betty Ford Center; a dean of admissions and financial aid at Brevard College; a middle school teacher; and the owner of Ted's Tennis, a tennis coaching and repair company. He received his M.A. in Grief, Loss, and Trauma from Southwestern College, and teaches Addiction Assessment and Treatment as well as Theory and Practice of Family Counseling there.



Chuck Neeley, JD, After graduating from the University of Texas Law School in 1979, Chuck practiced law in Houston, TX for 13 years. He moved to Taos, NM in 1992 and has been the children's court attorney in the Eighth Judicial District since then.

Chuck is currently enrolled in the Masters in Counseling program at Southwestern College.



Connie Buck, Ph.D., LMSW, received her bachelor's in Sociology from the University of Southern California, Los Angeles, a Masters in Speech Pathology and Audiology from California State University,

and a MSW from New Mexico Highlands University. Her Ph.D. is in Clinical Psychology with an emphasis in Depth Psychology from Pacifica Graduate Institute.

Student Board Member



Craig McAdams, BA is a second year student in Southwestern's Counseling Program. He is also working toward a certificate in SWC's Interpersonal Neurobiology, Somatic and Action

Methods program. Craig received his B.A. from Bowling Green State University, specializing in Peace and Conflict Studies. Currently, Craig is an administrator at the Southwest Family Guidance Center. He often practices earth-based ceremonies, Vipassana meditation and participates in cultural immersion trips. Finally, Craig is now practicing passive solar, solar cooking, permaculture and other sustainable living methods while living off the grid in the Ampersand Sustainable Learning Community.

New Staff



Desiree Beltran, BA Academic Assistant, has worked in the non-profit world on social/racial/gender justice issues for the past 10 years. Currently she complements

her work at Southwestern with work as a studio assistant, offering her skills while pursuing her passions in art and dance. She feels blessed to be part of SWC's learning community and hopes to contribute her talents while taking advantage of the many opportunities to enhance her knowledge and consciousness.

Southwestern College takes great pride in offering diverse, relevant and substantive classes in each of our five certificate programs. We are committed to bringing transformative experiences and excellent value for participants. Each of our programs offers distinctive training that can enhance not only the participant's experience and skill base, but their career opportunities. The directors of the programs are passionate educators and practitioners, and each selects master teachers to bring forth cutting edge teachings in their area of expertise. You may want to complete an entire specialty area (200 hours) or you may choose to take whichever class is of interest to you. Either way, you can only gain from the experience. Below is a sample of the amazing classes that will be offered this fall. Please see our web site for the full fall schedule at www.swc.edu.



Upcoming Weekends

CHILDREN'S MENTAL HEALTH

Sand Tray/Sandplay with Children and Adolescents

Friday, September 16th, 5:30–9:30pm
Saturday, September 17th, 9:00am–6:00pm
Sunday, September 18th, 9:00am–6:00pm

CMH 5050 \$429/20 CECs or \$900/2 quarter units

The course will explore sandplay and sand tray therapy through case presentation, lecture and experiential process. In reviewing the theoretical base for each method and the application with clients, grounding the information in history and theory, similarities and differences between sand tray and sandplay will be described. In addition, we will review the requirements for becoming sandplay therapists, the possibilities of using the tray in your practice, and the benefits and potential difficulties of incorporating the sandplay and art in therapeutic practice. Ethics specific to sandplay will be addressed.



Josie Abbenante, MA, ATR-BC, LPAT, has taught and practiced art therapy for the past 30 years. She added the practice of sandplay to her work fifteen years ago. She has presented internationally on sandplay and art therapy. She currently coordinates and teaches in the summer graduate art therapy program at Pratt Institute.

INTERPERSONAL NEUROBIOLOGY, SOMATICS AND ACTION METHODS

Moving Toward Wholeness : The Intrinsic Wisdom of Body / Psyche / Spirit

Friday, October 28th, 6:00–9:00pm;
Saturday, October 29th, 9:00am–5:30pm
Sunday, October 30th, 9:00am–5:30pm

IN 5300 \$429/20 CECs or \$858/2 quarter units

HOLOTROPIC (derived from the Greek 'holos' and 'trepein') means 'moving toward wholeness.' Holotropic Breathwork is a powerful method of using non-ordinary states of consciousness to access the intrinsic wisdom of body, psyche and spirit. Combining enhanced breathing, evocative music, focused bodywork, art and group sharing, Holotropic Breathwork has the capacity to promote new levels of mind-body integration. Offering unusual healing potential, the work is of value to persons interested in deep inner exploration, self-knowledge, and spiritual awareness. It is an excellent experiential adjunct to psychotherapy, as well as a powerful method of self-care for helping professionals. This workshop will offer participants an in-depth introduction to the work of Stanislav Grof, MD, a leading pioneer in the field of Transpersonal Psychology. The weekend includes a strong experiential component and Grof's Holotropic Breathwork, as well as a variety of integrative practices designed to support the insights gained.



Diane Haug, MA, LPCC, is a licensed therapist living in northern New Mexico and a senior member of the Grof Transpersonal Training staff. Diane has been involved with transpersonal psychology and the Holotropic Breathwork since 1986. She has been deeply involved with the international breathwork community participating in Grof training events in Scandinavia, Russia, South America, and Europe. Diane has developed GTT training modules including Shamanism: An Exploration of Traditional Wisdom; The Language of the Soul: The Art and Practice of Integrating Deep Experiences; Jung's Red Book: The World Within (with Monika Wikman, Ph.D.), and Living with Dying. She is the executive director of the Ocamora Retreat Center.

TRANSFORMATIONAL ECOPSYCHOLOGY

Advanced Energy Healing

Friday, November 18th, 6:00 –10:00pm
Saturday, November 19th, 9:00am–10:00pm
Sunday, November 20th, 9:00am–10:00pm
Monday, November 21st, 9:00am–12:00pm

TE 561-2B \$858/20 CECs or \$900/2 quarter units

In the mystical traditions of the Andean shaman, mastery of the world of energy and spirit –the *Kausay Pacha*– is essential to our growth and evolution. In this class we will go deeply into the world of energy, working extensively with our mesas and the energies of the land, to cleanse, strengthen and heal our medicine bodies. (30 contact hours toward the TEco Certificate.)



Jose Luis Herrera was born into the medicine traditions of the Andes and Amazon. For over 20 years, he has studied with Peru's most respected medicine people. He has become a genuine bridge between the Western and the Andean cultures and paradigms.

GIFT OF GRIEF *(based in Albuquerque)*

Loss in a Child's World

Friday, October 21st, 6:00–9:00pm;
Saturday, October 22nd, 9:00am–6:00pm
Sunday, October 23rd, 9:00am–6:00pm

CMH 5014 \$429/20 CECs or \$900/2 quarter units

(Note: There is a \$215 scholarship available for all who register, whether for credit or CECs.)

Location: Adelante Development Center, NE Entrance, 3900 Osuna Rd. NE, Albuquerque, NM 87109

Stepping into the world of a grieving child or adolescent offers a unique opportunity to touch a life and transform grief into healing and health. In this course, both death and non-death-related experiences of loss will be explored. Theoretical concepts, including the role resiliency plays in the healing process for children, as well as developmental distinctions of childhood grief are presented.



(Counts as 20 contact hours toward both Children's Mental Health Certificate and the Gift of Grief Certificate.)

Carol Frank, MA, LPCC, RN, BSN is certified in end of life care by the American Academy of Pain Management. She maintains a private practice with a specialty in grief, loss and trauma and is an adjunct faculty member at SWC.

GRIEF, LOSS AND TRAUMA

Ethical, Legal And Professional Issues In Death And Dying

Friday, September 23rd, 5:00–9:00pm
Saturday, September 24th 9:30am–5:30pm
Sunday, September 25th, 9:30am–5:30pm

GCH 509 \$429/20 CECs or \$900/2 quarter units

This class presents legal and ethical issues in death and dying. Topics include ethical principles, confidentiality, informed consent, legal tools for planning, professional and ethical codes, funerals, burials and special issues with HIV/AIDS. Participants are encouraged to identify ethical issues affecting their professional practice.

Janet Schreiber, Ph.D., is the founder and director of SWC's Grief, Loss and Trauma Certificate Program. She has taught and trained counselors and other health professionals for over 35 years.



The Mindful Acupuncture in Trauma Treatment certificate

New Mexico is one of 20 states that certifies mental health professionals working in the field of prevention and/or treatment of addiction to use auricular acupuncture as an adjunctive treatment modality known as the "NADA protocol." NADA or the National Association for Detox Acupuncture (www.acudetox.com) was founded in 1985 as a not-for-profit training and advocacy organization that encourages community wellness through the use of a standardized auricular acupuncture protocol for behavioral health, addictions, mental health, and disaster & emotional trauma. The "NADA protocol" is a standardized auricular acupuncture procedure consisting of 5 points in each ear. According to Chinese medical theory, 2 of the 5 points regulate the nervous system and the remaining 3 regulate emotions: anger, fear and grief.

The Mindful Acupuncture in Trauma Treatment certificate program is scheduled to launch at Southwestern College in the spring of 2012 unfolding in a graduated fashion over the next few years.

Dana Moore, MA, 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.



EARN
CECs

Southwestern College presents the 30th Annual

TRANSFORMATION AND HEALING CONFERENCE

August 24th - 28th, 2011

Interpersonal Neurobiology: Integrating Body, Mind and Spirit

❁ ❁ ❁ ❁ ❁ KEYNOTE SPEAKERS ❁ ❁ ❁ ❁ ❁

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.



Bonnie Badenoch, Ph.D., LMFT, is an in-the-trenches therapist, supervisor, teacher, and author who has spent the last five years integrating the discoveries of neuroscience into the art of therapy. She is Author of *"Being a Brainwise Therapist."*

Sunday, August 28, 2011

1:00pm - 4:00pm

Instinctual Trauma

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, developed Shifting Consciousness through Dimensions (SCTD), a neurological system for transforming trauma and personal limitations. He has written three books on SCTD.



18 New and Exciting
Experiential Workshops
Wednesday - Friday

Exploring the 'Window of Tolerance' in Art and Action

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

The Neuroscience of Creativity

Becoming the Love that is the Transformer

Mindfulness-Based Auricular Acupuncture (MBAA) in Trauma Treatment

Parent-Child Interventions from an Attachment Perspective

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

Grief In The Body: Feel It to Heal It!

Building Resilience in the Aftermath of Loss.

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

Three Brains, One Mind: from Separation to Connection

The Healing Power of Ceremony

Embodying Soul; Ensouling Body

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

The Brain in the Body

Living Boundary – Awakening the Body's Wisdom

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

Using Music as a Tool to Cultivate Social Intelligence



Southwestern College
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For a complete conference brochure,
including more information on our keynoters and experiential workshops,
visit: www.swc.edu | email: info@swc.edu | call: 505.471.5756 ext. 6807
call toll-free 877.471.5756

Workshops will be located at SWC Campus:
3960 San Felipe Road, Santa Fe, NM 87507.
Keynote presentations will be located at SF
Center For Spiritual Living, 505 Camino de los
Marquez, Santa Fe, NM 87505.

SOCIAL MEDIA



by Dr. Jim Nolan

You would have to be living under a rock these days to not have at least a passing awareness of the popularity of social media. Facebook, Twitter, YouTube, MySpace, Google Place, Google Plus, Stumbleupon, Digg, Reddit. It goes on and on and shows no signs of slowing down.

Indeed, at a recent webinar I learned that fully 50% of Americans are on Facebook, and that if it were a country, Facebook would be the 3rd largest in the world, and the fastest growing one. Amazing.

So, recently I attended trainings with the Chamber of Commerce, the Chronicle of Philanthropy and Lynda.com, and consulted with Petersons.com, Graduateguide.com and Gradschools.com, and it is abundantly clear that institutions of higher education absolutely must have a strong social media presence. Southwestern College is now decidedly on board. Our Facebook site has an ever increasing base of followers, and my personal/professional site has over fifteen hundred. Our YouTube videos now have thousands of views, and we anticipate that our YouTube presence will explode in the next year or so. We

have over three hundred people "following" Southwestern College on Twitter, and we just started that initiative two weeks ago. We are building a new web site and will have several ongoing blogs on that site.

The point is not just to be on social media for the sake of being on it. Consciousness is a funny thing, and it is clear that it travels via different mundane media from generation to generation. Social media is where people meet people, get informed and make connections. I know some of us judge and decry that notion, contending that "those are not REAL connections!" as if we know what "real" should look like for a whole brave new world. Indeed, the times, they are a-changin'.

Of course, Facebook is not for everybody, but it is inarguably a staggeringly happening phenomenon. If you are on Facebook or decide to join, please look us up and be a frequent visitor. "Like" us. Much of our recruitment, visibility and growth these days is due in large part to technology and social media. Transforming consciousness through electronic prosthetics. What'll it be next?

Visit www.swc.edu and click on the Facebook, YouTube and Twitter buttons to see our presence on each.

The Las Conchas Fire

by Laura Lansrud-Lopez, SWC graduate and trustee

A tree fell across a power line on private property on June 26, 2011, igniting what would become New Mexico's largest wildfire with an historic spread rate. Within the first 24-hours "Las Conchas" fire spread 48,000 acres, causing Los Alamos National Laboratory to close and all city residents to evacuate. While scanning local blogs for fire information and checking Facebook for updates from Los Alamos friends, I came across Deborah Schroder's Facebook post wondering if mental health support was being provided in the shelters and offering to help organize a group of therapists if there was a need.

Thanks to Deborah's call to action, the power of social networking, and a trip to each of the Red Cross shelters, I was able to coordinate the combined efforts of Southwestern College, the New Mexico Art Therapy Association, and the New Mexico Chapter of the American Red Cross to bring art therapy to families displaced by the fire. After our face-to-face conversation, the shelter manager in Espanola added art making to the schedule and requested we begin immediately. With no time to pick up art supplies donated by

SWC and Deborah Heikes (SWC alumna), I rushed home, pilfered my 3-year-old's crayons, washable paints, and Play-doh, and headed back.

I was moved by the cozy familiarity, care, and mutual concern the residents and Red Cross volunteers showed one another at the shelter, and dismayed by the blaring TV, tuned invariably to the news. "Devastating fire in Las Conchas. . . homes threatened. . . release of hazardous materials feared." Adults sat in a semicircle around the TV, leaning forward with worried looks. Kids played in small groups at the back of the shelter, fleeing the images of flames and things burning. Mental health support was indeed needed and art making was welcomed and appreciated. Not surprisingly, houses and pets were predominant themes. Art is a powerful vehicle for self-expression, resilience, and healing, and my session at the shelter was a welcome reminder.

I returned home to a full in-box with messages from students and professionals offering their time. The response was amazing, but the daunting task of coordinating volunteers to work at the shelter for the next several days was overwhelming. To my delight Stacy Battle, an art therapy intern, stepped forward to coordinate scheduling and manage

donated art supplies as well as volunteer at the shelter.

For the next few days SWC students, Stacy Battle, Harriet Ellner, Anna Mills, Sara Martin, Gina Letizia, Kim Douglas, and Ericka Becker provided therapeutic art making with shelter residents. Other students and professionals in the community offered to help, but the schedule filled quickly due to the speed and effectiveness of social media in those first few hours.

Despite smoke damage, bears, snakes, and low air quality, Los Alamos residents were allowed to return a week after the mandatory evacuation. On Sunday, July 3rd, Red Cross shelters were closed and resources were moved northward to Santa Clara pueblo where flooding due to severe forest damage was feared.

I am proud to be a member of a community that eagerly steps forward in leadership and service in times of fear and uncertainty. My sincere gratitude goes to the faculty, administration, alumni and students of Southwestern College for stepping forward to aid the families displaced by Las Conchas fire.

See full story on SWC's Facebook Blog.

Light Figures

Dr. Martin Luther King

Hildegard of Bingen

Hailee Strassner

Linnea Knoespel

Change Agents



Light Figures and Consciousness: At the Core of Southwestern's Curriculum

by Katherine Ninos, developer of the
Psychology of Consciousness Sequence

As you all know, Southwestern College's mission statement reads "Transforming Consciousness through Education." Consciousness has always been at the center of our curriculum; indeed, our two quarter sequence "Psychology of Consciousness" constitutes one of the signature experiences in the transformational education for which Southwestern is known.

It has come to my attention over time that altogether too many faculty, trustees and friends of the College have only the sketchiest notion of what happens in "Consciousness" class. It has never been my intention for these courses to be unduly mysterious (though some of the amazing things that happen in the classes seem to derive from the mystery realms!)

So, in the spirit of transparency and transformational education, I would like to share some of the profound learning that Southwestern College students were willing to share with me over the past quarter.

Choosing (many would say "being chosen by") a Light Figure is a core experience of Psychology of Consciousness II: Paradigm Shifts and Change Agents. What do we mean by a Light Figure? A Light Figure is someone who is or was "real", who acted or moved in the world in such a way as to inspire others (a student) by making a significant difference and contribution in the world, often against great odds. So "Light Figure" may sound mysterious until you learn who some of the Light Figures students have chosen to embody for this course have been: Jesus, the Buddha, Helen Keller, Peace Pilgrim, John Lennon, Joan of Arc, Thomas Merton, Marie Curie, Bill Wilson, Golda Meir, Jane Adams, Walt Whitman, Fools Crow, Margaret Sanger, John Stuart Mill, Johnny Cash, Kwan Yin, Saint Dymphna, Rumi, Gertrude Stein, Jiddu Krishnamurti to name a few.

No doubt you can feel, energetically, a commonality running through these figures. They were

often at odds with the dominant culture or prevailing paradigm, yet had an unwavering alignment with their own higher selves and with source or divinity allowing them to hold and act on their vision, often in the face of misunderstanding, hostility and/or danger.

Students in Consciousness do not only "study" these inspirational figures. They invite them into their own being, and in turn become part of the Light Figure's being over the course of ten weeks. They live and breathe these inspirations, allowing the qualities they admire in their light figure/mentor to awaken further in themselves. They study current events domestically and abroad that reflect the pattern of the past time period of their light figure to see how patterns cycle and repeat themselves. Seeing these events through the eyes of their light figure helps in gaining a larger perspective.

Interestingly, students frequently report that they "didn't want" to do a particular Light Figure, but felt an extraordinary energetic pull or magnetism to that person anyway. (That is an example of the mysterious experiences in the course.) They may find that a person who seemed initially like a saintly or impeccable character turns out to have a dark or shadow side as well. This revelation that a larger-than-life inspiration also struggled in this life can bring home the Light Figure's human status, making them more complex and real, and less of an iconic or faultless being.

The actual presentations in class often include costumes, a modest set, and always an intention to let the Light Figure's energy flow through them in the moment. My experience of

students bringing their Light Figure into the class is frequently nothing short of stunning. Introverts can become outwardly powerful, the tentative can become bold, the outspoken can become soft and silent.

It has been one of the greatest honors of my life to witness these transformational presentations over the past thirty years, and students in the class have expressed the same sentiment. Some graduates of the College report that, years later, their Light Figure is still a significant presence in their lives, still offering teachings that extend well beyond the brief duration of the classes themselves.

So, with the students' permission, of course, I offer here some of their experiences related to Light Figures, Consciousness, or both, as well as some reflections given to us by SWC alumni. I honor them for their journey and am thankful for their courage in allowing us this opportunity to see inside the mysteries of Consciousness.

* * * * *

Student: Linnea Knoespel

Light Figure: Martin Luther King, Jr.

I had the wonderful opportunity to work with Dr. Martin Luther King, Jr. as my light figure. I was drawn to his leadership in the South as a black man. I was drawn back to my upbringing in the South and the tensions that still are present between the blacks and whites. Studying with Dr. King and the Southern Freedom Movement felt like a good way to not only learn from this light figure, but also to deeply re-engage with the history of the place in which I was raised. I was drawn to Dr. King and his ability to effect positive change with positive means. I saw in him a very strong man, with a deep belief in the God-given right of equality, who embraced leadership based on the ideals of love. I was in awe of his faith and trust that he was indeed standing with God and of the courage and strength in voicing that truth in the face of such strong opposition.

By studying with Dr. King, I see how my consciousness has expanded and that I have been able to respond to situations in new ways that are more aligned with the higher good for everyone involved. I am able to see on an intellectual level how consciousness pervades everything. By becoming aware of what is happening in the present moment, both internally and externally, I am able to base decisions not as a reaction to something

else, but as an unfolding of my personal truth and in line with my higher self. I am aware that when we have a strong reaction towards someone, regardless of its positive or negative quality, we are responding to something within ourselves. In being drawn to work with our light figures this quarter, we were drawn to certain light aspects they hold that are also within ourselves. In working with Dr. King, I more fully acknowledge the power and light that resides within myself.

Student: Hailee Strassner

Light Figure: Hildegard of Bingen

In the study of consciousness, the light figure acts as a mirror in a similar manner to the mandala. Through attraction, we seek out the qualities we wish to possess, at first believing they do not belong to us. Through the active relationship with light, we are shown that we contain the same qualities as the entity we admire. This can lead to the courage it takes to be a visionary, healer, and catalyst for change.

Hildegard's presence is inspiring in its gentleness, power, and creativity. At this time, she reminds me to trust my path, share my visions, but most of all, be as true to myself in every moment as I can possibly be. Sharing my gifts, like even a small butterfly would, will change the course of time.

Student: Patricia Spurio

Light Figure: Jesus

The truth is that my experience of Jesus has felt somewhat diminished when I have engaged with writings about the life he led on this earth. In *The Jesus I Never Knew*, Philip Yancy talks about how the life of Jesus was so important that it literally split history into two parts - before and after Christ (p.16). So much has been projected onto Jesus through writings and interpretations; everyone seems to have a different idea of who and what his message was. This is compounded by the fact that the Bible has been written and altered by human beings with agendas. To discern what is accurate on an intellectual level is not possible for me.

I have been faced with the reality that Jesus was a human being who experienced the full range of experiences and emotions that come with being embodied, and I realize now that this does not diminish any aspect of who he was or is, nor

does it take away my personal experience of him or my Self. Today I see Jesus as a spiritual warrior, in and out of his body. He has been a powerful example of the life I want to live and that I believe is my birthright. I give thanks to him for being my teacher, and for helping me through this project. For it is so, that every time I call, he is already here.

Student: Suzanne Otter

Light Figure: Rachel Carson

Rachel Carson's gift to the world came to fruition through her love of writing, her deep connection to nature, plus her advanced training in science. Her writing career culminated with *Silent Spring*, which was finally published in 1962. It took four years to research and document the dangers of pesticides, the criminal acts of poisoning committed by corporations and the federal government's negligence in protecting the rights of citizens to live in an environment free of poison. Carson demanded the government do something about it



Patricia Spurio and Jesus



Rachel Carson and Suzanne Otter

Perspectives on Consciousness *continued*



negligence on environmental issues and testified in front of two Senate hearings. Her testimony was instrumental in the process of enacting the first environmental protection laws.

A lightning rod is a light figure: someone with a larger vision who can stand in their truth in the face of massive trance, tumult and assault. Light figures will play a role in the evolution of human consciousness from the current pervasive trance of a dominator society to a culture of cooperation that honors life-giving forces. A light figure is a way-shower who is acting from a place of love and who has the power to reach many people in order to effect change. This kind of leadership is threatening to the formidable keepers of the trance. As I witnessed in our light figure presentations, an encounter of unlikely giants will occur. Light figures are awake to a conscious way of being in the world and they will be attacked and sacrificed by the people of the trance.

Student: Emilie Ferran Light Figure: Chris McCandless

My experience in meeting Alex (Supertramp...aka Chris McCandless) was touching, and he is someone that I have carried with me since I learned of his story. Working with him over the past eight weeks has allowed for a softening of my heart and mind. He died a happy man and I think that in working with him I experienced a great amount of light and joy. He walked the earth as

an attempt to find his spirit, "the climactic battle to kill the false being within and victoriously conclude the spiritual pilgrimage." I believe that his energy has helped me to stay focused on this same part of my journey. We are being taught to do the very same thing in this consciousness class, and it was important that I worked with a light figure that found his spirit on his own terms. Working with a light figure seems to allow for an individual to take on characteristics of the person they are emanating. It is as though we are drinking in the idea of this spirit and noticing how their energy might be working through and within us. It seems like a placebo for helping a person manifest change and space in the deepest parts of their being.

Student: Karen Wennberg Light Figure: Carl Sagan

Paradigms of reality create the underlying structure for human life and society. Without them, people would have difficulty in ordering the world. They are assumed to be the only way and truth, though they are not so. Paradigms are the implicitly agreed-upon rules within social, spiritual, cultural, political and economic institutions. Throughout human history, there have been certain individuals who were able to break out of these paradigms of reality in order to make change they deemed necessary for advancing the quality of human life.

Carl Sagan embodied many elements of a light

figure for me: he spoke his truth, he spoke out for the unity of humanity across all differences, and disbelieved in power games. For me, presenting as Carl Sagan led me to find a deep well of courage inside myself. I found an ability to effectively convey my true passions to a group through verbal communication. This means has never been comfortable or natural to me and so I had always had fear around it. I found that uncovering admirable characteristics of my light figure also surprisingly uncovered these traits in myself.

When I engage in creative endeavors and receive inspiration from a mysterious source, I tap into that realm of the infinite of which I am only a part. I am capable of filtering the infinite into unique, special little things in this physical world, through this body. This perspective on my own consciousness makes me feel more connected to others in a universal way, because creativity is inherent in all of humanity if we just allow ourselves access to express the beauty and power of this capacity.

Alumna: Laura Lansrud-Lopez Light Figure: Santa Teresa de Avila

I knew very little about Santa Teresa de Avila when I chose her to be my light figure in 2005. I say I chose her, but in fact I did not. She chose me. . . or rather, my deceased grandfather, Carlos López, brought us together through a series of coincidences and vivid dreams that culminated



Neva Dell Hunter

Karen Kral

Laura Lansrud-Lopez

Paramahansa Yogananda

Laurie Grant Da Silveira

in my discovering one of her poems, handwritten by my grandfather, inside the front cover of a book of poetry he'd written -- the last book he gave me before dying. I didn't know why my light figure should be a Catholic mystic, but I believed she held some important lesson for me. And she did. She taught about holding compete and absolute trust in my inner experience. A lesson I desperately needed at the time. And my relationship with her brought my grandfather back to life in my heart, something I also needed.

The 10-weeks I walked with St. Teresa during Consciousness II were filled with awe, surrender, and trust. The end of the quarter was bittersweet, then on to the next cluster of courses and new experiences. I now have two small children, a private practice, and several other endeavors, initiatives, and projects in the works. I continually struggle for balance between being a mother and being a professional and the struggle leaves very little time for walking the corridors of my inner world. Recently I was reminded of Santa Teresa and re-read one of her books. Her lesson about trusting my inner world was valuable and I appreciated the reminder. What surprised me, however, was the stunning insight that she has always held another lesson for me, but one which I was not ready for and didn't think I needed. This second lesson has to do with her mystical experiences and union with God, and I feel my journey with her has resumed.

Alumna: Laurie Grant Da Silveira Light Figure: Neva Dell Hunter

The Light Figure project was one of the more memorable experiences at Southwestern College. The curriculum taught in Consciousness II inspired confidence to understand my own intuition and guidance to receiving and interacting with energies no longer in physical form. My Light Figure is Neva Dell Hunter. She helped to spearhead Southwestern College in collecting and protecting the Quimby Metaphysical Library, channeling Dr. Ralph Gordon (who stated that in a past life he was Dr. Phineas Quimby), and conducting aura balancings and karmic readings. After being introduced to her in the Consciousness II class, I have used her presence and support numerous times since; especially during second year when we first started to work with clients, during the pregnancy with my daughter, and now as I am traveling through the journey of motherhood. She is one of the first guides that I call in times when support is needed. My life has been forever changed.

Alumna: Karen Kral Light Figure: Paramahansa Yogananda

My light figure was Paramahansa Yogananda, the East Indian Sage who came to the US in the early 1920s to share the teachings of Kriya yoga and who transmitted to his students a deep reverence for and connection with the spirit of the Divine Mother. Yogananda's most popular book was *Au-*

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tobiography of a Yogi. When I did my light figure project back in 2003, I remember feeling Yogananda's presence in my body. During the final presentation I was filled with his joyful energy and had a sense of his physical weight and power in my own body. As I was walking around the room chanting songs like, "Door of my heart, open wide I keep for Thee" and "God alone, God alone, God alone's all we ever need", a friend noticed that I actually "looked" like Yogananda, that I had his posture and mannerisms. This was strange to hear, given that I do not resemble Yogananda in any way.

To this day, Yogananda is in my heart. When I do my morning spiritual practice and call in my guidance, Yogananda is always one of the first names I invoke to help me through my day. Through my connection to Yogananda I feel my own joyful essence, the part of me that is at once playful and creative and at the same time bold in the world and unafraid of taking risks. I open to the cosmic energy of Divine Love and know that as I walk this earthly road, many who have come before me are guiding me home.

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**Student: Karlene Waters
Light Figure: Anne Frank**

I AM

I am the beaten path leading to awareness.
I am the weak shrubs which line the way.
I am the steady feet that carry my body.
I am the shaky voice inside my head.
I am the open heart that echoes inside of my chest.
I am my most inspired student.
I am my wisest teacher.

I am the wind that guides me home.
I am the home that brings me comfort.

I am awake while I sleep.
I am dreaming while I wake.

I am my inner critic.
I am my biggest fan.
I am my most precious gift.
I am willing to share with you.

I am a beautiful secret.
I am done hiding from myself.
I am the sun that warms the earth.
I am the moon that keeps watch at night.
I am one.
I am you.

I am the wind that guides me home.
I am the home that brings me comfort.

I am in perpetual wonder.
I am in gratitude of my imperfections.
I am aware, they make me perfect.

I am the fruit that nourishes me.
I am the soil that grows the fruit.
I am an innate healer.
I am in need of healing from you.
I am everything I could ever need.
I am everything I am trying to heal.

I am the wind that guides me home.
I am the home that brings me comfort.



Harriet Ellner at the opening of her exhibit "Transformation on Paper."

Deborah John on the summer art show in the art therapy gallery

Last fall our spectacular art therapy building opened for classes. The lovely entrance is a gallery where students can display their artwork. These exhibits change each quarter. This summer's exhibit is a collection of works by art therapy student Harriet Ellner.

Harriet's work is titled "Transformation on Paper," and includes many water-color paintings. The paintings represent Harriet's relationship with water as a symbol of change during her process of becoming an art therapist. Some depict women who swim in beautiful aqua pools that fill the page with watery flow. This color is reflected in the gallery's floor which contributes to giving one an imaginary refreshing respite from the outside summer heat. The show also includes three-dimensional work, and jars of glowing colored water which are displayed throughout the exhibit. Visitors to the exhibit are invited to write a memory about water and tack it to a bulletin board in the gallery. In this way Harriet invites all to participate in her water-world.



Deborah John, Art Therapy/Counseling Faculty



ALUMNI Profiles

• 2010 •



Andrew Fearnside, MA

I graduated last fall in Counseling with a concentration in Grief, Loss and Trauma, having spent the spring and summer working

at the UNM Cancer Center. In January I found contract work at the Family Workshop, a private mental health clinic that receives court-ordered clients with DWI sentences, Domestic Violence (DV) sentences, and Substance Abuse (SA) sentences; receives families, couples and children wishing to work through crises; and occasionally receives individuals wishing to do longer-term therapy. I am grateful for the opportunity to work with folks from all walks of life who suffer from a wide gamut of diagnosable and non-diagnosable problems, ranging from crisis intervention to support for creative living.

I've created a business to house future private clients: Counseling for Creatives, LLC. My Light Figure, Bob Marley, continues to be an invaluable teacher to me on a daily basis, providing me a chance to sing, to reaffirm my bones' commitment to service and growth on the way to session, and to reflect on the political, philosophical and spiritual truths underpinning my life. Through his work I have found a curriculum for spiritual self-study that has helped me open to joy, or more than joy: to being Irie.

I just came off the mountain from a Vision Quest hosted by our teacher and shaman, Carol Parker, and two wonderful SWC grads.

I would like to acknowledge the warmth and willingness to help of the Southwestern Alumni community in my journey from school into clinical practice. My now-coworker Paul Weeks, LMHC was not only instrumental in helping me on board at the Family Workshop,

but has been a source of friendship and support as well in our work. Mr. David Riedesel, LADAC, LMHC has been astonishingly openhearted and openhanded in his discussion of work in the Albuquerque Corrections system. Thank you both.

I would love to connect with anyone in the SWC community! Please feel free to call, text or email afearnside@gmail.com. Thanks to Antonio, we are beginning a Potluck Thinktank down here in Albuquerque to discuss issues we all find moving, perplexing or hilarious; you are welcome to come at any time.

• 2006 •



Shay Davis (aka Rothstein), MA

Wow, what a journey I have been on since graduating in '06! I fell very ill after starting my career. I was working for about 8 months at our local community mental health establishment serving the most severe clientele and teaching at Colorado Mountain College. I created Rocky Mountain Holistic Health and rented an office. I thought I was living my dream but realized too late that I had really over-done it for several years. It then took several years to recover. In my journey to health, I found the most amazing people and after they helped me back to health, they offered me a job.

I began working out of their office (Jan and Jaclyn are experts in Neurofeedback) in Nov. '09, the same day Obama was inaugurated. It was a refreshing re-start for sure. I was having trouble with my first client they referred to me and then it

dawned on me, do Neuro Emotional Technique on her! This is a technique I learned before grad school and it has been a gold mine of health for me and my clients ever since I put it to use.

I offer more of a non-traditional approach and utilize much of what I learned at Southwestern. The techniques I use, mostly NET and EFT, work on a physiological as well as emotional level, then, we do the cognitive work. I have been very successful at treating many physical, mental and emotional ailments holistically. I work with a network of providers who do everything from Naturopathic Medicine and Energy Medicine to Massage and Chiropractic.

On a personal level, I was married in September '10 to Seth Davis who practices the Rolf Method of Structural Integration. We make a great team personally and professionally. We bought a home in Glenwood Springs, Colorado 4 years ago and I am ecstatically happy.

Miracles never cease to happen to me and I am currently working on a book about them irreverently called "Shit I Can't Explain." Excerpts will soon be available to read on my web site www.rmholistic.com.

My intentions for the future are to continue to provide the best possible care for myself and my clients on a worldwide scale (my techniques work over any distance) to write and be prosperous.

• 2005 •



Marika Richards, MA, Art Therapy

I have moved to Anchorage, Alaska where I'm continuing to work with military and military families. I'm adjusting to Alaska's extreme variations while seeing

where the greatest needs are in serving the more feminine parts of this intense northern place!

1996



Jack Lehman, MA, LPCC

Certified Trainer - Center for Nonviolent Communication
In Thailand, north of Chiang Mai, I worked individually with workshop participants in front of a group. It was a 2 day Introduction to Nonviolent Communication. I spent much of the winter of '10 -'11 in Thailand and gave 3 workshops there and did some individual counseling, too.

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1990

Michele Rozbitsky, MA

What a busy year! I was part of the 'Women Writers of New Mexico Symposium' for my book about 2012, "*Journey to the Fifth World: Coming Full Circle in Healing and Transformation.*" I presented at the NM Spirituality and Counseling conference, facilitated a workshop called '*Dreaming the New Earth*' in Los Alamos, and was a speaker at the 'Holistic Fair' and so much more. I appeared on the Oprah Winfrey network OWN on the '*Healing Dirt of Chimayo*' episode of '*Miracle Detectives*,' in addition to being on the New Mexico Naturopathic show. You can view both of these by going to the links page of my website www.journeytothefifthworld.com. I provide 'Shamanic Healing and Guidance' sessions in Santa Fe and long distance, shamanic apprenticeships and healing work mentorships as well as 'Daughters of the Moon' groups. earthstar3@earthlink.net 505-988-7542



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