

The New Earth Institute of Southwestern College
presents the 34th Annual

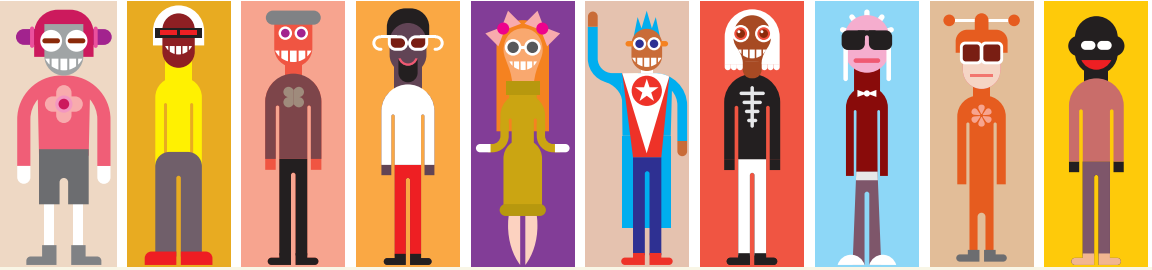
TRANSFORMATION AND HEALING CONFERENCE

Diversity, Healing & Consciousness

August 26-29, 2015



The New Earth Institute of Southwestern College presents the 33rd Annual
TRANSFORMATION AND HEALING CONFERENCE



TRANSDIMENSIONAL TEACHINGS
FOR THE WORLD COMMUNITY

The helping professions have been addressing diversity for decades. The conversations have been animated and conflictual, enlightening and divisive, transformational and exasperating. At Southwestern College, the goal

has not been to “find answers”, but to discover better questions, find unity in diversity, and above all to bring higher consciousness to this ever-shifting field of inquiry.

Our Transformation & Healing Conference 2015, entitled “Diversity, Healing & Consciousness”, is our latest endeavor to create a safe container for continuing this incredibly rich exploration of difference among people and cultures. We will honor differentness without losing track of connection and unity; we will explore how to keep these conversations meaningful in both our clinical and personal lives.

❖ **CONFERENCE LOCATION** ❖

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

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



Register online at www.swc.edu/swc-forms/conference-registration-form/

Wednesday - Saturday August 26-29



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

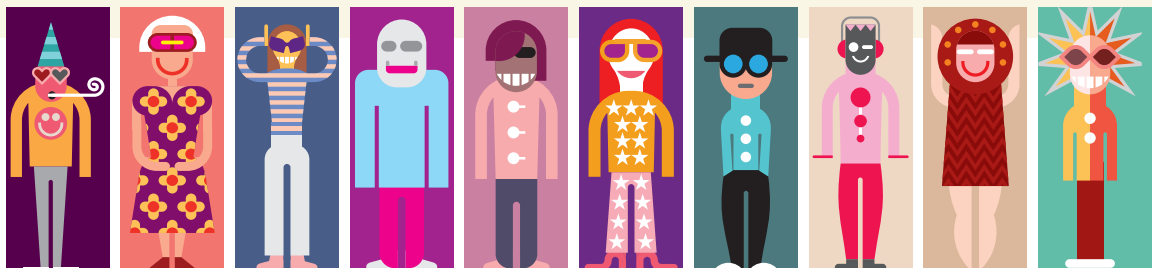
CECs:

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

24 CECs are given for the entire conference.

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

Please Note: The workshop *Exploring Personal Culture: Perspective, Practice and Supervision* on Thursday, August 27, 2-5pm, satisfies the NM licensing board requirements for 3 Supervision CECs. The two workshops on Friday, Aug. 28, *Ethics and Multicultural Competencies* (9am-12pm) and *Queering Ethics: On Straight Lines and Deviations* (2-5pm), meet the state licensing board requirements for 3 Ethics CECs each.



Visit www.swc.edu to find out about our degree programs.

Wednesday, August 26

9:00am - 12:00pm

The Wisdom of Relatedness: Healing the Grief of Culture Loss

The ancient roots of tribal cultures provide unique practices and solutions to problems which are today labeled as individual deficit. The dominant cultural model of reductionist diagnosis, corporate-dictated healthcare and promotion of medication as the cure is failing families and communities. This workshop will explore the use of the circle in the teaching of reciprocity and generosity. We will work with:

- ancient narrative as a model for understanding our need to connect to nature;
- animism as a way of shedding light on the internal roadmap of personality to move us away from the negative label of illness identity;
- connecting with our Earth Mother as a living being. Through art and offering we will nurture ancestor contact to form deep bonds of relatedness to balance the loss of attachment from a fragmented society.



Scott Thomas, Ph.D., LCSW, LADAC, CDVC3, has been in practice in Santa Fe for over 25 years, specializing in healing trauma, PTSD, depression, anxiety, grief, loss and belief conflicts. In his practice he utilizes depth psychology approaches, traditional wisdom teachings and cognitive behavioral therapy. He grew up learning from spiritual leaders and elders on the Cheyenne River Reservation. www.scottthomasphd.com

Healing Grief And Loss In Diverse Populations

As therapists, we often are called to work with people from backgrounds dissimilar to our own. Being familiar with different cultural approaches to healing grief and loss is helpful and can inspire us in creating strategies, ceremonies and rituals that work for particular individuals.

Carol Frank, M.A., LPCC, RN, PAT, is a graduate of SWC with a concentration in Grief, Loss and Trauma. She maintains a private practice as a psychotherapist in Albuquerque, NM and in addition to her extensive clinical experience, she conducts courses and offers professional workshops and presentations on death and non-death related grief topics.



Why "LGBT?": The Psychological & Spiritual Implications of Combining Four Diverse Groups under One Label

In this workshop, we'll explore the commonality and differences within the gay, lesbian, bisexual and transgender communities. We'll also discuss the value vs. the liability of combining such a vast array of people into a single category of LGBT. This exploration will include Gary and Jim's clinical experience over the last three decades with these diverse populations as well as sharing with the class their personal experience as a couple who have been together for 40 years. Included will be a transgender panel focusing on the difference between sexual orientation and gender orientation, in order to create more understanding and empathy for what is perhaps the most marginalized of the four groups.



Psychotherapists **Jim Fickey, Ph.D.**, and **Gary Grimm, M.A., LPCC**, have been in private practice in Santa Fe since 1987. Some of their specialties include Gay and Lesbian issues, addictions, couples counseling and group psychotherapy. They are the co-authors of the book *Gay Warrior: Transforming Betrayal into Wisdom*.



Wednesday, August 26

2:00pm - 5:00pm

Cultural Imposition: When Digital Immigrant Therapists See Digital Native Clients

These days most therapists are Digital Immigrants—that is, they were not brought up in the digital era, and digital communication is like a second language to them. On the other hand, many clients are Digital Natives, with completely different values, expectations and comfort levels around digital communication. This clash of cultures has enormous therapeutic, ethical, and clinical implications. Digital Immigrant helping professionals might be at risk of unwittingly imposing their own cultural perspectives about intimacy and relationships on their less empowered Digital Native clients. Exploring cultural differences and using the strengths offered by each can result in deeper cultural sensitivity and competencies that allow for greater curiosity, understanding and enhanced therapeutic alliance.



James Michael Nolan, Ph.D., is the president of Southwestern College. Though still a dilettante in the world of social media, he launched and maintains the college's social media presence and is an inveterate blogger for the likes of *The Huffington Post*, *Social Media Today*, *SantaFe.com* and SWC's blog site.

Laura L. Lansrud-López, M.A., LPCC, LPAT, ATR-BC, is the chair of the Counseling Program and clinical director of the Counseling Center at Southwestern. She has co-facilitated numerous workshops on ethics and social media for therapists and is an enthusiastic 'digital immigrant' with an active online presence, who has spent the past five years exploring the murky yet fascinating ethical territory where digital media meets professional practice.



Who Are Your People? Where Was Home? Has That Changed?

While we work to live in the present, our current lives are informed by the past. Art is rather magical in its ability to help us explore who we are (and who we believe we are not). This workshop will use an art process that will guide us into creatively expressing from where and from whom we come, and where and whom we've embraced or chosen as home and family. No prior art-making experience necessary.



Deborah Schroder, M.S., ATR-BC, LPAT, is the chair of the Art Therapy/Counseling Program at SWC. She is a member of the American Art Therapy Association and is currently the art therapy representative on the New Mexico Counseling and Therapy Practice Board. Ms. Schroder is the author of *Little Windows into Art Therapy: Small Openings for Beginning Art Therapists*.

Historical Trauma and Opiate Abuse in Northern New Mexico

This workshop will focus on intergenerational trauma that resulted from a community-wide loss of language and culture. This topic will be approached from a sociolinguistic and clinical perspective and cover such areas as:

- The development of trauma in Northern New Mexico;
- How the Treaty of Guadalupe Hidalgo is still impacting our community;
- How loss of culture and language = loss of identity;
- The intergenerational transference of PTSD;
- The development of opiate addiction;
- Reclaiming all personal narratives to overcome opiate addiction.

Juan Blea, M.Ed., LADAC, is an addiction counselor and author interested in all forms of treatment, but music, music therapy, and reflective journaling are the tops. In his spare time, he enjoys researching ways technology can be an active aid in the recovery process. Mr. Blea is the author of two books, *Butterfly Warrior* and *Journey to Aztlan*.



Thursday, August 27

9:00am - 12:00pm

Compassionate Inquiry: Writing Ourselves, Writing the Other

Writing can be a powerful tool of self-discovery and self-acceptance. Using writing practice or freewriting to tell our personal truths and explore our life experiences, we will touch on issues of identity, family and community. We will also explore the separation we may have experienced through racial, ethnic, religious, economic class, sexuality, gender or other social constructs. The basic quest for unity asks us to consider: Who am I/ Who is Other? With writing as a tool, we will seek to recognize, reconcile and release that which keeps us feeling separate. Facilitation will invite the use of both active imagination and memory. The workshop will culminate in the power of metaphor to express the transformational experience.



Ann Filemyr, Ph.D., serves as vice president of academic affairs and dean at Southwestern College, and is director of NEI's Transformational Eco-psychology Certificate Program. She is a published poet and author, whose writing explores our relationship to nature, the divine, intimacy and personal transformation. She served for two decades as an *oshkibewis* or apprentice/helper to the late *mashkikikwe* (Ojibwe herbal medicine woman) Keewaydinoquay and she continues to share from this lineage. www.annfilemyr.com

Embracing Cultural Differences in Children

As parents, mentors, and professionals, we will explore how we make children feel and develop in the course of our everyday interactions. What are some of the ways that we can weave deep embracing of all children into our consciousness and practices? If children are the future, what seeds are we sowing? Here we will deeply examine how we want to help shape our kaleidoscopic cultural society through our work with children. Public education, immigration, social justice, income disparity and police brutality are but a few of the challenges. The most potent way to reconfigure these challenges is through cultivating an emerging generation of children who love themselves and one another. Let's ask ourselves, "What are we going to do about that?"

Cynthia C. Fulreader, M.A., LPC, has 30 years of professional experience as a child and family therapist, adult and couples counselor, director of numerous non-profits, bi-lingual school counselor and program consultant. She is the director of NEI's Children's Mental Health Certificate Program.



Transforming Patriarchy in Academia: Love and Justice via Gender Reconciliation

Gender relations are in a state of crisis worldwide, as evidenced by gender-based violence, dating abuse, sexual exploitation and hetero-normative bias on university campuses. Join us as we begin to jointly confront and dismantle personal and cultural patterns of gender conditioning through both dyadic presentation and experiential activities.

Shell Goldman, M.A., CAH, is a practicing psychotherapist, transpersonal hypnotherapy trainer and educator in private practice in Santa Fe. He specializes in psycho-spiritual integration work and cultivating mindfulness with clients, and facilitates workshops on Conscious Relationships, Dating and Sexuality. He has led experiential men's gatherings in Maine and New Mexico since 1987.



The Rev. Cynthia Brix, Ph.D. (hon), is an interfaith minister and co-founder of the Gender Reconciliation International Project, which has organized more than 75 intensive gatherings in seven countries for healing and reconciliation between the sexes. Cynthia is a contributing author of *Divine Duality: The Power of Reconciliation between Women and Men*, and co-author of *Women Healing Women*.



Thursday, August 27

2:00pm - 5:00pm

Diversity in Today's Families

Modern families are comprised of many unique combinations of cultural heritages, mixed race, mixed religious practices, same sex parents and blended families with half siblings and step children. In order to foster open dialogue, create healthy boundaries and model a lifestyle that is based on respect for all forms of life, self-monitoring and self-regulating skills are much needed. We will use the breath as a focusing practice to incorporate the four basic levels of mindfulness: bodily needs, speech, emotional states and content of mind. As parents and health care professionals, participants will gain insight and acquire skills that support healthy modeling.

Ralph Steele, M.A., LMFT, S.E.P., is a licensed marriage and family therapist, a Vietnam veteran and meditation teacher. In 1999, he undertook an intensive meditation practice as an ordained monk in Burma and Thailand. He is the founder and director of Life Transition Therapy, Inc. in Santa Fe and the author of *Tending the Fire*.



Yogic Psychology of Healing: A Vedic View of the Mind

The challenges of our day-to-day experiences are often taken for granted, leading to congestion of the mind. This congestion is often perceived as a whirling of thoughts that are difficult to navigate and may lead to diagnoses such as anxiety, bipolar disorder and schizophrenia. The Vedic view of the mind gives us a diverse perspective on understanding the nature of consciousness as it arises through the matter of our sentient being. In this workshop, we will explore the channels of the mind and develop an appreciation for how these channels are illuminated to gain clarity on our vision and purpose in life.



Sudha Rani Kailas, M.D., Ph.D., is an integrative holistic physician in Santa Fe, specializing in the mental and emotional health and wellness of children and families. She brings an engaging perspective to working with clients through the principles of bio-individuality and the healing power of love, striving to relate to people with grace, kindness, and acceptance.

Exploring Personal Culture: Perspective, Practice and Supervision

The more conscious we are of the various influences in our lives that contribute to how we see ourselves and others, the more able we are to be present with our counter-transference with clients and supervisees. What triggers do you experience while offering a healing space? How do these triggers illuminate aspects of your personal culture and perspective? How can this information preempt interpersonal mistakes or inform the practice of modeling repair? In this workshop we will creatively explore these questions, using art, somatic attention, and group process.

Magdalena Karlick, M.A., ATR-BC, SP, LPAT, LPCC, has been trained in somatic experiencing, sandplay and psychodrama, and is an adjunct faculty member at Southwestern College. She supervises art therapy interns and LMHC therapists practicing in New Mexico, as well as being the counselor at the Santa Fe School for the Arts and Sciences, working with children, families and teachers. She is also a contract therapist at Youth Shelters working with court-ordered families and children in crisis.



Friday, August 28

9:00am - 12:00pm

Mirror, Mirror Says It All: The Blind Spots of Privilege

The more subtle dynamics of privilege create blind spots in our self and in our social awareness which allow us to remain unconscious of our expression and our impact on others. 'Waking up' to seeing ourselves more accurately occurs largely through the relational process. In this experiential workshop, participants will briefly explore intergenerational and sub-cultural aspects of privilege. Key concepts from interpersonal neurobiology will be presented and interwoven throughout the workshop.



Kate Cook, M.A., LPCC, TEP, is a nationally-certified practitioner and trainer in psychodrama, sociometry and group psychotherapy. She is the director of NEI's Applied Interpersonal Neurobiology Certificate Program, maintains a private practice and is a national consultant and educator.

Ethics and Multicultural Competencies

Consciousness, and our ability to fully realize our purpose as healers, is sometimes difficult to realize. We live in a world where our values, beliefs and behaviors require a higher level of appreciation and consciousness for everyone and everything around us. Has our knowledge and lifelong wisdom, our belief that we fully understand the importance of the healing service, prepared us to help culturally different people? Can they trust us as practitioners of the healing arts? We may believe that "everybody thinks like me" but think again! This workshop will be a facilitated discussion on the importance of ethics and multicultural competencies. Everyone we treat is searching for meaning and purpose in life, as they see it.

Michael Maestas, M.A., LPCC, has over 35 years of executive leadership experience in the field of behavioral health and was chair of the NM Counseling and Therapy Practice Board for eight years. He has an extensive background in public, private and non-profit behavioral health clinics, hospitals, institutions and he has been instrumental in the development of health care policy and legislation in New Mexico.



Indian 101*

Indian 101 is designed to heighten awareness about the history and diverse cultures of indigenous peoples, the effects of federal Indian policy and the contemporary reality of Native communities. This interactive presentation guides you toward a deeper understanding of the influences of European contact on tribal communities, their languages, economies and leadership. Historical trauma will be discussed, as well as issues of cultural appropriation and misappropriation. The workshop takes a non-victim and no-blame approach to presenting Native American history and culture, and background on contemporary Native peoples. This workshop moves the listeners away from a culture of oppression mentality toward a positive, realistic understanding of contemporary indigenous peoples.



Kathryn Tijerina, J.D., is an enrolled citizen of the Comanche Nation and was born and raised in Comanche country in southwestern Oklahoma. She graduated from Harvard Magna cum Laude and earned her Juris Doctorate from Stanford. Dr. Tijerina was the former president of the Institute of American Indian Arts and served as the First Leader of the Comanche Nation College Council. She has had a long, distinguished career in government and politics, currently as chair of the Native Fund of the Santa Fe Community Foundation, vice-chair of the Santa Fe Indian Center and an advisor for the Americans for Indian Opportunity's Ambassador Program.

*Special thanks to Americans for Indian Opportunity

Friday, August 28

2:00pm - 5:00pm

The Elephant in the Room: How Historical Trauma Enters the Session

There is mounting evidence that trauma can have profound and lasting effects on hormones, neurotransmitters, inflammation and immunity. What's more is that these effects can be transmitted to subsequent generations through genetic material. In this workshop we will look at the scientific evidence behind the effects of trauma on subsequent generations. Participants will also be invited to take part in an experiential exercise that makes the legacies of pain real and concrete. The workshop concludes with a review of promising practices designed to promote healing in diverse communities.

Brian Serna, M.A., LPCC, LADAC, is a nationally recognized trainer in the treatment of addictions. He also facilitates workshops on ethics, improving cross-cultural counseling skills and the treatment of co-occurring disorders with adolescents. He is currently the director of the Kewa Family Wellness program for Santo Domingo Pueblo and maintains a private practice in Santa Fe. www.sernasolutionsllc.com



Queering Ethics: On Straight Lines and Deviations

Freud was among the first to put quotation marks around “normal” when referring to matters of sexuality. He placed sexuality—desires, drives, wishes, and fantasies—at the heart of the unconscious and, in so doing, called into question the clean division between normal and pathological. Similarly, queer theory, a set of ideas that emerged in the late 1990s, unsettles clear distinctions and deconstructs normative “straight” ideology. While queer theory is grounded in the study of gender and sexuality, it more generally challenges categories and ideas that we often think of as fixed and rigid. In this workshop, we will use the lens of queer theory to take a look at how queerness disrupts and reorders embedded assumptions in psychotherapy, especially in working with sexual issues.



Ginna Clark, M.A., ATR-BC, LPCC, is the director of NEI's Human Sexuality Certificate Program and is an adjunct faculty member at SWC. She is a member of the American Art Therapy Association and is a doctoral candidate at the Institute of Contemporary Psychoanalysis and Psychotherapy in Los Angeles, CA.

Beliefs and Cultural Diversity: Why Do You Believe You Are Who You Are?

Optimal Psychology is a modern paradigm for recognizing diversity and consciousness, authored by Linda James Myers as a humanist framework. We will explore feminism, liberation and mindfulness in culture, as the manifestation of multicultural and integral evolution of humanity. Through experiential and spatial exercises, participants will learn to recognize resiliency in culture and their own cultural bias.

Kenneth Winfrey, M.S.W., LMSW, is an Optimal Theory Belief Systems Analysis psychotherapist and organizational consultant. Optimal Theory is a quantitative model which measures beliefs about the self, cultural values, and the ways these value systems can influence multicultural interactions. It is effective for both organizations and individuals as a tool for intervention.



Saturday August 29

9:00am - 12:00pm

An Inside Job: Archetypal Medicines for Internalized Oppression

Myths of the pure and the perfect and the demand for uniformity can lead us to attempt to eradicate or control those elements of self which do not conform to certain rules, setting up cycles of over-control and out-of-control, repression and the “return of the repressed.” The dialectic of wildness and order, of the garden and the wilderness, is symbolized in the astrological polarity of Virgo and Pisces. We will explore the mythologies behind these symbols and discover how these stories offer perspective and medicine for work with the diversity inherent in every person. In particular we will focus on the dynamics of internalized oppression, such as the drive for thinness or muscularity, internalized racism, homophobia and age denial.



Jason Holley, M.A., LPCC, is a psychotherapist and astrologer in private practice. He has taught locally and nationally on psychotherapy, mythology, and astrology. His website is www.jasonholley.net.

Diversity of Modern Neoshamanism and the Integration of the Ancient Healing Wisdom of Indigenous Cultures

This workshop will present teachings and exploration on how the modern day Western shaman and healing arts practitioner can connect to a diverse and ancient well of knowledge of earth-based healing practices and rituals, allowing for a much greater ability to provide healing at a deep soul level. Some say that one of the founding fathers of psychology Carl Jung, was attempting to bring back to the western world a way of working with this knowledge in a culture that has these practices at its roots. We will touch upon some of these practices from Native American, Mayan, Balinese and Peruvian cultures.

Michele Rozbitsky, M.A., LPCC, has been in private practice as a shamanic practitioner, psychotherapist, author, and facilitator of women’s 13 Moon groups, as well as leading an apprenticeship/mentorship program for many years. She has personal experience working with Native American, Mayan, Balinese and Peruvian medicine people, in deep honoring of all that has been passed on. www.journeytothefifthworld.com



2:00pm - 5:00pm

The Many Faces of Love

The purpose of this conference has been to better understand many faces of diversity with the intention of bringing greater conscious awareness and healing into situations that often invite separation and therefore suffering. The tone that aligns all therapies into transformation is love. We will explore why that is so and how to amplify and apply the ways and means of the power of love through its many therapeutic faces.



Robert Waterman, Ed.D., LPCC, has been a spiritual teacher, mentor and counselor for over 30 years, conducting classes throughout the United States and in Europe. Applying a disciplined practice of spiritual research, he emphasizes the value of ancient teachings to modern therapy. He is the author of two books, *Footprints to Eternity* and *Eyes Made of Soul*. Dr. Waterman is president emeritus of Southwestern College.

REGISTRATION FORM

The 34th Annual TRANSFORMATION AND HEALING CONFERENCE

Diversity, Healing & Consciousness

Wednesday-Saturday, August 26-29, 2015

Name: _____

Address: _____

City/State/Zip: _____

Phone #: _____

E-mail: _____

**Please select ONLY ONE workshop
per morning and/or afternoon**

**Make check or
money order payable to:**
Southwestern College

**Mail this form along
with check or credit card
information 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.

Tickets will be mailed
until August 12. After
August 12 tickets will be
held at the college.
Please arrive 25 minutes
early to pick up tickets
at the office.

Pre-registration is
recommended as
workshops fill quickly

**For questions or
directions visit :**
www.swc.edu.
Or contact the office:
Direct: 505-471-5756
Toll-free: 877-471-5756
Fax: 505-471-4071
Email: info@swc.edu

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

WEDNESDAY, AUGUST 26, 9:00am-12:00pm

- The Wisdom of Relatedness: Grief of Culture Loss - *Scott Thomas*
- Healing Grief and Loss in Diverse Populations - *Carol Frank*
- Why "LGBT?": Combining Four Diverse Groups- *Jim Fickey & Gary Grimm*

WEDNESDAY, AUGUST 26, 2:00pm-5:00pm

- Digital Immigrant Therapists & Digital Native Clients - *J. Nolan & L. Lansrud-López*
- Who Are Your People, Where Was Home? Has That Changed? - *Deb Schroder*
- Historical Trauma and Opiate Abuse in Northern NM - *Juan Blea*

THURSDAY, AUGUST 27, 9:00am-12:00pm

- Compassionate Inquiry: Writing Ourselves, Writing the Other - *Ann Filemyr*
- Embracing Cultural Differences in Children - *Cynthia Fulreader*
- Transforming Patriarchy in Academia - *Shell Goldman & Rev. Cynthia Brix*

THURSDAY, AUGUST 27, 2:00pm-5:00pm

- Diversity in Today's Families - *Ralph Steele*
- Yogic Psychology of Healing: A Vedic View of the Mind- *Sudha Rani Kailas*
- Exploring Personal Culture: Perspective, Practice and Supervision - *M. Karlick*

FRIDAY, AUGUST 28, 9:00am-12:00pm

- Mirror, Mirror Says It All: The Blind Spots of Privilege - *Kate Cook*
- Ethics and Multicultural Competencies - *Michael Maestas*
- Indian 101 - *Kathryn Tijerina*

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- Elephant in the Room: How Historical Trauma Enters the Session - *Brian Serna*
- Queering Ethics: On Straight Lines and Deviations - *GINNA CLARKE*
- Beliefs and Cultural Diversity - *Kenneth Winfrey*

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- Diversity of Modern Neoshamanism - *Michele Rozbitsky*

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- The Many Faces of Love - *Robert Waterman*

_____ Entire Conference	\$275
_____ Entire Conference (students, alumni and seniors 60+)	\$240
_____ Each Workshop (Wed.-Sat., 3 CECs)	\$40
_____ Any 3 Workshops (Wed.-Sat. 3 CECs each)	\$110

I am applying for CECs:
 YES NO

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

