



# Heartlink

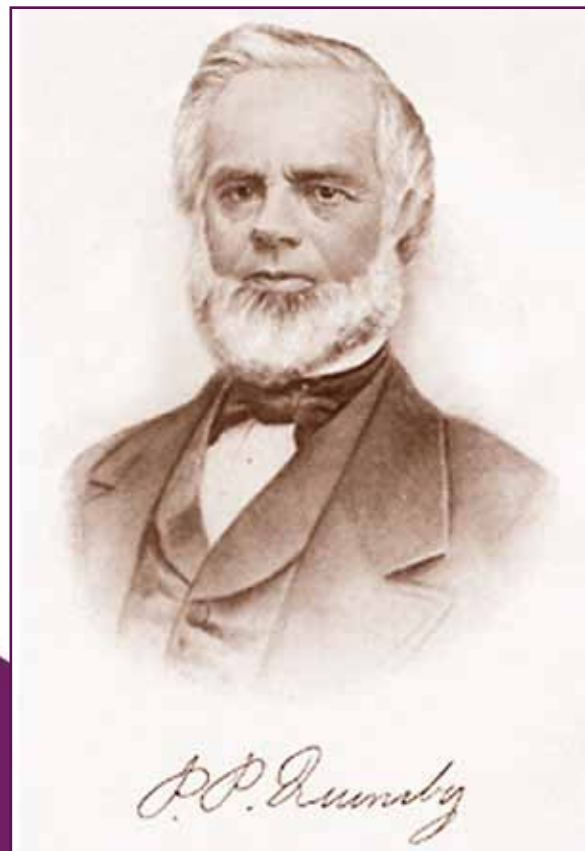
of Southwestern College  
*Transforming Consciousness through Education*

Winter 2010

## Consciousness in Action

Underpinnings of Southwestern College:  
Part I: Quimby and New Thought

Art Therapy Complex Under Construction  
2009 Graduation



Phineas Parkhurst Quimby  
Father of New Thought

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Heartlink is published twice a year  
by Southwestern College

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## 2010 UPCOMING Events

**New Art Therapy Complex  
Grand Opening Celebration  
and Dedication:  
Date to be announced.**

**New Website to be Launched  
for Southwestern College:  
More Dynamic & Interactive**

**29th Annual Transformation  
and Healing Conference:  
Nurturing Our Children,  
Healing Our Future  
Aug. 25 - Aug. 29, 2010.**



Notes Jennifer Brown, A/T 2007



### European Arts Therapies Conference

Deborah Schroder  
Program Chair, Art Therapy/Counseling

In September I was in London to present a workshop at the 10th annual ECARTE (European Consortium for Arts Therapies Education) conference in London. I had presented at the 2005 conference in Crete and was thrilled to see so many familiar faces and to feel a bond with art therapists from so many different countries. In all, thirty countries were represented by enthusiastic, brilliant participants who came to share and learn.

Attending international art therapy opportunities always opens up new possibilities and understandings for me. I value getting my American take on art therapy shaken up and expanded.

The conference theme this year was "The Space Between – the Potential for Change." A wide variety of papers and workshops filled the three days, including presentations on art therapy with refugees, DBT and individual art therapy, art therapy combined with a Chinese healing philosophy, as well as music and drama therapy.

In my own workshop, "The Space Between Loved Ones: An Exploration of Relationships Using Family Art Therapy," the lively conversations and art shared by participants helped me understand the word "family" in a very deep, global way. Watching participants make art and share family stories was a remarkable gift. An older therapist from Finland came up to me afterward, grinning broadly, and said, "See, I finally got to draw my grandmother as an icebox!" This spoke strongly to me of how much the experiential approach that we cherish here at Southwestern is appreciated globally!

The conference was everything I could have hoped – exposure to expanded approaches, discussion and exploration of ideas – both new and old, reconnecting with professionals from around the world, forming new connections and, best of all, the affirmation of knowing that Southwestern College has a powerful art therapy program – and it is what the world is calling for.



*Vision Quest Hearts* Katherine Ninos

Our theme, **Consciousness In Action**, is explored by three SWC alumnae and one second year student. Each person reflects on how they see the action of consciousness in their life, their work and interactions with others. **Articles are on pages 6 and 7.**

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### Please Let Us Know:

- 1) Is email or USPS mail your preference for receiving schedules for lectures and classes, announcements, the Heartlink, etc.?
- 2) What is your preferred address for receiving emails and/or mailings?

Please email your reply to:  
contactmgr@swc.edu



*Canyon De Chelly* Dr. Carol Parker

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Enjoy the latest alumni news, and visit [www.swc.edu](http://www.swc.edu) to read expanded updates from more alumni.

## ON THE COVER

Phineas Parkhurst Quimby, Father of New Thought. Among the more than 12 thousand people he treated, most notable were Warren Felt Evans, a practitioner and new thought author; Julius and Annetta (Seabury) Dresser, early organizers of New Thought; and Mary M. Patterson (Mary Baker Eddy), of the Christian Science movement.

## a special thank you

### Long-time Faculty Member Retires

We at Southwestern College take this time to honor and give our deepest thanks to George Tate, A.B., M.Div., M.A., Th.D., for his many years of teaching and mentorship which he has given so generously. George, in your retirement, please know we will indeed miss your presence in countless ways.



George Tate  
Retired Faculty Member

Dr. Tate is a native of Virginia and, in his professional career, he has served as a United Methodist pastor, the director of Malcolm X Community Mental Health Center in Denver, and as a professor of psychology and counseling at the University of Northern Colorado. Dr. Tate taught at several institutions of higher learning after retiring from Northern Colorado. He is a co-author of three books and many professional articles and is currently working on a book in the area of counseling and postmodernism. Dr. George Tate has been an integral member of the adjunct faculty at SWC.



## Greetings from the Garden

On November 6th, 2009, in a historic and bold move, the Southwestern College Board of Trustees officially and unanimously voted to adopt the mission statement "Transforming Consciousness through Education." As many of you know, that has been our vision statement and byline for some time, and at some level we all have known that it is

our true mission and we have always acted in accord with it.

So what does this mean for Southwestern College? I think that at times in the school's history, the mission and purpose of the College were not fully stated. It seems we were being cautious but, in some ways, this caution led to a muting of our public presence, and the language we used to define the school did not always include its spiritual mission. Therefore the deeper levels of the College's purpose were not being fully communicated to the world.

So, whereas concepts such as "transformational education," and terms like "consciousness" and "holistic," were once novel and not well understood by mainstream higher education, they now show up in the most prestigious universities in our country. With all due institutional modesty, it does appear that Southwestern College was in some ways ahead of its time and in other ways on time with its mission. We believe this has affected the collective with a positive, evolutionary contribution and, as a leader in spiritually-based education, we will continue in this action. We know that our culture has reached a "tipping point" where old paradigms are showing their age and weaknesses, and new paradigms are on the ascendant. Southwestern anchors this evolutionary process by teaching art therapists and counselors to stand in Truth and know it is the cure, thereby helping others to do the same.

By reclaiming our original logo and adopting a clarified mission statement, we reach with one hand into the "Truth" within several spiritual streams that support enlightenment, such as New Thought, Steiner and Perennial Wisdom Traditions and, with the other, toward a future which is "open at the top," as Ernest Holmes would say - open to new manifestations and cutting edge understandings of the eternal verities, the core truths. We are now reaching into our center and choosing to use the language that tells our story and shares our truth with complete transparency.

These truths, as reflected in our logo and language, become the grounding and the tools our students carry

forth into their lives and careers in the healing arts. When we transform the way we experience, engage and understand our world, then our awareness, our consciousness, shifts.

And in that electric moment in the board meeting when the mission statement was adopted, there was a palpable shift in our collective consciousness. **That** was transformation, and we all knew it immediately.

From the heart,

Jim Nolan  
President of Southwestern College



## Transforming Consciousness Through Education

I remember as a child wondering why I was born into 'my family' and what the purpose of life really was. My father, who was an immigrant, inspired me with his thoughts on the value of education as well as his conviction that each person must find what they truly believe in through their own experience. I started questioning the differences

between spiritual experience and religion as a child. I studied, traveled, experienced non-ordinary states of reality, received spiritual insight through dreams and in waking states and was given to trust attunement to my own inner knowing.

My journey led me to Alamogordo, NM in 1979 to study transformational education and counseling with the first class that gathered at Quimby College, which is now Southwestern College. I resonated deeply with the mission and purpose of the school, as central to its educational impulse was the spiritual practice of waking up the 'inner knower' in each student. I opened further to the awareness that my life is the curriculum of my soul and that being awake is useful. It has been my destiny and life's work/joy for the last 30 years to hold the mission of this college in my heart. I have been witness to the living transmission of spirit as it flows through the curriculum, waking up the 'inner knower' in students who are committed to their personal growth as well as to the service they wish to give as licensed professionals. For me, being of service is a vocation as well as a profession, as it comes from the divinity within each of us and moves us to a greater experience of connection with ourselves and unity with others.

In gratitude,

Katherine M. Ninos  
Vice President of Southwestern College

# art therapy complex

**I waited patiently the first day that the walls of the new Art Therapy Complex went up.** The music of hammers rang throughout the day. Would the workers ever go home? (Guess my patience was fading.) Finally, from my current office window, I watched the last pick-up truck leave. I scurried out the door to visit my new office. As I wandered through each of the rooms, breathing in the new wood smell, it was incredible to see how the architect's drawings were coming to life. The large classroom space is more expansive and visually appealing than any drawing could truly communicate. The energy and excitement of seeing this dream become reality had me in a big smile as I visualized the finished classrooms – filled with students, art making, learning and joy! I am READY to move in!

- Deborah Schroder, MS  
SWC Art Therapy Program Chair



Construction Begins



Katherine Ninos



Deborah Schroder and Jim Nolan



Jim Nolan, Michael Johll & Antonio Nuñez



New Art Therapy Complex

**We are so grateful to you, the Southwestern College community.** Your generosity has brought us to within 10% of full funding for the new Art Therapy Complex. To reach our goal and finish the job, we ask your help in this final stage. Your donation is truly a gift to the world in that you're supporting our mission of "Transforming Consciousness through Education." In fact, by helping us meet the final 10% of funding to complete the Art Therapy Complex, you are demonstrating "consciousness in action." Your gift will translate into increased numbers of art therapists and increased numbers of clients who will be helped.

We are also pleased to announce a major step towards being more "green." A federal grant has been awarded to Southwestern for the "greening" of the new building and its surroundings. With this money we added a huge rain catchment system to support landscaping, and also added photovoltaic panels on the roof, which will generate enough electricity to drive the entire campus, with some to spare for future growth. Aligning with nature in this way is in keeping with our commitment to support health in all ways.

Thank you so much for joining us. Your help is sincerely appreciated.

On behalf of Southwestern College,

Jim Nolan  
President



## In the Field of Play

copyright 2009 Deborah Heikes  
Deborah Heikes M.A.,LPCC  
Certified Gestalt Therapist  
Acorns To Oaks Counseling

As a person who is all about play, and a therapist who employs play as a vehicle for healing, I find play to be a powerful means for transformation. In general, people tend to gravitate toward the concept that healing, change, sobriety, etc., is difficult work. If it isn't painful, then it isn't real. Even if there is perceived pain, life's path can be a journey that presents a chance to step beyond that perception and approach healing with enthusiasm, joy and curiosity.

When I stopped drinking sixteen years ago and sobriety hit me square in the face, my sense of humor and ability to have fun was left behind in the bottle. People kept telling me to lighten up, but I didn't have a role model or teacher to support me in discovering that playful part of myself. It took me years to discover and develop my authentic, expressive, humorous self. One important lesson I learned during those years was that the more I could relax and allow myself to be silly and spontaneous, the more flexible and creative my life became. Through my own relationship with play, I have been able to see in others how an openness to play also gives them more ability to break old patterns and heal. Indeed, I discovered play to be a potent vehicle for transformation.

The 'action' of that knowledge is what I bring to my clients. Change happens right before me, through the action of consciousness, through the vehicle of play, as I facilitate Play Groups. Play enhances the sense of safety in a group. It never ceases to amaze me how quickly play allows people to try on new roles in front of their peers. With hats, costumes, and other props, each is invited to step out of their comfort zone and to be curious while exploring in a playful way parts of their self other than their addiction. Because play is great training for meeting the unexpected, it gives "hands on" experience in how to be more adept at handling whatever life brings.

Years ago, when studying at Southwestern, I learned how to stand in my truth no matter what the situation might be. Since then I've helped countless

others to find their deeper truth and live from that place. For each of us, stepping into wholeness is a conscious action on our part – a commitment to who we are and how we choose to live. I invite you to connect with this process through play. Life holds an invitation for us to rise each day, see the playfulness it holds, and embrace our capacity to engage it. We can see life as an adventure and we can be excited by its wonder.



## The Promise of Our Future

Karen Rowell,  
Executive Director, Youth Shelters

In 1989 I was hired by Southwestern College as Director of Admissions. I knew very little about SWC's transformational form of education, the psychology of consciousness or the importance

of personal exploration as a doorway to assisting others. I wasn't really sure about the evolution of consciousness or the importance of intention and connection. I had to make notes and highlight key phrases in the catalogue in order to find the answers to students' questions. As you would expect, the first dozen interviews were pretty scary. With time my knowledge grew and my understanding deepened. The foundational components of consciousness-based, experiential education that helped students commit to Southwestern soon became my own personal invitation to enroll.

Since my practicum at Santa Fe High School in 1994, my work has been with in-crisis and homeless adolescents. I currently am honored to be Executive Director of Youth Shelters, a community-based non-

profit serving in-crisis, runaway and homeless youth. When asked why I want to do such difficult work I reply, "Adolescents

“To be of service to others one must begin with service to self.”

are the promise of our future." I do believe this is true and it's confirmed each time a young person in our care can make positive changes that lead to transformation in their life. Looking more deeply at what supports me in this vital work, I learned a universal truth in my first year at Southwestern – a truth that would serve any person, no matter what their work: To be of service to others one must begin

with service to self. By serving my own passion and path, I can better assist adolescents. In following my calling I grow and express the deepest parts of myself. In the process, I help our youth to grow, learn and express their deeper parts. This continual, conscious action makes a profound difference in my life and in the lives I touch.



### **Intention, Mindfulness, Transformation**

Mary Beth Huberman  
Clinical Supervisor  
Santa Fe Community Guidance Center

Since receiving a master's in counseling from Southwestern College in 1997, I have worked in mental health settings in New Mexico. The last ten years have been at Santa Fe Community Guidance Center, the last four as a clinical supervisor.

Inner growth and strong centering in my life have come through the consistent practice of two main spiritual traditions, the last five years with a great deal of willingness and dedication. One path – mindfulness – helps keep me practical and effective in doing the daily tasks of a therapist and supervisor. The other – Chod practice, from Tibet – helps me go beyond my personal self into transcendent realms of experience.

The intention I hold at work is to be of service in a hectic, often uncomfortable and never predictable environment. The processes of my mind, body and emotions ebb and flow throughout the day as the effects of poverty, loss of community and fragmentation of the extended family can be seen marking clients' lives with desperation, alienation and cries for help. Histories of multi-generational trauma and addiction are common. What is not so common is the simple grace of a calm and safe home.

My fundamental mindful intention is to be of service and to be effective. Careful listening is crucial. So is monitoring of body language, use of eye contact, tone of voice, choice of words, word volume – all are important and needing mindful awareness, as does the feedback I receive from clients, the therapists I supervise, or any of the other 60 or so staff members encountered through the day. The ability to be empathic is what unites all excellent therapists, no matter what particular technique is embraced. Spiritual practice is at the heart of what sustains me and informs my work. I am grateful for the support I received in "knowing" this through my journey at Southwestern College.



### **Submerging in the Task**

Michelle Hoffman  
2nd year Counseling Program  
Southwestern College

What excites me today is how I can "be of use" in my community, in a way that is as much personal as it is political. Many of my neighbors, as well as myself, cope with a variety of concerns: We deal with poverty and racial discrimination, issues related to aging or gender identity and preference as well as physical and mental disabilities. Since moving to my neighborhood over two years ago, I've found meaningful ways to engage - to offer *and* receive support.

Starting a community garden was the first step. It gave me an opportunity to exchange stories with my neighbors while sharing gifts of the garden's bounty. Another recent project that connected me intimately to my new home was helping to paint a 950 foot mural that borders this humble cluster of apartments. As a studio painter the project was challenging as I have preferred to keep my work to myself until "ready" for others to see. I had never painted that large of format before, or with acrylics on cinder block in the direct summer sun. It took days before the vulnerability I felt over creating an "imperfect" image began to wane as the visual narrative came together. The action of putting this process in the middle of my community was deeply therapeutic. I experienced both a longing for and a fear of being seen, a wish for acceptance and, ultimately, a profound release of limiting belief systems as I submerged myself in the task before me.

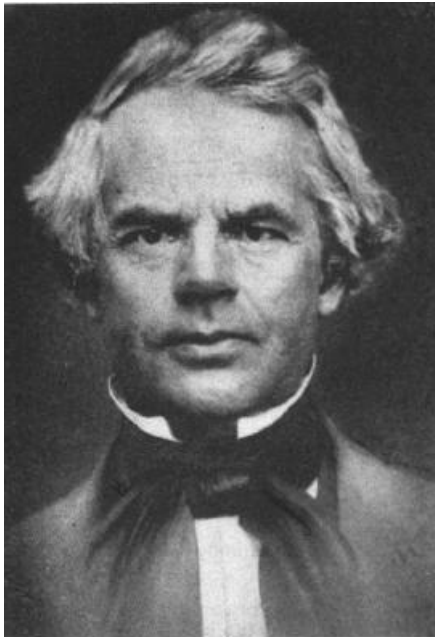
Reflecting on my life as an artist, activist, neighbor and student, I see how intrinsically related all of these roles are. At Southwestern, I've been met with respect, honesty and the occasional handful of glitter, shining light upon my path as a healer. The acknowledgement of who I am has been the necessary medicine, fortifying my courage to BE-come myself more fully in my personal life and my work in the world.



## Quimby, New Thought and Southwestern College

By Jim Nolan and Katherine Ninos

It was thirty years ago that Quimby College, now Southwestern College, offered its first classes in Alamogordo, New Mexico. So it is fitting that we are taking a retrospective look back and chronicling the history of the school at this time. While some of you may know the College story beginning with Neva Dell Hunter, we have been exploring our early roots and lineage streams, and would like to share with you some of what we have found.



Phineas Parkhurst Quimby  
Father of New Thought

Quimby/Southwestern College has roots in the Perennial Wisdom Traditions (both Eastern and Western), Transpersonal Psychology, the teachings of Rudolf Steiner and Transcendentalism as articulated by Ralph Waldo Emerson. The lineage stream we want to focus on in this piece is that of Phineas Parkhurst Quimby, who is recognized as the "Father of New Thought."

Quimby called his work "mind healing," "spiritual healings," "the science of health and happiness" and other terms supporting wholeness as our natural state. Accounts of his teachings and healings in the 19th century were legendary in his native New England. Consistent with variations on "Idealism" (Plato and many others), Quimby believed that what manifests on this physical plane is reflective of, and at the same

time one with, a perfect Divinity, which he often called "The Christ." Steiner called this the "Solar Logos." It has been referred to in metaphysics as the "Cosmic Christ" and is seen as the Divine Light within each of us, which is the state of Love. This is New Thought's major contribution in support of spiritual Truth and is often misunderstood by religious systems. This may explain the attraction to New Thought of so many people who consider themselves spiritual, but not necessarily religious.

“

Quimby believed that our natural state and birthright included health and happiness.

”

Quimby believed our natural state and birthright included health and happiness. Over many years of intensive observation and study he came to understand disease as a mis-alignment with our own Divinity and an incorrect understanding or belief about our state or condition. He held that misguided cultural beliefs (what Ernest Holmes would later call "race consciousness") caused or created disease—that minds impacted minds and thoughts influenced thoughts in self and others. So he deduced that disease could be healed with accurate thinking aligned with divinity. As he often said, "The Truth is the cure."



Charles Fillmore



Myrtle Fillmore

Founders of Unity Church



Quimby unintentionally created a long lineage of luminaries including Emma Curtis Hopkins, who taught Ernest Holmes, who in turn went on to found the Church of Religious Science (now the Center for Spiritual Living), the Fillmores, who founded Unity Church, and Malinda Cramer who founded the Divine Science church. Other early names included William Walker Atkinson, Abel Leighton Allen and Florence Scovel Shinn. Modern day "New Thinkers" include Wayne Dyer, Barbara Marx



Emmet Fox  
Ordained by  
Malinda Cramer

owe a significant debt to New Thought, as do many variations on "energy work" and "spiritual healing." While New Thought led to ministry programs in many schools, Southwestern College is unique in applying the core truths of that lineage stream to the healing arts, through Counseling and Art Therapy. One could say that "Transforming Consciousness through Education" is our modern version of "The Truth is the cure."



Florence Scovel Shinn  
An Early Influence of  
Louise Hay

As educators, we work with the "teacher within" and, as healers, we help people to gain the awareness or consciousness that their nature is essentially Divine and the power to heal is within.

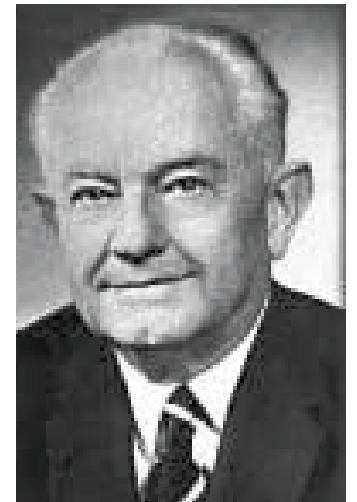


Emma Curtis Hopkins  
Teacher of Teachers,  
including Ernest Holmes,  
Malinda Cramer, Charles  
and Myrtle Fillmore



Malinda Cramer  
Founder of  
Divine Science  
Church

As we reflect on our greater purpose through our mission, we are given at this time to share the importance of the core impulses that provided the original underpinnings of our work. Through this sharing we invite others to experience resonance, and thus community, with Southwestern College.



Ernest Holmes  
Founder, Center for  
Spiritual Living

Hubbard, Jean Houston, Eckhart Tolle, Abraham-Hicks, Byron Katie, Andrew Harvey, Deepak Chopra, Matthew Fox, Caroline Myss and Louise Hay. The Association of Global New Thought, the International New Thought Alliance and the Affiliated New Thought Network are all testimony to the impact Quimby has had on modern spirituality and healing traditions.

In the mainstream of modern mental health, cognitive-behavioral therapy, narrative therapy and Positive Psychology

“Transforming Consciousness through Education” is our modern version of the “Truth is the cure.”

## Southwestern Returns to Original Logo

In recognition and honoring of its roots, Southwestern College has re-adopted its original logo, which was hand drawn by Robert Waterman. In Robert's words, "Three elements of the great mystery compose Southwestern's logo. The triangle is resolution of duality into spirit, our collaboration with Source, or God. The purple is the collaboration with the transcendent spirit, the mystical journey.



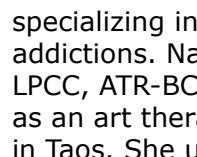
The circle is the manifested universe, the unity of life, the mirror of life as it reflects our curriculum in life to us. The green color represents the ecological nature of this journey and the creator as creation. It is the horizontal dimension of spirit.

The rose is the unfolding soul as a journey through the curriculum of life. Our essence is living love and an expression of God, or all that is, as unconditional love. So our purpose in life is to fulfill the Soul and its interests as a Divine expression. We do this through the polarities of life: Good/bad, grace/fear, happy/sad, failure/success, etc. The unifying purpose of life is to realize and fulfill our journey as a self conscious expression of love.

It is also the nature of the symbol to continually evolve in what it means to us as we evolve into a deeper awareness of who and what we are. So it is also ever-changing in what and how it resonates within us. The symbols are ancient and universal and are the essence of transformational education."

## New Faculty:

We welcomed several new faculty members this year: JoAnn Dodgson, Ed.D., is a healer, writer and teacher in Peruvian medicine ways. Jason Holley, M.A., LMHC is in private practice in Santa Fe, specializing in trauma, sexuality and addictions. Natalie Carlton, M.A., LPCC, ATR-BC is in private practice as an art therapist at Lacuna Studio, in Taos. She uses many approaches, including clay, video, paint, fabrics, audio and computers. Ted Wiard, M.A., LPCC, CGC is founder and director of the Golden Willow Retreat Center in Taos and a clinical supervisor at TeamBuilders.



JoAnn Dodgson



Natalie Carlton



Jason Holley



Ted Wiard

## 28th Annual Transformation and Healing Conference Held in August:

"Consciousness in the Age of Aquarius,"

featured key note presenters James O'Dea and Bill O'Hanlon,



James O'Dea  
Sacred Activist

along with 18 distinguished local presenters. Katherine Ninos, who created and produces the annual conference for Southwestern, states, "Prophecies as well



Katherine Ninos  
Vice President  
& Bill O'Hanlon, Author

as ancient wisdom traditions have anticipated great changes as we move from the Piscean to the Aquarian Age. The original dedication of Southwestern College called it a light action intended to serve as a bridge between these Ages. Our critical challenge is to expand our consciousness from egocentricity to the experience of unity in which love and support for all of life without exception will prevail on Earth."



Hella Neumann  
Generational  
Healing

## Board of Trustees Activity:

In August, SWC alum Melissa Pickett retired from the Board after serving for three years as President. Many thanks and much love to Melissa for her countless hours and contributions.



Melissa Pickett  
Retired

Board member Michael P. Johll, Ph.D., was elected unanimously by



Michael Johll  
Board President

the board as the new chair. Dr. Johll is a counseling psychologist, co-founder and principal of The Johll Consulting Group, a consulting firm specializing in training and development, research and assessment. Michael brings great depth and breadth of experience.

We're pleased to announce five new board members joined us this year: James Cutropia, Ann Filemyr, Lois Stouffer, Laura Bassett and Roe Lovelace.

In their November meeting, the board unanimously voted to approve "Transforming Consciousness through Education" as the college's mission statement. This action brings Southwestern's founding vision and its historically "consciousness-based" educational approach into stronger, more visible alignment.



### Appointment to Board by Governor Richardson

Deborah Schroder accepted an appointment by Governor Richardson to serve on the New Mexican Counseling and Therapy Practice Board. Its main functions are licensing counselors, regulating requirements for examination, licensing and continuing education, as well as disciplining individuals who have violated either the Counseling and Therapy Practice Act or the Rules and Regulations of the Board.

Deb Schroder  
Art Therapy  
Program Chair

### Higher Learning Commission

Mary Breslin, our liaison from the Higher Learning Commission, visited in October for a day of meetings and a tour of our campus. We felt honored by her visit and look forward to working with her during the accreditation process.



Antonio Nuñez, Academic Dean;  
Mary Breslin, Higher Learning  
Commission;  
James Nolan, President

### New Specialized Certificate Program Focuses on Children

"Children's Mental Health," a specialized certificate program, will be offered at Southwestern, beginning in the fall of 2010. Deborah Schroder, Art Therapy program chair, is developing this 200-hour program in which participants will choose ten weekend blocks (each block totaling twenty hours) from an array of twelve different topics. The program could be completed in a one-year time period or over a longer timeline, at an individual's own pace. More information can be found online at [www.swc.edu](http://www.swc.edu).



### Upcoming Community Education Classes:

**"Divination and Tracking"** will be offered March 13 - 15, 2010 as part of the Transformational Ecopsychology classes. Jose Luis Herrera, teacher of Peruvian shamanism, will guide participants in the use of ancient Andean methods of tracking and divining the past, present and future. These methods of healing and envisioning can be applied to our own journeys of healing and fulfillment. Learn ancient Andean methods still used by shamans today.



Jose Luis Herrera  
Teacher of Peruvian  
Shamanism



Harry Charger  
Lakota Nation

**"Pipemaking and Lakota Lifeways,"** a four-day class, will be taught by Wa'Anata, Harry Charger, Sundance Intercessor, on the last weekend of April, 2010. It includes making a Lakota pipe (cannupa) and learning about its origins and use. The stone for the student pipes will come from a sacred quarry in Pipestone, Minnesota. Students will also be introduced to Lakota teachings, based on compassion and balance,

passed on through words, actions, songs, ceremony and simple physical presence. Wa'Anata is an expert on traditional healing and life cycle ceremonies. His community has honored him twice with a Naca ceremony (Bonnet Wearer), affirming Lakota spiritual leadership.

### "The Role of Director in Experiential Action Methods: Cultivating the Art and Skill"

Kate Cook and John Olesen will teach this Psychodrama Class from January 15 - 17, 2010. "Director" is the term coined by Dr. J.L. Moreno, originator of psychodrama and action methods in the early 1900's. "Director" describes the complex role of the facilitator, which includes both leader and follower, as well as a complex of sub-roles, each with a specific skill set.



Kate Cook  
Director of  
Psychodrama and  
Action Methods

## Southwestern College Awards 49 Masters' Degrees

Southwestern College awarded 49 Masters' Degrees during the 28th annual graduation ceremony on Saturday, November 7, 2009 at the James A. Little Theater. Art Therapy Program Chair Deborah Schroder and faculty member Deborah John presented Masters of Arts in Art Therapy to 24 graduates. Masters of Arts in Counseling were presented to 15 graduates by Academic Dean Dr. Antonio Nuñez and Counseling Program Chair Dr. Carol Parker. Director of the Certificate Program in Grief, Loss and Trauma, Dr. Janet Schreiber, awarded 10 graduates a Masters of Arts in Counseling with a concentration in Grief, Loss and Trauma.



Kimberly Archie '09 and daughter



Carie King '09



Deb Schroder, Art Therapy Dept. Chair



Adriana Caputo '09



Zachary Campbell '09



Kimberlee Boreson-Maresma '09 and Phillip Retzky '08



Claire Wood '09



James Nolan, President and Robert Waterman, President Emeritus



Sara Hunter '09



Magdalena Karleck '09



Antonio Nuñez, Michelle Hoffman, Student and Elizabeth Dissen '09



Helga Perez '09



Sarah Whitmore '09 and her mom



Marie Thomas '09 and Family



Katherine Imislund-Clark '09



Libby King-Miller '09



Sandra Ingerman  
Author, Healer



Reverend Dr.  
Bernardo Monserrat



Stephanie Long '09 and friend



Elizabeth Grant '09



Elizabeth Kornberg '09 and  
Connie Buck, Faculty



Kiara Ninos '09,  
Vice President Katherine Ninos & Kiara's  
brothers, David and Dakota Hampton



Leila Kottabi  
'09



Deborah John,  
Faculty



Krishna Madappa  
Board of Trustees



Dr. Janet  
Schreiber  
Faculty



Francis Wilson '09



Dr. Carol Parker  
Counseling Dept. Chair



Mom and daughter Diana Zumas '09

**There's More!!** Please visit our website [www.swc.edu](http://www.swc.edu) to read expanded responses from SWC alums.

**2008 Kelsey Fagan**, is counting her many blessings as the full time art therapist at Kahi Mohala Behavioral Health, the only private non-profit psychiatric hospital in the Islands of Hawaii. In Ewa Beach, Oahu, she runs groups and individual art therapy and sandtray sessions for both court-ordered and voluntarily admitted children, adolescents and adults with behavioral and mental health issues. Her free time is joyfully spent living in Kailua climbing jungle filled-mountains, playing on the beaches, in the ocean and soaking up the aloha.

**Lily Rossman** is working/interning at Lomi Psychotherapy Clinic in Santa Rosa, CA, which specializes in somatic therapy. There are trainings on somatic therapy, mindful meditation, group process, and attachment theory-based couples counseling. Lily appreciates the impeccable supervision at Lomi, saying it has taught her more than she could have imagined. Lomi is much like Southwestern, Lily says, as it is very spiritual and transformational, with a community that is very supportive and very loving.



**Brandy McAllister** has been a clinical addictions counselor with Charleston Center in Charleston, SC since August of this year, working with the adult outpatient department. One of her colleagues is

Charlotte Crosland, who also graduated from Southwestern College's Art Therapy program. As two of four art therapists on staff they are excited about spreading the love for art therapy in their area and supporting each other in their creativity.

**Jaffa Frank** graduated from the Grief, Loss, and Trauma program and is working as a bereavement counselor at VistaCare Hospice in Albuquerque.



**Jodi Rodgers** is currently the Outreach Coordinator for Esperanza Shelter for Battered Families in Santa Fe. She provides materials, presentations and events on abuse prevention and

healthy relationships to social services providers, healthcare practitioners, first responders, youth programs, immigrant groups, faith communities, businesses, schools and colleges. Esperanza Shelter is a non-profit domestic violence service provider and also provides in-service training for healthcare organizations. ([outreach@esperanzashelter.org](mailto:outreach@esperanzashelter.org))

**Barbara Moncivais** works at the Santa Fe Rape Crisis and Trauma Treatment Center as a bilingual clinician. She also works for the Cathedral Basilica of Saint Francis Catholic Church, running a bereavement group on Tuesdays. Barbara sends blessings to all.

**2007 Elizabeth Colistra** spent the past year working with San Francisco's homeless population and completing her first year of doctoral work at Pacifica Graduate Institute. She has recently moved back to New York City where she is now a candidate in training at the C. G. Jung Institute of New York to become a Jungian analyst.



**Joel Reed**, Grief & Loss Program, is living in Albuquerque and working with elementary students (individuals and

groups) who are dealing with divorce and bullying. Joel is also working through a local agency where he counsels both individuals and groups in family and substance abuse. On a personal note, he and his wife celebrated the birth of their son, Sebastian, in April of this year. Their daughter Camille is thrilled to have a baby brother. Life is good and Joel hopes everyone else is doing well also.



**Wendy Goodman** has been busy earning her LADAC and LPCC licenses. Wendy also works with several agencies in Santa Fe, including Equest Counseling in

Pojoaque, Youthworks in the Santa Fe Public Schools, and Southwest Family Guidance Center in Santa Fe. The focus of her counseling is mainly grief and loss, substance abuse, trauma and abuse.



**Lynn Amlie** has found that her vocation has evolved. She now considers herself a neuro-somatic re-conditioning trainer, coach and head cheerleader

for people in the midst of radical spiritual transformations, such as kundalini. Lynn now offers this work in the Arkansas and San Luis Valleys, responding to what she has found to be a rising need to work with people who are experiencing a radical spiritual transformation (often pathologized by Western medical systems).



**2006 Linda Iannacone** has been working as part of creative social projects that focus on individual

and collective change. Since 2008 she has volunteered with Camphill Village in Copake, NY, founded on the work of Rudolf Steiner; facilitated a mural project with Iraqi and American teenagers, and worked with Iraqi and American teens to create a book of poems and prints entitled *Truth, Peace and Beauty*. This fall Linda started an art therapy position with the Trenton Psychiatric Hospital in New Jersey and will establish a program to link hospital clients to community groups for collaborative public arts projects. Linda shared her gratitude for having grown so much and for the seed of SWC having found such great potential in her work. Being part of the SWC family and her work since graduation are both great sources of pride.



**Misty Peterson** and her family still reside in beautiful Asheville, NC. Misty has been working primarily as a therapist for the CooperRiis Community

Program, counseling adults in recovery. She is branching out to work in the public schools, supporting elementary age children and their families. Misty is excited to ignite her passion for this modality and to be working with kids again. Her 3 yr. old son, Rio, remains her most enlightening teacher in life. Misty's husband, Scott, is pursuing his teacher certification in theater education.



**Carrie May Ezell**, President of the Tennessee Art Therapy Association, is thrilled to report that, in late October, TATA had its first ever 'Connections Through Art Therapy'

conference, at Chattanooga State. Carrie May and Vice President Megan Castronova welcomed 30 participants from various fields. A keynote presentation, two hands-on workshops and a panel discussion were offered. The conference was such a success that TATA committed to making it an annual event. ([www.onlinetata.org](http://www.onlinetata.org))

**Chrissy Schmitt** is currently working part-time for United Way Children's Project as a home visitor in their First Born program. First Born serves families in Santa Fe County having their first child. In addition to working at First Born, she counsels private clients in a small art therapy practice in Santa Fe. She is also the Art Director for Creativity for Peace, a summer program for Israeli and Palestinian adolescent girls. Creativity for Peace uses compassionate dialogue and art as a means of peace-making for Middle Eastern girls living in conflict. On a personal note, Chrissy joyfully became a mother last year. Her daughter Sadie is 13 months old!



**Alicia Hoffman** is the Director of Social Services at Resurrection Nursing and Rehabilitation Center in Park Ridge, IL. She continues to paint and to market greeting cards of her images.

**2005 Joyce Erickson**, an art therapist at a local hospital where she makes her home in Connecticut,

has recently received her LPC. She is now pursuing a private practice and considering her options and dreams – such as a place of her own, working with therapy dogs and/or opening a community center. Joyce says she is always dreaming of new things and inviting Life to show her what's next.



**Christy (Davis) Denckla** is in a Ph.D. program in clinical psychology at Adelphi University, Derner Institute for Advanced Psychological Studies.

She continues her work at Bellevue Hospital in NYC while working towards her doctorate. Christy's dissertation will focus on the emotional and interpersonal mechanisms that relate to trauma, loss and bereavement, with a specific focus on dependency. As a recipient of a National Health Service Corps Loan Repayment Award, she is working with trauma patients who present to Bellevue's Emergency Department with high risk behaviors. Additionally, she plans to use her clinical experience to work with survivors of interpersonal violence and child sexual abuse to inform her broad interest in health disparities.



**2004 Trixie Pujol** is still in Kenya but has changed positions. She is now living and working in Nairobi as a VSO volunteer in a partnership

with the Ministry of Education. This project helps strengthen the Educational Assessment Resource Centers in Kenya where kids with special needs are assessed and referred to educational/therapeutic/rehabilitation programs. Trixie is working as an autism trainer in 16 of the 150 EARC's throughout the country that are identified as part of this project, which requires travel to very remote areas of the country. She educates parents, teachers, professionals and communities about autism, diagnosis and assessment, behavior intervention, methods and strategies for teaching kids with autism and much more. Trixie continues to enjoy living in Kenya, despite the many challenges it provides on a daily basis! (<http://trixieinkenya.blogspot.com/>)

**Beverly Brinn** lives in Bamberg, Germany and works with the Dept. of Defense Dependents Education Activity (DoDEA) on a US military base at a middle/high school. Beverly is working as a middle school counselor, a speech/language pathologist for 7th-12th graders, and teaching a middle school Study Skills elective class. "It is a challenging time for my students, whose parents are deploying or returning from Iraq and Afghanistan. With the Study Skills class, they incorporate social interpersonal skills, consciousness concepts and yoga. Most students enjoy the creative visualization techniques which help them stay relaxed." Maintaining her own balance is increasingly challenging in the "combat ready" environment. "Meditating, exercising, mindful nutrition and other self-nurturing practices are all supportive, as is (your) positive energy."

**2003 Karen Kral and Mark Lersch** will be living in Germany for the winter of 2009, where they hope to both relax and facilitate a few workshops in a modality called Inner Bonding. Mark and Karen are both certified facilitators of Inner Bonding, a method that teaches individuals how to take responsibility for their lives through connection with their inner child and spiritual guidance. Karen and Mark now work solely in private practice, facilitating sessions with clients in the U.S. and abroad, primarily by phone. ([www.corequestpotential.com](http://www.corequestpotential.com))

**2000 Judy Branham** is a social worker in the Lovelace psychiatric unit in Albuquerque, NM where she has been for about five years. She is currently cutting back to part-time and considering expanding into other areas of interest by brushing up her counseling skills. Judy is most appreciative of SWC and remembers what a great college experience she had – "a truly heart-centered community."



**1997 Marcia Wolff** recently moved to San Miguel de Allende in Guanajuato, Mexico. She presented her poetry book, *Friction Becoming Pearl: a Slow Awakening*, at the San

Miguel de Allende Literary Author's Sala. Marcia presented from the angle of the heroine's journey using the concepts

## 1997 (Alumni Updates, continued from page 15)

Joseph Campbell speaks of in *The Hero of a Thousand Faces*. Marcia is also working with Imagina Juntos, to highlight a 16-day focus on the global issue of gender violence and gender inequality using art, film, literature and music. At SWC, in her second semester class of The Psychology of Consciousness, Marcia's light figure was Psyche. Marcia relayed how strongly this class impacted her.

**Jan Burke**, MA, LPCC, is pleased to announce she is rekindling her private counseling and psychotherapy practice, working with adults, couples, children and families. Jan affirms that her years of professional and personal experience have only deepened her belief in miracles, our innate connectedness, the wisdom that lies within each of us and the perennial wisdom that is the essence of all spiritual traditions.



**Mary Beth Huberman** is a clinical supervisor at a large non-profit in Santa Fe where, on a regular basis, she applies many of the transformative approaches she experienced at SWC. Mary Beth relayed how proud she was to be the student member of the SWC faculty committee that successfully obtained the first NorthCentral accreditation for the school,

in addition to other volunteer activities she participated in for SWC. She has a deep appreciation for the process of "transforming consciousness through education" as it applies to working in mainstream mental health services today.



**1996 Jack Lehman** is a certified trainer in "Nonviolent Communication," Marshall Rosenberg's model, and continues to offer workshops (with CEC's) for other therapists. He especially enjoys working with couples. Jack also offers equine-assisted psychotherapy south of Santa Fe, at his "Laughing Horse Learning Center." He says, "My horses are my teachers and my allies."



**1994 Lynn Bishop** is currently teaching English at the first Asian Waldorf High School located in Taiwan. Lynn also lectures on art therapy, teaches sandtray techniques, and leads workshops in integrated health care with her husband, Yung-Sen Chen, a classically trained doctor of Chinese medicine. Lynn reflected, "The keenly honed skill of observing with an open heart, first developed during my years at Southwestern, has given me a way to be present and to share in a culture where I do not yet speak the language. This is my daily practice."



**1985 Barbara Verde** expressed that her experience at SWC certainly was a life-changing one, in a good way! Currently she lives in Southern India near the ashram of Sathya Sai Baba. Barbara was able to do an apprenticeship with Patricia Theisen, the founder of the Perceptual Enrichment Program. She has many clients and does this as service. Barbara is happy to know that SWC is making such a difference in the world. ([www.notjustabandaaid.com](http://www.notjustabandaaid.com))

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