



Welcome to Southwestern College

Ph. 877-471-5756 or 505-471-5756

The mission of Southwestern College is Transforming Consciousness through Education. This schedule lists classes for degree-seeking students in Counseling, Art Therapy/Counseling, Consciousness in Action, and Art Therapy for Clinical Professionals. Degree-seeking students choose their electives from the New Earth Institute (NEI) classes.

SPRING 2024 QUARTER REGISTRATION INFORMATION

SCHEDULE FORMAT: If you would like to view an alternate version of the schedule that shows potential scheduling conflicts click [here](#). Please note that the alternate schedule only includes the basic information you need to determine which sections would work best for you. If you are still having trouble figuring out a class schedule that works for you, submit a request to studentsupport@swc.edu and Kelleen or Anne will set up a 15-minute meeting with you. Please come prepared to the meeting with specific questions and/or ideas/strategies in mind.

EARLY REGISTRATION INFORMATION: If you have a schedule conflict between certain courses that are offered on the same day and time, or your employment, childcare, travel, health, or something else, please check for an alternate day/time for one of those courses. If you determine that you must get into a specific section of 1 or more courses, please fill out the [Early Registration Request](#). Do not assume there will be room in the section you need. Requests for Early Registration are due by 5pm, Friday 2/23/24 (no exceptions). Please have your supporting documentation ready to upload to the form. NOTE: Do not submit this form if you are designated as "on ground" and want to take an online section as these requests will not be granted. See designation policy in the College Catalog or the Registration folder in the Student & Career Services group.

REGISTRATION DATES: You will receive an email prior to registration with your individual registration time slot. **Monday, 3/11: New Distance Students. Tuesday, 3/12: Distance Students. Thursday, 3/14: On-Ground Students. Friday, 3/22: Interns.**

PROGRAM PLANNERS: If you are not able to take a course at **any time** that is offered due to any of the above reasons, please submit a [Program Planner Change Request](#) which will go directly to Michelle Lynn.

COSTS: Tuition per quarter unit is \$626. There is an educational resource fee of \$300 per quarter of attendance.

NOTES: ZOOM SYNCHRONOUS courses meet at a scheduled time via Zoom. Most of the interaction occurs through Zoom during scheduled class meetings and assignments are submitted through Populi. ASYNCHRONOUS courses do not meet at a scheduled time. All coursework is completed in Populi, and interactions occur through the discussion board and other interactive learning activities. Assignments and learning activities are due per the course schedule and deadlines in Populi. ZOOM SYNCHRONOUS PLUS ASYNCHRONOUS courses meet at a scheduled time via Zoom and have additional asynchronous learning activities. These courses are intentionally scheduled to meet for less than the required hours to reduce time on Zoom (e.g., reducing meeting time from 4 hours to 3 hours and replacing 1 hour with asynchronous learning activities).

LAST DAY TO DROP FOR MA DEGREE COURSES: The deadline to drop without a W and receive a 100% refund is by 3 pm on the Friday of the first week of classes which is April 5, 2024. The deadline to withdraw from a 10-week class with a W designation is by the end of the ninth week of the quarter.

SPRING 2024 QUARTER SCHEDULE

NOTE: All class times are in Mountain Standard Time (MST).

APPLIED THEORIES OF HUMAN DEVELOPMENT (CN AT 522-2)

\$2817/4.5 quarter units

Section 1: Greg Guerin, MA, LPC-S, LPCC

Mondays, 4/1-6/3, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 2: Allison Davis, MS, LPCC, PhD

Mondays, 4/1-6/3, 9:30am-12:30pm; **SWC Campus plus Asynchronous**

Section 3: Carlos Gonzalez, PhD, Licensed Psychologist

Tuesdays, 4/2-6/4, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 4: Chelsea Call, MA, ATR, LPCC

Tuesdays, 4/2-6/4; 9:30am-12:30pm; **SWC Campus plus Asynchronous**

Section 5: Carlos Gonzalez, PhD, Licensed Psychologist

Wednesdays, 4/3-6/5, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 6: Micaela Wood, MA, ATR-BC, LPCC

Fridays, 4/5-6/7, 12-3pm; Zoom Synchronous plus Asynchronous

ART THERAPY/COUNSELING INTERNSHIP (AT/CN 698-6L.2)

\$2817/4.5 quarter units

Prerequisite: Completion of all coursework.
Seren Morris, MDiv, MA, ATR-BC, LPCC
4/1-6/9; Asynchronous

(ART THERAPY) PRACTICUM I & LAB: Helping Relationships w/ Individuals in AT/CN (AT/CN 656-2)

\$2504/4 quarter units

Prerequisite: Completion of ePortfolio; Completion of all CN AT and AT/CN classes except those approved for corequisites.

Mandatory Practicum Orientation Monday, April 1 from 9:30 – 11:30 am via Zoom

Section 1: Seren Morris, MDiv, MA, ATR-BC, LPCC

Class: Tuesdays, 4/2-6/4, 12-3pm; Zoom Synchronous

Lab 1: Wednesdays, 4/3-6/5, 11am-12:30pm; Zoom Synchronous

Lab 2: Cancelled

Lab 3: Thursdays, 4/4-6/6, 11am-12:30pm; Zoom Synchronous

ARTS-BASED RESEARCH (ATCP 598)

\$626/1 quarter Unit

Micaela Wood, MA, ATR-BC, LPCC

Tuesdays, 4/2-6/4, 4-5pm; Zoom Synchronous

ASSESSMENT & APPRAISAL IN ART THERAPY/COUNSELING (AT/CN 664-3)

\$2817/4.5 quarter units

Prerequisite: CN AT 581-5 Psychopathology: Diagnosis and Treatment of Mental and Emotional Disorders

Section 1: Sarah Glosenger, MA, ATR-BC, CAADC, LPC

Wednesdays, 4/3-6/5, 3-6pm; Zoom Synchronous plus Asynchronous

Section 2: Alyssa Butler, MA, ATR-BC, LPCC

Fridays, 4/5-6/7, 9am-12pm; **SWC Campus plus Asynchronous**

Section 3: Sarah Glosenger, MA, ATR-BC, CAADC, LPC

Fridays, 4/5-6/7, 12-3pm; Zoom Synchronous plus Asynchronous

CAREER AND LIFE DEVELOPMENT (CN AT 625-2)

\$2817/4.5 quarter units

Prerequisite: CN AT 542-4 Foundations: History and Theories of Counseling

Section 1: Zahira Miller, MA, LPCC

Mondays, 4/1-6/3, 1-4pm; Zoom Synchronous plus Asynchronous

Section 2: Naja Druva, MS, LPCC

Tuesdays, 4/2-6/4, 9am-12pm; **SWC Campus plus Asynchronous**

Section 3: Zahira Miller, MA, LPCC

Wednesdays, 4/3-6/5, 1-4pm; Zoom Synchronous plus Asynchronous

Section 4: Naja Druva, MS, LPCC

Thursdays, 4/4-6/6, 1-4pm; Zoom Synchronous plus Asynchronous

COMPREHENSIVE SCHOOL COUNSELING PROGRAM DEVELOPMENT AND EVALUATION (SCN 600)

\$2817/4.5 quarter units

Zahira Miller, MA, LPCC

4/1-6/9; Asynchronous

CONSCIOUSNESS II: Cultivating the Healing Presence of Love (CN AT 531-3)

\$2504/4 quarter units

Prerequisite CN AT 530-3, Consciousness I: Cultivating the Healing Power of Presence

Section 1: Marialuisa Diaz de Leon Z., MA, REAT, MSMT, MSME

Tuesdays, 4/2-5/28, 9am-12pm; Tuesday, 6/4, 9am-1pm; Friday, 4/19, 9am-2pm; Friday, 5/24, 9-5pm;

Zoom Synchronous

Section 2: Katherine Ninos, MA, LPCC

Tuesdays, 4/2-5/28, 2-5pm; Tuesday, 6/4, 2-6pm; Saturday, 4/20, 9am-2pm; Saturday, 5/25, 9am-5pm;

SWC Campus

Section 3: Susanne Stockman, PhD, LPCC

Tuesdays, 4/2-5/28, 2-5pm; Tuesday, 6/4, 2-6pm; Sunday, 4/21, 10am-2pm; Saturday 5/25, 10am-6pm;

Zoom Synchronous

Section 4: Kate Latimer, MA, LPCC

Tuesdays, 4/2-5/28, 2-5pm; Tuesday, 6/4, 2-6pm; Sunday, 4/21, 1-6pm; Friday, 5/24, 10am-6pm;

Zoom Synchronous

Section 5: Marialuisa Diaz de Leon Z., MA, REAT, MSMT, MSME

Wednesdays, 4/3-5/29, 8-11am; Wednesday, 6/5, 8am-12pm; Friday, 4/19, 9am-2pm; Friday, 5/17, 9am-5pm; Zoom Synchronous

Section 6: Kate Latimer, MA, LPCC

Thursdays, 4/4-5/30; 9am-12pm; Thursday, 6/6, 9am-1pm; Sunday, 4/21, 1-6pm; Sunday, 5/26, 10am-6pm; Zoom Synchronous

Section 7: Awbrey Willet, MA, LMHC

Thursdays, 4/4-5/30, 2-5pm; Thursday, 6/6, 2-6pm; Saturday, 4/20, 9am-2pm; Sunday, 5/26, 9am-5pm;

SWC Campus

COUNSELING INTERNSHIP I (CN 698-8L.2)

\$2817/4.5 quarter units

Prerequisite: Completion of all classes except electives and corequisites.

Allison Davis, MS, LPCC, PhD

4/1-6/9; Asynchronous

(COUNSELING) PRACTICUM I: Helping Relationships w/ Individuals in CN (CN 656-4)

\$2504/4 quarter units

Prerequisite: Completion of ePortfolio Part I; Completion of all CN AT classes except those approved for corequisites

Mandatory Practicum Orientation Monday, April 1 from 9:30 – 11:30 am via Zoom

Section 1: Greg Guerin, MA, LPC-S, LPCC

Thursdays, 4/4-6/6, 9am-12pm; Zoom Synchronous

Section 2: Vanessa Torres McGovern, MA, LPCC

Thursdays, 4/4-6/6, 10am-1pm; **SWC Campus**

HERMENEUTICS OF SELF: Transformation and Healing Through Imaginal Ways of Knowing (CN AT 523-4)

\$2504/4 quarter units

Prerequisites: CN AT 574, Psychology of Altruism: Fundamentals of Helping Relationships and CN AT 522-2, Applied Theories of Human Development

April Vogel, PhD, Licensed Psychologist

Mondays, 4/1-6/3, 9am-1pm; Zoom Synchronous

HISTORY OF ART THERAPY: Founders and Foundations (AT/CN 530)

\$1252/2 quarter units

Section 1: Micaela Wood, MA, ATR-BC, LPCC

Tuesdays, 4/2-6/4, 1-3pm; Zoom Synchronous

Section 2: Joanne Ramseyer, MA, ATR-BC, LCPC

Tuesdays, 4/2-6/4, 4-6pm; Zoom Synchronous

Section 3: Deborah John, PhD, ATR-BC, LPAT

Wednesdays, 4/3-6/5, 6-8pm; **SWC Campus**

MULTICULTURAL PERSPECTIVES IN ART THERAPY/COUNSELING w/ DIVERSE POPULATIONS (AT/CN 597-2)

\$1878/3 quarter units

Prerequisite: Multicultural Awareness (CN AT 500-3)

Section 1: Micaela Wood, MA, ATR-BC, LPCC

Wednesdays, 4/3-6/5, 1-4pm; Zoom Synchronous

Section 2: Delora Putnam-Bryant, MSAT, ATR-BC

Thursdays, 4/4-6/6, 9am-12pm; Zoom Synchronous

Section 3: Elijah Chong, MA, LPCC

Thursdays, 4/4-6/6, 9am-12pm; **SWC Campus**

Section 4: Angela Kehm, MA, LPC

Thursdays, 4/4-6/6, 2-5pm; Zoom Synchronous

Section 5: Delora Putnam-Bryant, MSAT, ATR-BC

Thursdays, 4/4-6/6, 4-7pm; Zoom Synchronous

MULTICULTURAL PERSPECTIVES IN COUNSELING w/ DIVERSE POPULATIONS (CN 577-4)

\$1878/3 quarter units

Prerequisite: CN AT 500-3, Multicultural Awareness

Section 1: Naja Druva, MS, LPCC

Wednesdays, 4/3-6/5, 9am-12pm; **SWC Campus**

Section 2: Crystal Rozelle-Bennett, MSW, LMSW

Wednesdays, 4/3-6/5, 4-7pm; Zoom Synchronous

Section 3: Crystal Rozelle-Bennett, MSW, LMSW

Thursdays, 4/4-6/6, 4-7pm; Zoom Synchronous

PROFESSIONAL SEMINAR IN AT/CN: Professional Identity Development (AT/CN 698-6) Section 1: Jennifer Albright Knash, DAT, ATRL-BC, LPAT, LPC/AODA, LPCC, CCTP Tuesdays, 4/2-6/4, 9-11am; Zoom Synchronous Section 2: Jennifer Albright Knash, DAT, ATRL-BC, LPAT, LPC/AODA, LPCC, CCTP Tuesdays, 4/2-6/4, 4-6pm; Zoom Synchronous Section 3: Seren Morris, MDiv, MA, ATR-BC, LPCC Fridays, 4/5-6/7, 9-11am; SWC Campus	\$1252/2 quarter units
PROFESSIONAL SEMINAR IN COUNSELING I: Counselor Identity Development (CN 698-8) Section 1: Vanessa Torres McGovern, MA, LPCC Wednesdays, 4/3-6/5, 9:30-11:30am; SWC Campus Section 2: Vanessa Torres McGovern, MA, LPCC Wednesdays, 4/3-6/5, 12-2pm; Zoom Synchronous	\$1252/2 quarter units
PSYCHOLOGY OF ALTRUISM II: The Call to Serve (CINA 575) <i>Prerequisite: CN AT 574 Psychology of Altruism: Fundamentals of Helping Relationships</i> Marna Hauk, PhD Tuesdays, 4/2, 6-7:30pm; Tuesdays, 4/9, 4/23, 5/7, 5/21, 6/4, 6-7:15pm; Zoom Synchronous	\$1878/3 quarter units
PSYCHOPATHOLOGY: PSYCHOPHARMACOLOGY (CN AT 581-4) Jennifer Albright Knash, DAT, ATRL-BC, LPAT, LPC/AODA, LPCC, CCTP; Allison Davis, MS, LPCC, PhD; Jefferson Davis, MD, Guest Speaker Wednesdays, 4/24 & 5/1; 4-6pm; Zoom Synchronous plus Asynchronous	\$313/0.5 quarter units
RESEARCH METHODS AND PROGRAM EVALUATION (CN AT 598-6) Section 1: Randal Lea, MA, LADAC Tuesdays, 4/2-6/4, 4-7pm; Zoom Synchronous plus Asynchronous Section 2: Randal Lea, MA, LADAC Thursdays, 4/4-6/6, 4-7pm; Zoom Synchronous plus Asynchronous Section 3: Amy Lueck, MA, LMHC Fridays, 4/5-6/7, 1-4pm; SWC Campus plus Asynchronous	\$2817/4.5 quarter units
TRAUMA AND CRISIS COUNSELING (CN AT 667) <i>Prerequisites: AT/CN 664-2 Addiction Assessment & Treatment in ATCN; CN AT 542-4 Foundations: History and Theories of Counseling; CN 565-3 Addiction Assessment & Treatment in Counseling; CN AT 581-5 Psychopathology: Diagnosis and Treatment of Mental and Emotional Disorders</i> Jennifer Albright Knash, DAT, ATRL-BC, LPAT, LPC/AODA, LPCC, CCTP, RYT 200 Mondays, 4/1-6/3, 12-3pm; Zoom Synchronous plus Asynchronous	\$2817/4.5 quarter units

NEI CERTIFICATE PROGRAMS & CONTINUING EDUCATION

NEI CERTIFICATE COURSES CAN BE TAKEN FOR:

- Degree credit as an elective in your degree program. Please use the registration process via Populi to register for credit. (See "NEI Course Registration Info" in the Student and Career Services Group in the File called "Electives/NEI Courses—info on how to register for them.")
- Non-credit (NC) by SWC students for the NC price and still count toward certificate completion. (Use this link <https://newearth.regfox.com/nei-registration-form> to register for non-credit NEI classes any time.)
- 16 New Mexico Counseling and Therapy Practice Board Approved CEUs available for mental health professionals.

REFUNDS: 100% refund available for students who withdraw up to 72 hours before start of class minus a \$50 administrative fee. No refunds less than 72 hours before class. Please contact the Registrar's Office collegeregistrar@swc.edu to process your cancellation.

HUMAN SEXUALITY (HS) CERTIFICATE

SEX IN THE SECOND HALF OF LIFE (HS 5250)

Saturday & Sunday, 4/6 & 4/7, 9am–6:30pm; Zoom Synchronous

\$375/16 CEUs/non-credit or
\$1252/2 quarter units/credit

Our experience of sexuality evolves across the lifespan and changes as we continue to grow and develop. This class will examine and celebrate sexuality in the second half of life, drawing from various perspectives from advocates, educators, and sex therapists. We will cover topics that frequently affect sexuality after age 40, such as perimenopause and menopause, sexual response changes, evolving sexual self-concept, and changes in relationship status due to divorce or bereavement. We will discuss how to be informed and supportive as helping professionals for clients exploring sex in the second half of life, including education about sexual adaptations that are helpful for a wide variety of changes in body response. Transference/countertransference will be explored, as well as dynamics related to practitioner and client age, gender identity, sexual orientation, and other cultural differences that might present in a therapeutic setting.



Laura Rademacher, MA, LMFT, CST, CST-S, is the Director of the Human Sexuality Certificate program. She is an AASECT certified sex and relationship therapist with over 15 years of experience as a sex-positive sexual health educator. She is the author of *"The Principles of Pleasure: Working with the Good Stuff as Sex Therapists and Educators."*

TRAUMA, GRIEF, AND RENEWAL (TGR) CERTIFICATE

COUNSELING SKILLS FOR TRAUMA AND GRIEF (TGR 5100)

Saturday & Sunday, 4/13 & 4/14, 9am–6pm; Zoom Synchronous

\$375/16 CEUs/non-credit or
\$1252/2 quarter units/credit

This course focuses on identifying and treating complicated grief and trauma. We will explore theories of trauma, complicated grief, and traumatic grief. Through readings, experiential exercises, guided imagery and group interactions, the students will develop skills to support a healthy grieving process for individual clients who have experienced loss, trauma, complicated grief, or traumatic grief. The role of ritual in healing grief will be explored. Extraordinary experiences, spiritual emergency and near-death experiences will be discussed. Counseling skills to deal with these issues will be demonstrated experientially.



Rev. Ted Wiard, EdD, LPCC, is the Director of the Trauma, Grief, and Renewal Certificate. Dr. Wiard is the founder and Director of Golden Willow Counseling and Golden Willow Retreat Center. He is also the co-author of *Witnessing Ted: The Journey to Potential through Grief and Loss* as well and continues to write professional articles pertaining to emotional healing. Dr. Wiard also maintains a private practice.

ADDICTIONS, ABUSE, AND RECOVERY (AAR) CERTIFICATE

ETHICAL AND CULTURAL ISSUES IN ADDICTION (AAR 5300)

Saturday & Sunday, 4/27 & 4/28, 9am–6:30pm; Zoom Synchronous

\$375/16 CEUs/non-credit or
\$1252/2 quarter units/credit

Students will explore the ethical issues that are shared with other fields in psychotherapy and those that are unique to the addiction treatment arena. Issues such as professional boundaries, confidentiality (HIPAA and 42 CFR), and cultural considerations (colonization, historical trauma, and class issues) will also be explored.



Richard Pelfrey, BA, LADAC, NCAC, has been holding space for the resolution and reintegration of trauma and addictions of all forms for the past 12 years. While becoming licensed as an addictions counselor, Richard heard the call to expand his work with people beyond traditional models and began exploring alternative methods for the resolution of trauma. Richard is trained and certified in Trauma Sensitive Yoga, Wim Hoff method, and Brainspotting, meditation leadership and grief counseling, and incorporates all of these modalities as well as a decade of apprenticeship in the Toltec wisdom path and traditional earth-based ceremony in his focused work with individuals and groups for the purpose of healing and finding our highest joy and artistry in life.

ECOTHERAPY (TE) CERTIFICATE

SOMATIC HEALING WITH NATURE: TRANSFORMING TRAUMA AND LIVING INTO ALIVENESS (TE 5350)

\$375/16 CEUs/non-credit or
\$1252/2 quarter units/credit

Saturday & Sunday, 5/4 & 5/5, 9am–6:30pm; Zoom Synchronous

This course will explore somatic healing with nature. Somatic experiencing practices are a skillful and safe way to heal trauma. We will learn how nature offers a healing container to support the transformation and healing of trauma. Building on the practices of mindfulness with nature we will learn how to become present to the stored traumas stuck within the body, connect to the inherent potential to heal, and learn to release the unhealthy patterns of trauma to experience the fullness of our aliveness. You as the student will be invited to work to integrate these practices into the healing of your own trauma and consider ways in which your continued healing can inform ways to integrate these teachings and practices into the therapeutic container.



Rochelle Calvert, PhD, CMT, SEP, is the author of *Healing with Nature: Mindfulness and Somatic Practices to Heal from Trauma*. She has studied and taught mindfulness for the past 19 years and personally knows the transformational potential. Dr. Calvert currently leads courses, workshops, and treats in mindfulness and somatic experiencing in nature. As a licensed clinical psychologist and founder of New Mindful Life, she supports her clients, taking them into nature with the aid of Bertha Grace, a Sprinter van that serves as a mobile therapy office.
www.newmindfullife.com

PSYCHEDELIC STUDIES (PS) CERTIFICATE

THIS IS YOUR BRAIN ON PSYCHEDELICS: NEUROSCIENCE, BRAIN PLASTICITY, CREATIVITY (PS 5400)

\$375/16 CEUs/non-credit or
\$1252/2 quarter units/credit

Saturday & Sunday, 5/11 & 5/12, 9am–6pm; Zoom Synchronous

This course examines the neuroscience of psychedelic compounds. Students will examine the processes by which psychedelic compounds interact with the brain, and how this interaction can lead to profound changes in perception, cognition, emotion, behavior, and creativity. Students will learn about the specific neural pathways and mechanisms that underlie the effects of psychedelic compounds. Through readings, lectures, discussions, students will examine the scientific research on the therapeutic potential of psychedelic compounds, as well as their use in spiritual and creative contexts. Students will critically evaluate which psychedelic compounds may be best suited to different mental health conditions, for referral purposes. Students will examine the neuroscience of expanded states of consciousness (ego dissolution, mystical/transcendent experiences) and why these experiences have the potential to cause lasting changes in the brain. Students will explore the complex interplay between brain chemistry and the subjective experience of the client. Participants will develop a discerning eye in evaluating research and science around psychedelic-assisted therapy and identify the sources and qualities that form their opinion on the neuroscience of psychedelic compounds for personal growth, mental health conditions, and more.



Amy Wong Hope, MSW, LCSW, is the Certificate Program Director of the Psychedelic Studies Certificate. Amy is trained as an MDMA-assisted therapist through the (MAPS) Multidisciplinary Association for Psychedelic Studies and co-author of *Small Doses of Awareness: A Microdosing Companion* (due to be published spring 2024). Amy maintains a private practice with a focus on trauma-informed modalities and shame-resilience approaches that support clients in restoring emotional, somatic, and relational resiliency.


APPLIED INTERPERSONAL NEUROBIOLOGY (AIN) CERTIFICATE

ALL ABOARD: STRATEGIES FOR EXPERIENTIALLY ENGAGING PARTS WORK (AIN 5350)

\$375/16 CEUs/non-credit or
\$1252/2 quarter units/credit

Saturday & Sunday, 5/18 & 5/19, 9am–6:30pm; SWC Campus

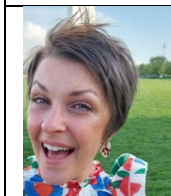
Clients often enter therapy with a sense of internal contradiction, or an inner conflict between parts of self, requiring assistance with integrating exiled or disowned parts. This course is designed to explore perspectives and skills gleaned from several experiential approaches to parts work processing, including IFS (Internal Family Systems) and AEDP (Accelerated Experiential Dynamic Psychotherapy), as well as the compassion-based parts-work practice adapted by Tsultrim Allione called “Feeding Your Demons” from Tibetan Buddhism. Parts-work models understand the outer personality structure as composed of protector parts that form early in life as survival skills, but that can later prove maladaptive to our well-being. Underneath all protectors are “exiles”-- or childhood parts-- rooted in innocence, playfulness, and love, waiting to be shown safety and an opportunity to freely feel and express dissociated feelings; to be reunited within a larger sense of self. During this weekend we will ground ourselves in the core sense of the centered-self through mindfulness and somatic practices. In watching clinical videos of parts-work sessions we will track our responses and learn ways to work with activated parts. Through dyadic work we will experientially explore how to dialogue with the parts of self that can emerge in us as clinicians while in session, practicing techniques for integrating the many and varied parts – protectors and exiles – which comprise the rich and complex human psychic ecology.

	<p>Scott Van Note, MA, LMHC, is a Licensed Mental Health Counselor in private practice in Santa Fe, New Mexico, working with a broad spectrum of clients. He also worked for several years in an intensive outpatient program in Albuquerque, treating substance abuse issues, PTSD, and co-occurring disorders, while facilitating weekly anger management and relapse prevention groups. Scott’s practice incorporates AEDP along with the parts work of IFS, engaging the client’s whole person as well as the inner child, on pathways towards catharsis, reunion, and integration.</p>
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CHILDREN’S MENTAL HEALTH (CMH) CERTIFICATE & HUMAN SEXUALITY (HS) CERTIFICATE

<p>BEYOND THE BIRDS AND THE BEES: STRENGTHENING HEALTHY GENDER AND SEXUAL DEVELOPMENT IN CHILDREN AND TEENS (CMH/HS 5017-3) Saturday & Sunday, 6/1 & 6/2, 9am–6:30pm; Zoom Synchronous</p>	<p>\$375/16 CEUs/non-credit or \$1252/2 quarter units/credit</p>
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This course will provide mental health professionals with evidence-based strategies to strengthen healthy gender, sexual, and affection identity development in today’s children and teens. Participants will learn how to support children, teens, and their families as they navigate the challenging terrain of sexuality and gender. This course will examine the influence of social and cultural messages regarding gender development on youth. The course will also identify advocacy and intervention approaches that support the experience of children and teens with straight, Two Spirit, Lesbian, Gay, Bisexual, Trans, Gender Expansive, Queer, Questioning, Intersex, Asexual, Pansexual, and other wonderful affectional orientations, and gender identities (2SLGBTQIAP+). Other topics to be explored include gender and sexual identity development in diverse cultures and across intersectional identities and examining bias and transference that impede ethical treatment.

	<p>Katie Brammer PhD, LPC, (She, Her, Hers) is a Counselor Educator with a background as both a Mental Health Clinician and School Counselor and is the NEI Children’s Mental Health Certificate Director. She views her teaching, scholarship, counseling, and supervisory practices as holistic and collaborative, and tailors transformational approaches into her work with the anticipation that needs of each individual are met.</p>
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NEW EARTH INSTITUTE COMMUNITY LECTURES

Free and Open to the Public or \$20 for 2 CEUs
 Register and/or pay for CEUs online at <https://newearth.regfox.com/community-lecture>
 Questions: lecture@swc.edu

THE BARE BONES: EXPLORING THE EMBODIED SELF IN ETHICAL DECISION MAKING
 Presented by Kate Latimer, MA, LPCC and Silvia Stenitzer, MA, LPCC
 Wednesday, April 17, 6-8pm; via Zoom

Ethical clinical practice is a complex undertaking, and our body is a powerful instrument in helping to guide us when we encounter ethical dilemmas. By following our somatic cues, we can utilize the nervous system as an ally in service to ethical decision in client work. Learn how to listen to your somatic intelligence to explore possible options, and ultimately choose the best action. This workshop will provide opportunities to practice body-based awareness that you can inform your current ethical decision-making skills.



Kate Latimer, MA, LPCC, has presented locally and nationally on various topics related to ethical practice in mental health. She has worked as a mental health counselor and educator for nearly two decades while living in New Mexico. She specializes in trauma informed care, integrating transpersonal and somatic approaches with cognitive behavioral therapy as a supervisor and in direct client work.



Silvia Stenitzer, MA, LPCC. Originally from Austria, Silvia has been living and working in Santa Fe since 1989. In her work, she combines principles of interpersonal neurobiology, attachment theory, and psychodramatic group dynamics to foster personal and relational growth. For the past twenty years, Silvia has been creating and facilitating experiential workshops and continuing education trainings with focus on the mind-body connection and the transformational power of group. Silvia holds a Masters in Counseling and a certificate in interpersonal neurobiology, somatics and action methods from Southwestern College in Santa Fe, NM.

ETHICAL CONSIDERATIONS IN ECOTHEAPRY: PRACTICAL, THERAPEUTIC AND COLLECTIVE

Presented by Rochelle Calvert, PhD, CMT, SEP

Tuesday, May 28, 6-8pm; via Zoom

Ecotherapy asks us to consider the different dimensions of ethical considerations in our client work. This lecture will explore the practical considerations, such as choice of location, protecting confidentiality, etc. when you take clients into the natural world. We will also consider the ethics of various therapeutic interventions, including types of ecotherapy that may be indicated, how to best meet diverse client needs with culturally responsive approaches, and how to collaborate with clients while engaging the support of nature. Finally, we will look at ethical considerations regarding the collective, and ways to connect people to the larger web of nature skillfully.



Rochelle Calvert, PhD, CMT, SEP, is the author of *Healing with Nature: Mindfulness and Somatic Practices to Heal from Trauma*. She has studied and taught mindfulness for the past 19 years and personally knows the transformational potential. Dr. Calvert currently leads courses, workshops, and treats in mindfulness and somatic experiencing in nature. As a licensed clinical psychologist and founder of New Mindful Life, she supports her clients, taking them into nature with the aid of Bertha Grace, a Sprinter van that serves as a mobile therapy office.

www.newmindfullife.com

COMMUNITY EDUCATION FOR PERSONAL GROWTH AND TRANSFORMATION

MINDFULNESS-BASED STRESS REDUCTION (EPGT 2404)

Presented by Kita Mehaffy

Tuesdays, April 2 - May 21, online class 6 - 8:30pm. Retreat on Saturday May 11th, 9am - 3pm

Thursdays, April 4 - May 23, in person class 6 - 8:30pm. Retreat on Saturday May 18th, 9am - 3pm

The New Earth Institute of Southwestern College offers community education classes focused on personal growth and transformation for the general public as part of its commitment to raising the consciousness of the collective and ushering in the "New Earth" to awaken to our true life purpose and contribute to the greater good for all. **(NO CEUs)**

Register online [at https://newearth.regfox.com/community-education-for-personal-growth-and-transformation](https://newearth.regfox.com/community-education-for-personal-growth-and-transformation)

\$350 for 8-Week Series.

MBSR, Mindfulness-Based Stress Reduction, is an evidence-based program designed to help us harness our own innate capacity to cope with the anxiety and stress of life's challenges. You will learn formal meditation practices and informal methods that support resilience, calm, a non-judgmental presence of mind and heart, and overall sense of wellbeing.

Developed in 1979 by Jon Kabat-Zinn of the University of Massachusetts Medical Center, he defined MBSR as "paying attention on purpose, moment-by-moment, nonjudgmentally." Originally used to address pain-relief for UMass patients, ongoing studies have also shown positive outcomes for the management of high blood pressure, insomnia, anxiety, stress, depression, and the overwhelm that can come from everyday life experiences.

Classes are 8 consecutive weeks, 2 1/2 hours long, with an additional 6-hour silent retreat on the weekend after week 6 or 7. Each class will include a discussion of the principles of MBSR, small and large group sharing, meditation, and some form of gentle movement to keep us grounded in our bodies. The classes build on each other so attendance at most if not all of the classes is highly encouraged.



Kita Mehaffy studied Mindfulness Based Stress Reduction (MBSR) at the University of California San Diego in their Professional Training Institute's MBSR certification program. She carries a love of the earth and the many peoples and cultures that make our planet so extraordinary. Her first career was in health care where she taught meditation for stress relief to patients and retreat clients. After many years of meditating using various methods, Kita decided to explore MBSR. Along with specific meditations, she learned how to cultivate mindfulness in a way that addressed re-visioning our relationships with ourselves and the world around us. It changed her life, and now she is grateful to teach others simple and profound ways to take control of their own stress, enhance their well-being and find their own place of resilience through presence of mind.

