

Southwestern College presents the 31st Annual
TRANSFORMATION AND HEALING CONFERENCE

Through the Looking Glass:

Perspectives on Systems, Trauma and Resilience
August 22th - 26th, 2012



Southwestern College
*Transforming Consciousness
Through Education*

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

TRANSFORMATION AND HEALING CONFERENCE



Through the Perspectives on Systems,


This year's conference focuses on understanding humans in the context of their systems. The topic of systems has re-surfaced with a new energy, as science, interpersonal neurobiology, and our own life experiences offer increasing evidence of the inter-connectedness of all beings.

Our external family systems and our own internalized systems, as well as systems that extend into our family histories and cultures, are found to be both sources of trauma and re-sources for healing and resilience.

This much-expanded consideration of "systems" takes us into keynote speaker Dr. Richard Schwartz's "Internal Family Systems", and through the complexities of ancestral lineages, somatic archaeology, brain-spotting, family art therapy and much, much more.

Systems-sourced trauma has become a central focus of the world of psychotherapy and Southwestern College is committed to bringing forth cutting-edge, science-based, indigenous, transpersonal, and spiritual approaches to support the clinical training needs of therapists and agencies that are trying to offer culturally relevant healing experiences to an increasingly traumatized world.

Southwestern College holds that the transformation of consciousness on the planet will be facilitated as our collective power to heal each other and cultivate resilience becomes greater than the trauma created by natural disasters and humankind's unkindness to itself. We are honored to play a part in the shifting of this consciousness, and invite you to join us in that effort at this year's Transformation and Healing Conference.



August 22th - 26th, 2012

Looking Glass: Trauma and Resilience

❖ **THERE ARE TWO CONFERENCE LOCATIONS:** ❖

Wednesday–Friday

**morning and afternoon
workshops:**

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

Saturday and Sunday

**keynote
presentations:**

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

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

CECs:

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

28 CECs are given for the entire conference.

3 CECs are given for each of the Wednesday through Friday morning and afternoon classes.

7 CECs are given for the Saturday keynote presentation.

3 CECs are given for the Sunday keynote presentation.

**To register for the
conference or for more
information contact
Southwestern College:**

Direct: 505-471-5756

Toll-free: 877-471-5756

Fax: 505-471-4071

Email: info@swc.edu

Website: www.swc.edu

The registration form on page 11 can be completed and faxed, or visit the Transformation and Healing Conference page on the website for online registration through PayPal.

9:00am - 12:00pm

The Power of Love

Love is a continually present energy that permeates and is the basis of life that continually responds to our thoughts, beliefs, attitudes and focus, shaping our sense of self and our creation of reality. Our ability to be present in and resource our identity from loving is the source of our transformational power. We will explore simple ways to resolve, balance and transform limiting beliefs, false identities and adverse conditioning through the power of love. Participants will be guided to awaken and build their ability to access their loving, practice noetic balancing, and discover various energetic techniques.



Robert Waterman, Ed.D., LPCC, has been a spiritual teacher and counselor for over thirty years. His focus is the practical application of ancient mystery teachings to modern challenges. He is founder and President Emeritus of Southwestern College. www.mystery-school.com

Finding Strength When Life Changes

Many of life's changes alter us forever. How can we find ourselves and renew our strength when our world is shattered? This experiential workshop will have a dual focus on both our own restorative strategies and those we can facilitate for others. We owe it to ourselves, our families, our friends and clients to know how to repair ourselves when we are challenged. We need strategies in order to heal trauma, reconnect, create meaning and restore strength in our lives. This workshop will include three sections: 1) Internal strategies;



2) External support systems, and 3) Helping others become more resilient in the face of loss and trauma.

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

Songs of the Ancestors: The Family Constellation as a Healing Tool

This workshop provides an opportunity to experience Family Constellation Work and come to understand the hidden Orders of Love operating in personal and professional relationship systems. Family Constellations typically go back several generations in the ancestral line. Movements of the Soul guide the representatives to reveal transgenerational entanglements and conflicts in the Family Soul. These may manifest as physical illness, depression, panic attacks, relationship or professional problems, etc. Resolution evolves in the loving field of the circle and profound healing happens as the entanglements are embraced by the Spirit Mind field of the Greater Soul.



Hella Neumann, M.A., began intensive study in 1994 in Systemic Constellation Work with founder Bert Hellinger. She established "Songs of the Ancestors" 12 years ago. She leads Family Constellation workshops, training facilitators in Europe and the US, researching indigenous ancestral wisdom throughout the world. www.songs-of-the-ancestors.com.

Wednesday, August 22, 2012

2:00pm - 5:00pm

Exploring the Art-Based Genogram

Many professionals value and use the genogram in their therapeutic work. This workshop explores the deeper meaning that emerges when imagery is added to the genogram. We will create art-based genograms and discuss the “next steps” – finding out where one can go with these in therapy for individual clients and families. No prior art-making experience required.

Deborah Schroder, M.S., ATR-BC, LPAT, is the chair of the Art Therapy Program at SWC. She is the author of *Little Windows into Art Therapy: Small Openings for Beginning Therapists*.



Diagnosing and Treating Childhood Trauma from a Developmental Perspective

Increasingly, we are recognizing that trauma affects children in different ways, depending upon their age and level of cognitive development. Naturally, this affects how we diagnose and treat traumatic stress conditions in children and adolescents. This workshop addresses trauma in the lives of children, with emphasis placed on how to effectively intervene, given the child’s age and stage of development.

Christopher J. Alexander, Ph.D., is a child psychologist in private practice in Rio Rancho. Dr. Alexander specializes in the diagnosis and treatment of children, with emphasis placed on trauma, neglect, and abuse. In addition, Dr. Alexander provides expert witness testimony on these issues in district courts throughout New Mexico.



Beauty in the Breakdowns: Cycles of Chaos and Order in Healing

Most of us have been born into a world of linear creation myths and linear science, in which an orderly and distant Creator or prime cause is the sole source of the world and in which evolution means constant forward movement. Since we were created “in His image,” there is a pressure on us as therapists to be the embodiment of “order” and the “cause” of healing and transformation, enclosed in a vacuum of “therapeutic distance”. Our clients must also live up to the expectation of evolution by ridding themselves of chaos and getting themselves “together”, “making progress”. In this workshop, we will explore a perspective on healing that is nonlinear and cyclical, recognizing multiple complex systems at play in the emergence of chaos and order. We will draw inspiration from the rich and polymorphic creation myths of ancient cultures as well as the surprisingly fecund metaphors of modern emergence and complexity science.

Jason Holley, M.A., LPCC, is a depth psychotherapist and evolutionary astrologer in private practice in Santa Fe. His website, www.jasonholley.net, includes links to his writing, workshops, radio appearances, and information about his practice.



Thursday, August 23, 2012

9:00am - 12:00pm

Art with Parts: An Invitation for Inner Connection

As individuals and cosmically connected beings, each person contains many aspects. In this workshop participants will seek and find lesser known parts of self that may need to be seen and heard. Through gentle art-based exercises, less conscious and possibly foreign entities may emerge and will be recognized. With recognition and the opportunity to be heard, a dialogue can begin that allows us to be more lovingly connected to ourselves and our place in the cosmos. Integrated individuals contribute to humanity because understanding the diversity within oneself easily leads to a loving acceptance of the beautiful human diversity on our planet



Deborah L. John, Ph.D., has worked in both private practice and hospital settings with individuals who have suffered traumas that left parts of themselves behind. Deborah is a Southwestern College art therapy faculty member. She believes that the delicate work of finding and loving lost aspects of self is an empowering process.

Mind-Body Therapeutics: Essential Skills for Mental Health Practice

In this workshop you will learn essential skills to use in your mental health practice. Exercises will be featured in three categories: 1) Breath Work, 2) Body Work and 3) Attention Training; in the service of three therapeutic themes: self-care, self-control and self-awareness. Exercises are selected based on a review of their history, clinical rationale, clinical outcome and empirical evaluation. Special emphasis will be given to the risks and benefits of teaching mind-body therapeutics to traumatized individuals.



Dana Moore, MAR, M.A., holds graduate degrees in theology from Yale and in counseling psychology, from Boston College. He has advanced training in Mindfulness-Based Stress Reduction (MBSR) and is certificated to teach Kripalu Yoga. He co-teaches the Frontiers of Trauma Retreat at the Esalen Institute and at the Kripalu Center with Bessel van der Kolk, MD. Dana is also a former faculty member of the Trauma Center Professional Training Institute and has taught annually at the International Trauma Conference since 2007. www.journeyewell.org

Healing the Trauma Body: Reconnecting with Wholeness and Resilience!

We have all been traumatized, some more than others. Trauma is not special; it is part of the lived experience, and is at the heart of most human suffering. Traumatized persons have lost their ability to navigate life's stressors in a flexible and fluid manner. Instead, they oscillate between feelings of helplessness and hyperactivity. In this workshop you will learn how to identify and track neurophysiological responses in your clients while providing a "road map" for them to move through the immobilizing effects of trauma.



William Smythe, M.A., is a pioneer in the fields of somatic psychology and Roling® Structural Integration, with over 33 years of clinical and teaching experience. An early collaborator with Dr. Peter Levine, the originator of Somatic Experiencing®, Bill has a diverse resume in the healing arts. His unique contribution to the field is informed by his martial art practice of Aikido; Bill is currently Sensei of the Aikido Arts Center in Santa Fe, NM.

Thursday, August 23, 2012

2:00pm - 5:00pm

The Supervisory System: Parallel Process, Vicarious Trauma And Introjections

Supervision involves more than simply the supervisor and the client. We are affected by a menagerie of influences that we carry inside, which are the experiences and relationships we each bring with us. One way of knowing how we are affected is through awareness of parallel process: the ways supervision can be a context for the re-creation of the experience the supervisee is having with a client. An area of vulnerability for all of us in this field is vicarious trauma, developing and experiencing the symptoms of another's trauma. By maintaining awareness of how we are influenced by our internal systems, and how they interface with those of another, we can minimize vicarious trauma and maintain a healthy balance in practice.

Webb Garrison, Ph.D., has worked in academic, research, and clinical settings, including community mental health, adolescent group homes, nursing/rehabilitation facilities, and private practice. Throughout his career, he has sought to integrate spiritual, psychological, and educational principles in concrete ways that positively impact local communities. Dr. Garrison is the Academic Dean of SWC.



Inner Figures: Eastern and Western Concepts and Techniques

Creative processes of naming and personifying aspects of one's self, one's constrictive self-concepts and psychological conflicts have been useful in both recently developed and ancient approaches to working with our all-too-human minds. Bringing the past into this moment and our inner struggles into the room can allow for greater freedom from concepts and emotional habits, and increase the peace of "beginner's mind". Individual personification development and concrete in-session methods, some eastern and some western, from two-chair work to feeding our demons, will be explored, demonstrated, and discussed as we bridge symbolization and active engagement.

Brook Jenkins, M.A., LPCC, obtained a clinical master's degree from Antioch University, and has trained at clinics in San Francisco ranging from Haight-Ashbury Psychological Services to the California-Pacific Medical Center's Family Therapy Institute. She is an adjunct faculty member at SWC, and maintains a private practice in Santa Fe.



Brainspotting: The Mind's Shortcut to Healing

Brainspotting triggers the brain and nervous system, then memories and sensations emerge. This web of activation in the brain creates major changes in thought patterns, feelings and body awareness. Brainspotting is a therapeutic tool to identify, process and release emotional stress that is hidden from our conscious minds. At a cellular level damaging patterns are rescripted and healing occurs. Participants will learn and practice basic brainspotting techniques, and will discover the profound psychological, emotional and physical healing that brainspotting offers.

Marcie Brooks, M.A., LPCC, has over twenty years experience as a private practitioner in psychotherapy specializing in EMDR and Brainspotting®. She is known for her work in trauma, anxiety, adoption issues, attachment, grief and loss, family therapy and transformation. She has facilitated trainings in adoption, parenting and family therapy with culturally diverse populations.



9:00am - 12:00pm

Tapping the Well of Creativity: Sustaining Our Inner and Outer Communities in Tectonic Times

Recent advances in neuroscience now verify what we have intuitively known forever; that we exist in continuous relation to our inner and outer communities whether we are conscious of it or not. This workshop will explore the embodied experience of internal and interpersonal community resources. Keeping in mind that the healing of one is ultimately in service to the healing of all, we will touch upon how the potential of such processes can be amplified when intentionally used in a group. Interwoven discussion will reference the theoretical contributions both of older as well as contemporary pioneers in the field.



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

Remembering Our Grandmothers: Exploring Matrilineal Emotional Inheritance with Somatic Archaeology

The emotional blueprint of a mother's story begins years before she is born. When a female child is in her mother's womb, she carries all the eggs that will result in her future offspring – meaning that each grandchild was birthed, or seeded, in her grandmother's womb. Her inheritance influences health, attitude, behaviors, child-rearing, cultural traditions, and familial expectations. Somatically transmitted to characterize a "continued way of life" as learned survival, the embodied memories may establish mechanisms of defense that result in her grandchildren recycling past suffering. The healing of inherited emotional bondage and fear-based loyalties is one primary focus of the intervention, Somatic Archaeology™.



Ruby Gibson, ThM, developed Somatic Archaeology in 1996. She teaches training programs and lectures internationally on cultural suffering and the potential for transgenerational reconciliation. A doctoral candidate, certified somatic therapist, and earth-centered healer, Ruby is the author of *My Body, My Earth, The Practice of Somatic Archaeology* and resides in the mountains of Colorado. www.rubygibson.com.

Brainspots and Snowballs

This workshop looks at the effects of trauma on people's lives and how stress accumulates to affect the Triune Brain, Mirror Neurons and Pattern Development. Our brain's adaptive responses to stress can become deeply patterned and chronically rigid, impairing our ability to react to events in a mindful, thoughtful way. Newer modalities like EMDR and Brainspotting offer clues to how brain information is processed, stored, triggered and retrieved. As we "clean-up" our neural pathways, fresh responses to stress can open up our choices and skills about communicating and recovering.



Kass Atkinson, M.A., LPCC, LMSW, LMFT, a therapist, teacher, consultant and trainer, has a unique perspective on trauma. Working in sex crimes, domestic violence, drug and alcohol treatment, service to military families, as well as community mental health and corrections, she has used this wide variety of client populations to promote the acceptance of treatment for trauma as a mental health necessity.

2:00pm - 5:00pm

Using the Shamanic Journey Technique to Heal Relational Trauma

Healing of family-of-origin relational trauma—including multi-generational trauma templates—is supported by a perception of our selves that is free from internalized shame-based self-concepts. The shamanic journey technique allows respectful communication with “discarded” aspects of the self so that a new inner family system may be developed. Participants will experience a guided shamanic journey to make direct contact with frozen emotional states, inviting these exiled parts of the self to become integrated with a new, relationally-based inner family system.

Luisa Kolker, MA LPC, is a shamanic healer and psychotherapist from a family lineage of healers trained in western medical models and the curandera traditions of Central America. Luisa’s ceremonial-workshops blend elements of Pia Mellody’s Codependency recovery model and the shamanic journey technique to facilitate the resolution of emotional trauma and expand the capacity for joy.



Earning Security Through Partnership

Romantic relationships often painfully activate our original relational blueprints. As re-traumatizing as this may feel, these places are also an optimal avenue for healing. “Dyadic injury, dyadic repair.” Breaking the cycle of re-injury, and learning to repair, is the focus of this workshop. We will teach participants to recognize and tend these places of early injury via pro-relational principles and strategies. Using psycho-education, neuroscience-based therapeutic enactments and group experiential exercises, participants will go home with a “two person system” orientation and skills to support the healing of old wounds and strengthen their relationships.

Lon Rankin, MA, LPCC, and **Lynn Hillas**, LISW, are psychotherapists and a married couple specializing in relational issues. Drawing on a combined 30 years of clinical experience and the laboratory of their own marriage, they offer innovative and practical tools to access and utilize the healing power of relationships. They share a private practice in Santa Fe.



How Parenting Affects the Internal Family: When We Become Parents, When Our Children Become Parents

Becoming a parent is one of the most transformative of human experiences. In a moment an entire system re-aligns, as one who has been a child becomes a parent and a parent becomes a grandparent. Intergenerationally, members of the existing family may find dormant or unexamined roles emerging, activating a systemic reconfiguration that reveals the implicit assumptions of the family network. How these dynamic transitions are acknowledged and integrated has tremendous impact that determines the core of our experiences of attachment, caring, and connection. We will consider the implications of these transitions from a psychodramatic perspective, and explore the connections between Bonnie Badenoch’s Inner Community and Richard Schwartz’s Internal Family Systems. Working both didactically and in action we will begin to map and integrate our own lineage regarding the meaning of parenting, and its changes throughout our life’s cycle.

Natalie Miller M.A., LPCC, is in private practice in Santa Fe and Las Vegas, NM with a particular focus on the intergenerational effects of family systems. Her work incorporates extensive training in Psychodrama and is informed by her education in Interpersonal Neurobiology and Brainspotting®.



KEYNOTE SPEAKERS

Location: 505 Camino de los Marquez, Santa Fe, NM 87505

Saturday, August 25, 2012

9:00am - 5:30pm

The Treatment of Trauma and the Internal Family Systems™ Model

Developed over the past two decades, the Internal Family™ Systems (IFS) model is one of the fastest growing approaches to psychotherapy today. IFS offers both a conceptual umbrella, under which a variety of practices and different approaches can be grounded and guided, and a set of original techniques for creating safety and fostering Self-to-Self connection in couples and families. This presentation will provide an introduction to the basics of the IFS model and its use with attachment and trauma. An overview of IFS and its clinical applications will be presented.



Richard Schwartz, Ph.D. began his career as a systemic family therapist and an academic, at the University of Illinois and at Northwestern University. Grounded in systems thinking, Dr. Schwartz developed the Internal Family Systems model (IFS) in response to clients' descriptions of various parts within themselves. He focused on the relationships among these parts and noticed that there were systemic patterns to the way they were organized across clients. He also found that when the clients' parts felt safe and were allowed to relax, the clients would experience spontaneously the qualities of confidence, openness, and compassion that Dr. Schwartz came to call the Self. He found that when in that state of Self, clients would know how to heal their parts.



Sunday, August 26, 2012

1:00pm - 4:00pm

Trauma Across Universes: An Esoteric Approach to Trauma Therapy

From the 1940's thru 1970's, the phenomenal healer William E. Gray consistently and efficiently healed all forms of ailments including cancer, Parkinson's, emphysema and heart disease. One of the essential tenets of his approach to healing was that human beings simultaneously exist in three universes – what physicists might term as a three-dimensional multiverse. Building on Bill Gray's theories, trauma can be approached as cracks or tears in the connections between the three universes. The more unresolved trauma a person carries, the greater the number and size of the cracks that he or she can fall into – leading to the hypervigilance, dissociation and/or freezing that are the hallmarks of PTSD. Through lecture, demonstration and experiential exercises, this workshop explores practical strategies you can apply with yourself and/or clients for healing the connections between the three universes that we all walk in.



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

REGISTRATION FORM

The 31st Annual TRANSFORMATION AND HEALING CONFERENCE

Through the Looking Glass: Perspectives on Systems, Trauma and Resilience

Wednesday-Sunday, August 22-26, 2012

Name: _____

Address: _____

City/State/Zip: _____

Phone #: _____

E-mail: _____

If attending the entire conference, please select ONE workshop from the morning and ONE workshop from the afternoon offerings:

Location: 3960 San Felipe Rd., Santa Fe, NM 87507

WEDNESDAY, AUGUST 22, 9AM-12PM

- The Power of Love - *Robert Waterman*
- Finding Strength When Life Changes - *Janet Schreiber*
- Songs of the Ancestors: The Family Constellation - *Hella Neumann*

WEDNESDAY, AUGUST 22, 2PM-5 PM

- Exploring the Art-Based Genogram - *Deborah Schroder*
- Diagnosing and Treating Childhood Trauma - *Christopher Alexander*
- Beauty in the Breakdowns: Cycles of Chaos and Order - *Jason Holley*

THURSDAY, AUGUST 23, 9AM-12 PM

- Art with Parts: an Invitation for Inner Connection - *Deborah John*
- Mind-Body Therapeutics: Essential Skills for Mental Health - *Dana Moore*
- Healing the Trauma Body: Reconnecting - *Bill Smythe*

THURSDAY, AUGUST 23, 2PM-5 PM

- The Supervisory System: Parallel Process - *Webb Garrison*
- Inner Figures: Eastern and Western Concepts - *Brook Jenkins*
- Brainspotting: The Mind's Shortcut to Healing - *Marcie Brooks*

FRIDAY, AUGUST 24, 9AM-12 PM

- Tapping the Well of Creativity- *Kate Cook*
- Remembering Our Grandmothers - *Ruby Gibson*
- Brainspots and Snowballs - *Kass Atkinson*

FRIDAY, AUGUST 24, 2-5 PM

- Using the Shamanic Journey Technique - *Luisa Kolker*
- Earning Security Through Partnership - *Lon Rankin and Lynn Hillas*
- How Parenting Affects the Internal Family - *Natalie Miller*

Location: 505 Camino de los Marquez, Santa Fe, NM 87505

KEYNOTE SPEAKERS

SATURDAY, AUGUST 25, 9AM-5:30PM

- Treatment of Trauma and Internal Family Systems - *Richard Schwartz*

SUNDAY, AUGUST 26, 1-4 PM

- Trauma Across Universes - *Lee Cartwright*

I am applying for CECs:
 YES NO

Make check or money order payable to:
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Mail this form along with check to:
 Southwestern College
 T & H Conference
 3960 San Felipe Rd.,
 Santa Fe, NM 87507

If paying by credit card,
 you may fax completed
 form to: (505) 471-4071.

Payment for tickets is non-refundable after August 8. Cancellations before August 8 will incur a \$25 service charge. Tickets will be mailed until August 13, after which time paid tickets will be held at the door. Please arrive 15 minutes prior to start time to pick up your tickets.

For questions, directions to either site or a list of local accommodations, visit **www.swc.edu**.

Office: 505-471-5756
Toll-free: 877-471-5756
Fax: 505-471-4071
Email: info@swc.edu

_____ Entire Conference	\$360
_____ Early Bird Registration (<i>purchased by August 9th</i>)	\$335
_____ Entire Conference (students and seniors 62+)	\$310
_____ Any One Daytime Event (Wed.-Fri., 3 CECs)	\$40
_____ Any 3 Daytime Events (Wed.-Fri. 3 CECs each)	\$110
_____ Saturday, 9:00am - 5:30pm (7 CECs)	\$120
_____ Sunday, 1:00pm - 4:00pm (3 CECs)	\$50

TOTAL ENCLOSED

Please charge my: Visa MC Discover

Card #: _____ Expires: _____ U Code: _____

Authorized Signature: _____

cut along dotted line and mail or fax to Southwestern College

