



# SOUTHWESTERN COLLEGE & NEW EARTH INSTITUTE

CONSCIOUSNESS-CENTERED GRADUATE SCHOOL



## 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.

## SUMMER 2025 QUARTER REGISTRATION INFORMATION

**SCHEDULE FORMAT:** If you are having trouble figuring out a class schedule that works for you, submit a request to [studentsupport@swc.edu](mailto:studentsupport@swc.edu) and a member of the Student Support Team will set up a 15-minute meeting with you. Please come prepared to the meeting with specific questions and/or ideas/strategies in mind.

**HOLIDAYS:** SWC operates on a 10-week quarter system. Courses that fall on holidays meet as scheduled.

**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. \*The Early Registration Process is changing – it is your responsibility to read the [new form](#) and follow all instructions. Do not assume there will be room in the section you need. Requests for Early Registration are due by 5pm, May 9, 2025 (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 on Populi.

**REGISTRATION DATES:** You will receive an email prior to registration with your individual registration time slot. **Tuesday, 6/3: Distance Students. Thursday, 6/5: On-Ground Students. Friday, 6/6: 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 a class without receiving a “W” on transcript is 5pm on Monday\* of the second week of the quarter (June 30th), with the exception of classes that start in the second week of the quarter. The drop deadline for classes starting in the second week of the quarter is by 5pm on the Monday\* of the third week of the quarter (April 14th). Drops are effective on the date the Course Add/Drop form is initiated. Courses are considered “Dropped” and removed from student’s transcript if the drop occurs by the deadline (For tuition refund information, see Refund Policy)

\*If Monday is a holiday, the deadline is Tuesday.

## SUMMER 2025 QUARTER SCHEDULE

**NOTE: All class times are in Mountain Daylight Time (MDT).**

### ART THERAPY TECHNIQUES AND MATERIALS (AT/CN 593)

\$1878/ 3 quarter units

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

Tuesdays, 6/24-8/26, 12-3pm; Zoom Synchronous

**Section 2:** Cheryl Okubo, MA, ATR-BC

Mondays, 6/23-8/25, 2-5pm, Zoom Synchronous

### ART THERAPY/COUNSELING CAPSTONE PRESENTATIONS: PART II (AT/CN 637-B)

\$313/.5 quarter units

**Must be taken with AT/CN Internship II**

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

Mondays, 6/23, 7/28, 8/25, 11:30am-1:30pm; Zoom Synchronous

**Section 2:** Seren Morris, MDiv, MA, ATR-BC, LPCC

Mondays, 6/23, 7/28, 8/25, 2:30-4:30pm; Zoom Synchronous

**Section 3:** Seren Morris, MDiv, MA, ATR-BC, LPCC

Fridays, 6/27, 8/1, 8/29, 1-3pm; Zoom Synchronous

### ART THERAPY/COUNSELING CAPSTONE PROCESS: PART I (AT/CN 637-A)

\$313/.5 quarter units

**Must be taken with AT/CN Practicum II**

**Section 1:** Alyssa Butler, MA, ATR-BC, LPCC

Tuesdays, 7/1, 7/29, 8/26, 5:30-7:30pm & Saturday, 8/16, 9am-12pm; Zoom Sync. plus Asynchronous

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

Thursdays, 7/3, 7/31, 8/28, 5:30-7:30pm & Saturday, 8/30, 9am-1 pm; **SWC Campus plus Asynchronous**

### ART THERAPY/COUNSELING INTERNSHIP II (AT/CN 698-7L.2)

\$2817/4.5 quarter units

**Prerequisite: Completion of all coursework and Internship I.**

Seren Morris, MDiv, MA, ATR-BC, LPCC

6/23-8/31; Asynchronous

### COUNSELING INTERNSHIP II (CN 698-9L.2)

\$2817/4.5 quarter units

**Prerequisite: Completion of all coursework and Internship II.**

Vanessa Torres McGovern, MA, LPCC

6/23-8/31; Asynchronous

### GROUP DYNAMICS (CN AT 543-2)

\$2817/4.5 quarter units

**Section 1:** Randal Lea, MA, LADAC

Tuesdays, 6/24-8/26, 4-7pm; Zoom Synchronous plus Asynchronous

**Section 2:** Alisha Shelbourn, MA, LPAT, LPCC

Wednesdays, 6/25-8/27, 2-5pm; **SWC Campus plus Asynchronous**

**Section 3:** Angela Kehm, MA, ATR-BC, LPC

Thursdays, 6/26-8/28, 9am-12pm; Zoom Synchronous plus Asynchronous

**Section 4:** Angela Kehm, MA, ATR-BC, LPC

Fridays, 6/27-8/29, 9am-12pm; Zoom Synchronous plus Asynchronous

### 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*, CN AT 522-2 *Applied Theories of Human Development*, and CN AT 530-3 *Consciousness I: Cultivating the Healing Power of Presence*

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

Tuesdays, 6/24-8/26, 8am-12pm; Zoom Synchronous

**Section 2:** Kate Latimer, MA, LPCC

Tuesdays, 6/24-8/26, 2-6pm; Zoom Synchronous

**Section 3:** Marialuisa Diaz de Leon Z., MA, REAT, MSMT, MSME

Thursdays, 6/26-8/28, 8am-12pm; Zoom Synchronous

**Section 4:** Kate Latimer, MA, LPCC

Thursdays, 6/26-8/28, 9am-1pm; Zoom Synchronous

**Section 5:** April Vogel, PhD, Licensed Psychologist

Thursdays, 6/26-8/28, 9am-1pm; Zoom Synchronous

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**Section 6:** Camara Mari Rajabari, MA, LMFT  
Thursdays, 6/26-8/28, 9am-1pm; **SWC Campus**

**Section 7:** Camara Mari Rajabari, MA, LMFT  
Fridays, 6/27-8/29, 9am-1pm; **SWC Campus**

**MASTER'S THESIS AND PRESENTATION (CINA 600)**

\$3130/5 quarter units

**Prerequisite:** *CINA 575 Psychology of Altruism II: The Call to Serve*

Rahima Schmall, PhD, RN

Wednesdays, 6/25, 7/2, 7/30, 8/20, 8/27, 2-5pm, Zoom Synchronous plus Asynchronous

**(Art Therapy) PRACTICUM II & Lab: HELPING RELATIONSHIPS IN ART THERAPY/COUNSELING (AT/CN 657-2)**

\$2504/4 quarter units

**Section 1:** Alyssa Butler, MA, ATR-BC, LPCC (Please also register for lab #1 or #2 that goes with this class.)

Class: Mondays, 6/23-8/25, 1-4pm; Zoom Synchronous

Lab 1: Wednesdays, 6/25-8/27, 9-11am; Zoom Synchronous

Lab 2: Wednesdays, 6/25-8/27, 5:30-7:30pm; Zoom Synchronous

**Section 2:** Seren Morris, MDiv, MA, ATR-BC, LPCC (Please also register for lab #3 or #4 that goes with this class.)

Class: Tuesdays, 6/24-8/26, 12:30-3:30pm; **SWC Campus**

Lab 3: Wednesdays, 6/25-8/27, 12:30 -2:30pm; **SWC Campus**

Lab 4: Thursdays, 6/26-8/28, 12-1:30pm; **SWC Campus**

**Section 3:** Alyssa Butler, MA, ATR-BC, LPCC (Please also register for lab #5 or #6 that goes with this class.)

Class: Wednesdays, 6/25-8/27, 12-3pm; Zoom Synchronous

Lab 5: Thursdays, 6/26-8/28, 1-3pm; Zoom Synchronous

Lab 6: Fridays, 6/27-8/29, 10am-12pm; Zoom Synchronous

**(Counseling) PRACTICUM II: Helping Relationships w/Groups, Couples & Families in CN (CN 657-4)**

\$2504/4 quarter units

**Section 1:** Vanessa Torres McGovern, MA, LPCC

Mondays, 6/23-8/25, 11am-2pm; Zoom Synchronous

**(Art Therapy) PROFESSIONAL SEMINAR IN Art Therapy/Counseling: Professional Orientation (AT/CN 698-7)**

\$1252/2 quarter units

**Section 1:** Roxie Ehlert, MA, ATR-BC, LCPC

Thursdays, 6/26-8/28, 9:30-11:30am; Zoom Synchronous plus Asynchronous

**Section 2:** Seren Morris, MDiv, MA, ATR-BC, LPCC

Thursdays, 6/26-8/28, 3-5pm; Zoom Synchronous plus Asynchronous

**Section 3:** Seren Morris, MDiv, MA, ATR-BC, LPCC

Fridays, 6/27-8/29, 9-11am; **SWC Campus**

**(Counseling) PROFESSIONAL SEMINAR IN COUNSELING II: ORIENTATION TO THE COUNSELING PROFESSION (CN 698-9)**

\$1252/2 quarter units

Vanessa Torres McGovern, MA, LPCC

Fridays, 6/27-8/29, 10am-12pm; Zoom Synchronous

**RESEARCH METHODS AND PROGRAM EVALUATION (CN AT 598-6)**

\$2817/4.5 quarter units

**Section 1:** Naja Druva, MS, LPCC

Mondays, 6/23-8/25, 9am-12pm; **SWC Campus plus Asynchronous**

**Section 2:** Naja Druva, MS, LPCC

Mondays, 6/23-8/25, 1-4pm; Zoom Synchronous plus Asynchronous

**Section 3:** Carlos Gonzalez, PhD, Licensed Psychologist

Wednesdays, 6/25-8/27, 9am-12pm; Zoom Synchronous plus Asynchronous

**Section 4:** Naja Druva, MS, LPCC

Thursdays, 6/26-8/28, 1-4pm; **SWC Campus plus Asynchronous**

**Section 5:** Amy Lueck, MA, LMHC

Fridays, 6/27-8/29, 9am-12pm, Zoom Synchronous plus Asynchronous

**TRAUMA 2: EXPERIENTIAL APPROACHES TO TRAUMA TREATMENT (TCC 600)**

\$1878/ 3 quarter units

**Prerequisite:** *TCC 500 Trauma I: Introduction to Trauma and Crisis Counseling*

Jennifer Albright Knash, DAT, ATR-BC, LPAT, LPC/AODA, LPCC, CCTP

Mondays, 6/23-8/25, 8-11am; Zoom Synchronous

## NEI CERTIFICATE PROGRAMS & CONTINUING EDUCATION

### NEI CERTIFICATE PROGRAM COURSES CAN BE TAKEN:

- By SWC graduate students for elective credit towards a graduate degree program. Please use the registration process via Populi to register for degree 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.”
- By SWC students who have met their elective requirement and wish to attend for Non-Credit (NC) and pay the CE price. Use this link <https://newearth.regfox.com/nei-registration-form> to register for non-credit NEI courses at any time.
- By licensed mental health professionals for CEs approved by the New Mexico Counseling and Therapy Practice Board and NBCC. Use this link <https://newearth.regfox.com/nei-registration-form> to register for CEs.
- **REFUNDS:** 100% refund available for students who withdraw up to 72 hours before the start of a course, minus a \$50 administrative fee. No refunds will be issued less than 72 hours before the start of a course. Please contact the Registrar’s Office [collegeregistrar@swc.edu](mailto:collegeregistrar@swc.edu) to process your cancellation.
- Registration for all NEI classes closes at noon the day before the class starts.

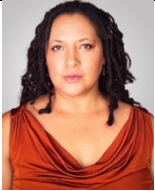
## CHILDREN’S MENTAL HEALTH (CMH) CERTIFICATE

### RESTORING HOPE: SUICIDE AND SELF-HARM PREVENTION AND INTERVENTION FOR YOUTH (CMH 5095)

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

Saturday & Sunday, 6/28 & 6/29, 9am-6:30pm, MST, Zoom Synchronous

This course provides an overview of the fundamentals of restoring hope and well-being in children and teens who are experiencing hopelessness, and who are at risk for self-harm or suicide. State of the art therapy and treatment modalities are presented and explored. It also offers students with a best practice protocol for recognizing at risk behavior and verbal disclosures, making preliminary risk assessments, and referring youth for further in depth risk assessments and treatment, and /or engaging emergency services. In addition, this course surveys the many factors that have increased the rate of self-harm and suicide among youth, including social dynamics with peers, emotional trauma, family dynamics and stressors, cultural trauma, gender and identity, LGBTQ issues, poverty, technology, and more.



**Naja Druva MS, LPCC** is a licensed therapist who has spent her career working with New Mexico children and their families. With 10 years of experience her specialty is addressing childhood trauma within family systems. Naja’s training includes Dialectical Behavioral Therapy (DBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Child Parent Psychotherapy (CPP), and Trauma Resource Management (TRM). After the events of May 2020, Naja felt moved to participate in the civil rights movement by parlaying her experience and training to address the trauma inflicted on families of color by inequitable, unjust, and violent systems within society. By applying a trauma informed lens to her work, Naja hopes to educate those working within systems about how to care for themselves and others while making positive change in society at large.”

## TRAUMA, GRIEF, AND RENEWAL (TGR) CERTIFICATE

### THEORIES OF THE GRIEF PROCESS (TGR 5500-2)

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

Saturday & Sunday, 7/12 & 7/13, 9am–6pm; Zoom Synchronous

Grief gives us the chance to continuously heal and grow so that we can find balance in our lives, with joy and sorrow bridging an always changing world. This course describes the grief process from various perspectives and treatment models, including interpersonal neurobiology, cognitive behavioral theory, positive psychology, and the work of Elizabeth Kubler-Ross. Students will have the opportunity to examine their own experiences of grief and loss including tracking common stages of the grief healing process moving from futility to hope. Cultural considerations for marginalized populations, complex bereavement, disenfranchised grief, traumatic grief, disease-related grief, and the creation of effective support systems will also be explored.



**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.

## APPLIED INTERPERSONAL NEUROBIOLOGY (AIN) CERTIFICATE

### POLYVAGAL THEORY EMBODIED: A DEEP DIVE INTO PVT USING ART AND ACTION METHODS (AIN 5310)

Saturday & Sunday, 7/19 & 7/20, 9am-5:30pm, In person with working lunch at Southwestern College

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

In this course, students explore, define, and learn about the landscapes and narratives of the polyvagal nervous system using experiential processes including art and action methods in order to adopt an embodied understanding of Polyvagal Theory and how it can be utilized by both practitioners and clients. As practitioners we can tone our own social engagement system to help co-regulate others and interact in more harmonious, balanced ways. Meanwhile, many of our clients live in a chronic state of dysregulation, based on the neuroception of threat. This contributes to elevated stress levels leading to a wide range of dysfunctionality and interpersonal conflict. What if we could offer our clients an increased capacity to regulate their nervous systems and shift out of maladaptive states? Imagine the change that would resonate in families, communities, and in the world at large! Polyvagal Theory, and its clinical applications, offer pathways to regulation and integration by examining how trauma impacts the nervous system. Through explorations of the unconscious workings of the nervous system we can learn to identify and differentiate between social engagement, fight or flight, and freeze or collapse to consciously tend to dysregulated states. Polyvagal Theory's non-pathologizing perspective and useful coping skills are introduced to support client wellbeing.



**Diana Zumas, MA, LPC, LPCC**, has 17 years of psychodrama, sociometry, and group psychotherapy training. She has a psychotherapy private practice in Santa Fe, NM. She has been a psychotherapist since 2008 with a trauma informed, relational and experiential focus. Diana is trained in EMDR I and II, has over 650 hours of psychodrama training, and is Internal Family Systems informed. She has a passion for group process and believes what Thich Nhat Hanh proposed that "the Buddha may be a Sangha (group)"



**Tejal Murray, MA, LPCC** provides a caring, safe environment for her clients to learn about themselves and work through feelings and issues that may feel overwhelming. She supports her clients to regain their sense of hope, joy and purpose in life. In addition to having a master's in counseling from Southwestern College, she taught Yoga and Non-Violent Communication for many years and practices art therapy. She understands how the nervous system can get stuck in modes that impair our full capacity to connect and move through life with ease, and she has multiple methods to help clients become self-aware, more resilient and better able to cope with the inevitable difficulties of life. She is comfortable working with individuals, couples or families of all ages and cultural and gender identities.

## PSYCHEDELIC STUDIES (PS) CERTIFICATE

### NAVIGATING ETHICAL PRACTICE IN THE WILD WEST OF PSYCHEDELICS: SAFETY AND RISK REDUCTION IN AN EMERGING LANDSCAPE (PS 5300)

Saturday & Sunday, 7/26 & 7/27, 9am-6:30pm; In person with one hour lunch at Southwestern College

**PS 5300 required for the Psychedelic Studies Certificate**

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

This course will challenge students to apply ethical considerations in psychedelic-assisted therapy to enhance safety and reduce risk. Through reflective practice, this course will help students identify and deconstruct myths and biases that they may hold from historical and cultural influences. The extent and limitations of professional roles and scope of practice will be examined, while considering the scientific and cultural resources used to inform ethical decision-making. Students will explore topics of sustainability, appropriation, and other social justice issues and identify best practices for determining readiness, appropriateness of fit, and informed consent.



**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.



## ECOTHERAPY (TE) CERTIFICATE

### WALKING WITH ANCESTORS: HEALING OUR RELATIONS (TE 5250)

Saturday & Sunday, 8/2 & 8/3, 9am–6:30pm; Zoom Synchronous

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

This course will address the rupture imposed by industrialization, militarization and post-modern urban life that disrupts any sense of connection to or relationship with one's biological and other ancestors. The subsequent intergenerational trauma is often carried unconsciously as an inarticulate but deep longing to fully connect and belong within our families, cultures, histories, lineages, and with the places (land, waterways, plants, animals) we call home. We will explore these ancestral relationships through personal reflection and journaling, art processes, and the making of an ancestor altar. We will consider healthy boundaries, building positive relationships with well and wise ancestors, and how these relationships can be sources of strength and support.



**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](http://www.newmindfullife.com)



**Ann Filemyr, PhD**, is the President of Southwestern College and the Director of the Regenerative Leadership and Visionary Practice PhD program.

## ADDICTIONS, ABUSE, AND RECOVERY (AAR) CERTIFICATE HUMAN SEXUALITY (HS) CERTIFICATE

### COMPULSION OR COPING SKILL? WHAT TO DO WHEN SEX, TECH, AND OTHER BEHAVIORS GET OUT OF CONTROL (AAR/HS 5420)

Saturday & Sunday, 8/23 & 8/24, 9am–6pm; Zoom Synchronous

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

The current social, economic, and political landscape provides a fertile environment for all types of addictions to develop. Addiction is any process that overpowers a person's effort to control or moderate their relationship with any behavior. This course explores the unique etiology and treatment of "out of control" behaviors as pathogenic responses to stress, as well as the intersectionality of process addictions with ingestive or substance addictions. Students consider holistic and pragmatic assessment and treatment strategies for lasting lifestyle change in working with clients who present with imbalanced relationships to behaviors including sex, love, scrolling, work, and other processes. Students engage didactic and experiential modalities with specific exercises utilized to frame treatment as a healing pathway toward natural rhythms that help diverse clients across the socioeconomic spectrum regain balance and wholeness while mitigating the toxic aspects of modern culture.



**Richard Pelfrey, MS, LMHC, 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

### WILDERNESS FAST (TE 5700) \*Pre Registration for Fall 2025\*

**Students approved to take this course will be registered in advance by the Registrar's Office.**  
**Section full for this year, 2025. Reach out to Katherine Ninos to be added to the waitlist for next year.**  
**Students using an elective for this course must have an elective in fall 2025 or have it moved to fall 2025.**  
**Tuition for the Wilderness Fast is non-refundable after July 1, 2025.**

September 6 – 14, 2025; In person, Canon de Chelly  
Mandatory Orientation Sunday, August 3, 2-4pm; SWC campus

\*Additional fee of approximately \$450 cash to be paid directly to our Navajo Guide before entering the canyon.

\$1252/2 quarter units or  
16 CEs/non-credit +  
additional fee\*

The Wilderness Fast ceremony has long been practiced to assist with major life transitions. It is a deeply transformative experience in which participants spend four days alone with no food and a minimum of material comforts. The three stages of rite of passage (severance, threshold, and incorporation) are guided by experienced facilitators who also provide instruction in basic wilderness safety and support for this unique opportunity for personal transformation and contact with nature in a wilderness environment. The structure for the wilderness fast, taught by The School of Lost Borders and drawn from Native American cultural practices, is not identical to the specific vision quest ceremonies of any cultural group.



**Katherine Ninos, MA, LPCC**, is Executive Vice President of SWC and Director of the New Earth Institute Programs. She is an experienced clinician, ceremonialist, and consciousness teacher.



**Carol Parker, PhD, LPCC**, training as a wilderness fast guide with the School of Lost Borders and has studied with indigenous healers from the Amazon and the Andes. Since 1997, she has led groups to sacred sites in the southwestern US, Peru, and Hawaii.