



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.

FALL 2026 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 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. There are no courses the week of Thanksgiving.

EARLY REGISTRATION INFORMATION: If you have a schedule conflict between certain courses that are offered on the same day and time, your employment, childcare, travel, health, or something else, please check for an alternate day/time for one of those courses. Do not assume there will be room in the section you need. If you determine that you must get into a specific section of 1 or more courses, please fill out the [Early Registration Request](#). Requests for [Early Registration](#) are due by **5pm, Friday, July 31** (no exceptions).

REGISTRATION DATES: You will receive an email to your SWC email account prior to registration with your individual registration time slot. **New entering distance students register on Monday, August 24. Continuing distance students register on Tuesday, August 25. All ground students register on Thursday, August 27. All internship students regardless of designation register on Friday, September 11.**

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 Student Support.

COSTS: Tuition per quarter unit is now \$684. The previous \$300 quarterly educational resource fee has been rolled into the tuition increase.

BOOK LIST: The Fall Quarter Book List will be available soon.

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 (September 28, 2026), 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 5pm on Monday* of the third week of the quarter (October 5, 2026). 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.

FALL 2026 QUARTER SCHEDULE

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

ADDICTION ASSESSMENT AND TREATMENT (CN AT 565)

\$3078/4.5 quarter units

Note: This course is replacing AT/CN 665-2 Addictions Assessment & Treatment in Art Therapy/Counseling

Section 1: Kelly Cramer, MA, LPCC-S

Mondays, 9/21-11/30, 4-7pm; Zoom Synchronous plus Asynchronous

Section 2: Micaela Wood, MA, ATR-BC, LPCC

Mondays, 9/21-11/30, 4-7pm; Zoom Synchronous plus Asynchronous

Section 3: Elijah Chong, MA, LPCC

Wednesdays, 9/23-12/2, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 4: Johanna Mitchell, MS, LPCC-S, LPC-SA

Wednesdays, 9/23-12/2, 1-4pm; **SWC Campus plus Asynchronous**

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

\$3078/4.5 quarter units

Section 1: Laura Rademacher, MA, LMFT, CST, CST-S

Mondays, 9/21-11/30, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 2: Carlos Gonzalez, PhD, Licensed Psychologist

Thursdays, 9/24-12/3, 9am-12pm; **SWC Campus plus Asynchronous**

ART THERAPY/COUNSELING INTERNSHIP (AT/CN 696)

\$3078/4.5 quarter units

Section 1: Katherine Jackson, ATR-BC, LPAT

Mondays, 9/21-11/30, 4-6:30pm; Zoom Synchronous

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

Wednesdays, 9/23-12/2, 2-4:30pm; Zoom Synchronous

Section 3: Joanne Ramseyer, MA, ATR-BC, LCPC

Thursdays, 9/24-12/3, 4-7pm; Zoom Synchronous

Section 4: Seren Morris, MDiv, MA, ATR-BC, LPCC

Fridays, 9/25-12/4, 12-2:30pm, **SWC Campus**

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

\$3078/4.5 quarter units

This is for students in the Art Therapy/Counseling and Art Therapy for Clinical Professionals Programs only.

Section 1: Alanna Burke-Sindlinger, MA, ATR-BC, LPAT, LPCC

Thursdays, 9/24-12/3, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 2: Sarah Jackson, MA, ATR-BC, CAADC, LPC

Fridays, 9/25-12/4, 9am-12pm; Zoom Synchronous plus Asynchronous

ASSESSMENT & APPRAISAL IN COUNSELING (CN 664-4)

\$3078/4.5 quarter units

This is for students in the Counseling Program only.

Section 1: Megan Seaman, PhD, LPCC

Wednesdays, 9/23-12/2, 8-11am; Zoom Synchronous plus Asynchronous

Section 2: Randal Lea, MA, LADAC

Thursdays, 9/24-12/3, 4-7pm; Zoom Synchronous plus Asynchronous

Section 3: Amy Lueck, MA, LPCC

Fridays, 9/25-12/4, 1-4pm; **SWC Campus plus Asynchronous**

COUNSELING INTERNSHIP I (CN 696)

\$3078/4.5 quarter units

Prerequisite: Completion of all coursework.

Section 1: Patricia "Trish" Meek, MFA, LPC, LAC, NFT

Thursdays, 9/24-12/3, 9am-11:30am; Zoom Synchronous

Section 2: V. Torres McGovern, MA, LPCC

Thursdays, 9/24-12/3, 11am-1:30pm; **SWC Campus**

FOUNDATIONS: HISTORY AND THEORIES OF COUNSELING (CN AT 542-4)

\$3078/4.5 quarter units

Section 1: Naja Druva, MS, LPCC

Mondays, 9/21-11/30, 9am-12pm; **SWC Campus plus Asynchronous**

Section 2: Shane Morr, PhD, LMFT

Mondays, 9/21-11/30, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 3: Greg Guerin, MA, LPC-S, LPCC

Fridays, 9/25-12/4, 9am-12pm; Zoom Synchronous plus Asynchronous

HISTORY OF ART THERAPY: FOUNDERS & FOUNDATIONS (AT/CN 530)

\$1368/2 quarter units

Melissa Diaz, MPS, ATR-BC, LCAT

Tuesdays, 9/22-12/1, 4-6pm; Zoom Synchronous

MULTICULTURAL AWARENESS (CN AT 500-3)

\$1026/1.5 quarter units

Section 1: Virginia Padilla-Vigil, PhDMondays, 9/21-11/30, 1-2:30pm; **SWC Campus****Section 2:** Betsy Nordell, Ed.D.

Mondays, 9/21-11/30, 4-5:30pm; Zoom Synchronous

PRACTICUM I: HELPING RELATIONSHIPS IN ART THERAPY/COUNSELING

\$2736/4 quarter units

(AT/CN 656-2 & AT/CN 656-2L) This is only for AT/CN and ATP students.**Students must register for one of the lab sections attached to their Practicum section.****Mandatory Practicum Orientation TBD; Zoom Synchronous****Section 1:** Sarah Jackson, MA, ATR-BC, CAADC, LPC

Class: Mondays, 9/21-11/30, 9am-12pm; Zoom Synchronous (also choose lab 1 or 2)

Lab 1: Wednesdays, 9/23-12/2, 1-3:30pm; Zoom Synchronous

Lab 2: Wednesdays, 9/23-12/2, 4:30-7pm; Zoom Synchronous

Section 2: Heather Denning, MA, ATR-BC, LPAT, ATCS, LSW

Class: Mondays, 9/21-11/30, 4-7pm; Zoom Synchronous (also choose lab 3 or 4)

Lab 4: Tuesdays, 9/22-12/1, 5-7pm; Zoom Synchronous

Lab 5: Thursdays, 9/24-12/3, 3-5pm; Zoom Synchronous

Section 3: Heather Denning, MA, ATR-BC, LPAT, ATCS, LSW

Class: Tuesdays, 9/22-12/1, 10-1pm; Zoom Synchronous (also choose lab 5 or 6)

Lab 5: Tuesdays, 9/22-12/1, 2-4pm; Zoom Synchronous

Lab 6: Fridays, 9/25-12/4, 1-3pm; Zoom Synchronous

Section 4: Seren Morris, MDiv, MA, ATR-BC, LPCCClass: Tuesdays, 9/22-12/1, 12:30-3:30pm; **SWC Campus** (also choose lab 7)Lab 7: Wednesdays, 9/23-12/2, 12:15-2:45pm; **SWC Campus****Section 5:** Angela Kehm, MA, ATR-BC, LPC

Class: Tuesdays, 9/22-12/1, 4-7pm; Zoom Synchronous (also choose lab 8 or 9)

Lab 8: Thursdays, 9/24-12/3, 1-2:30pm; Zoom Synchronous

Lab 9: Thursdays, 9/24-12/3, 4:30-7pm; Zoom Synchronous

PRACTICUM I: HELPING RELATIONSHIPS W/INDIVIDUALS IN COUNSELING (CN 656-4)

\$2736/4 quarter units

This is for students in the Counseling Program only.**No Lab, students meet 1 hour per week with their onsite supervisor instead of a lab.****Mandatory Practicum Orientation TBD; Zoom Synchronous****Section 1:** Camara Mari Rajabari, MA, LMFTMondays, 9/21-11/30, 9am-12pm; **SWC Campus****Section 2:** V. Torres McGovern, MA, LPCC

Wednesdays, 9/23-12/2, 11:30am-2:30pm; Zoom Synchronous

PROFESSIONAL ETHICS IN ART THERAPY/COUNSELING (AT/CN 660-2)

\$3078/4.5 quarter units

This is for students in the Art Therapy/Counseling and Art Therapy for Clinical Professionals Programs only.**Section 1:** Chelsea Call, MA, ATR-BC, LPCCTuesdays, 9/22-12/1, 9am-12pm; **SWC Campus plus Asynchronous****Section 2:** Cheryl Okubo, MA, ATR-BC

Tuesdays, 9/22-12/1, 1-4pm; Zoom Synchronous plus Asynchronous

Section 3: Katherine Jackson, ATR-BC, LPAT

Thursdays, 9/24-12/3, 4-7pm; Zoom Synchronous plus Asynchronous

PROFESSIONAL ETHICS IN COUNSELING (CN 660-3)

\$3078/4.5 quarter units

This is for students in the Counseling Program only.**Section 1:** Carlos Gonzalez, PhD, Licensed PsychologistTuesdays, 9/22-12/1, 9am-12pm; **SWC Campus plus Asynchronous****Section 2:** Randal Lea, MA, LADAC

Tuesdays, 9/22-12/1, 4-7pm; Zoom Synchronous plus Asynchronous

PSYCHOLOGY OF ALTRUISM: FUNDAMENTALS OF HELPING RELATIONSHIPS (CN AT 574)

\$1368/2 quarter units

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

Tuesdays, 9/22 & 12/1, 8-11am. 9/29-11/17, 8-10am. 11/3 no class; Zoom Synchronous

Section 2: Kate Latimer, MA, LPCC

Tuesdays, 9/22 & 12/1, 2-5pm. 9/29-11/17, 2-4pm. 11/3 no class; Zoom Synchronous

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

Wednesdays, 9/23 & 12/2, 1-4pm. 9/30-11/18, 1-3pm. 11/4 no class; Zoom Synchronous

Section 4: Christina Esquibel, ED.S.

Thursdays, 9/24 & 12/3, 9am-12pm. 10/1-11/19, 9-11am. 11/5 no class; Zoom Synchronous

Section 5: Awbrey Willett, MA, LPCCThursdays, 9/24 & 12/3, 10am-1pm. 10/1-11/19, 11am-1pm. 11/5 no class; **SWC Campus****Section 6:** Christina Esquibel, ED.S.

Thursdays, 9/24 & 12/3, 1-4pm. 10/1-11/19, 1-3pm. 11/5 no class; Zoom Synchronous

Section 7: Awbrey Willett, MA, LPCCThursdays, 9/24 & 12/3, 2-5pm. 10/1-11/19, 2-4pm. 11/5 no class; **SWC Campus****PSYCHOPATHOLOGY: DIAGNOSIS & TREATMENT OF MENTAL & EMOTIONAL DISORDERS (CN AT 581-5)**

\$2736/4 quarter units

Section 1: Megan Seaman, PhD, LPCC

Mondays, 9/21-11/30, 1-4pm; Zoom Synchronous plus Asynchronous

Section 2: Laura Rademacher, MA, LMFT, CST, CST-S

Tuesdays, 9/22-12/11, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 3: Johanna Mitchell, MS, LPCC-S, LPC-SAWednesdays, 9/23-12/2, 9am-12pm; **SWC Campus plus Asynchronous****PSYCHOPATHOLOGY: PSYCHOPHARMACOLOGY (CN AT 581-4)**

\$342/.5 quarter units

Section 1: Patricia "Trish" Meek, MFA, LPC, LAC, NFT

Monday, 9/21-Sunday, 12/6; Asynchronous (no class meeting time)

Section 2: Camara Mari Rajabari, MA, LMFT

Monday, 9/21-Sunday, 12/6; Asynchronous (no class meeting time)

Section 3: Naja Druva, MS, LPCC

Monday, 9/21-Sunday, 12/6; Asynchronous (no class meeting time)

Section 4: Johanna Mitchell, MS, LPCC-S, LPC-SA

Monday, 9/21-Sunday, 12/6; Asynchronous (no class meeting time)

STUDIO ART (AT/CN 594)

\$684/1 quarter units

Section 1: Cheryl Okubo, MA, ATR-BC

Tuesdays, 9/22, 10/6, 10/20, 11/3, 11/17, 10am-12pm; Zoom Synchronous

Section 2: Cheryl Okubo, MA, ATR-BC

Wednesdays, 9/23, 10/7, 10/21, 11/4, 11/18, 10am-12pm; Zoom Synchronous

Section 3: Jessi Cross, MA, ATR-BC, LPAT, LPCCWednesdays, 9/23, 10/7, 10/21, 11/4, 11/18, 1-3pm; **SWC Campus****FALL 2026 NEW EARTH INSTITUTE (NEI) CERTIFICATE PROGRAM COURSES****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 to process your cancellation.
- Registration for all NEI classes closes at noon the day before the class starts.

ECOTHERAPY (TE) CERTIFICATE

RHYTHMS, CYCLES, AND ELEMENTS OF HEALING WITH NATURE: FINDING OUR WAY (TE 5450)

Saturday & Sunday, September 26 & 27, 9am-6pm MDT, Online via Zoom

\$375/16 CEs/non-credit or

\$1368/2 quarter units/credit

We all have the capacity to find our way with our own rhythms, cycles, and connection to nature to heal. In this course we will explore nature-based teachings and practices to connect to the rhythms, cycles, and elements of nature to heal our inner landscape and experience ways to live in a more deeply interconnected way with life. Most people are disconnected from themselves and from the health they can experience when living in balance and harmony with life. We will cultivate learning to listen to nature's rhythms and the movements of life, develop ways to integrate the cycles of the seasons into life, and explore deepening our relationship to the elements to support health physically, mentally, emotionally, and spiritually. During this course there will be an opportunity to deepen your personal relationship with nature's healing and integrate your own unique wisdom of connection with nature (i.e., gardening, ecotherapy art, animal supported therapy, plant medicines) to expand its healing potential into your ecotherapy practice to share with your clients.

16 hours toward the Ecotherapy Certificate.



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

ADDICTIONS, ABUSE, AND RECOVERY (AAR) CERTIFICATE

MOTIVATIONAL INTERVIEWING: ENGAGING PEOPLE IN MEANINGFUL CHANGE (AAR 5900)

Saturday & Sunday, October 3 & 4; 9am-6pm MDT, Online via Zoom

\$375/16 CEs/non-credit or

\$1368/2 quarter units/credit

This course focuses on Motivational Interviewing (MI), an approach to helping people find and activate their own resources for change. Students will learn about the theoretical basis for MI and touch on the supporting research for it. In addition, they will learn how to apply MI techniques and strategies to a variety of issues, including addiction, depression, and anxiety. MI will also be applied experientially to assist students to make changes in their own lives that will increase their own sense of balance and wellness. Finally, students will also be able to integrate MI with other theories and skill sets in a manner that is coherent and meaningful.

16 hours toward the Addictions, Abuse, and Recovery Certificate.



Richard Pelfrey, MS, LMHC, LADAC is a trauma-informed counseling practitioner and seasoned addictions counselor with over a decade of experience supporting individuals in reclaiming wholeness. His work blends traditional recovery models with holistic, experiential approaches, including AEDP, Brainspotting, Kundalini Yoga, the Wim Hof Method, and earth-based ceremonial practices rooted in Toltec wisdom. Richard is also certified in Trauma, Grief, and Renewal through Southwestern College, and brings a deep reverence for transformational change and artistry in life.

HUMAN SEXUALITY (HS) CERTIFICATE

ANATOMY OF COUPLE'S THERAPY (HS 5900)

Saturday & Sunday, 10/10 & 10/11, 9am-6pm, MDT; Zoom Synchronous

\$375/16 CEs/non-credit or

\$1368/2 quarter units/credit

Drawing from the work of Resmaa Menakem, John and Julie Gottman, and Esther Perel, this course introduces participants to current theories and practices for working with couples. Particular emphasis is placed on helping clients develop a capacity for mutual recognition and empathic attunement. Students practice renegotiating the relationship based on a more conscious understanding of each partner's individual subjectivity using Resmaa Menakem's somatic concept of the five anchors for clients and therapists alike to remain present and effective during conflict. Connections between consent and pleasure, and the dichotomy of safety versus passion are examined. Students are introduced to diverse ways of working with couples' desire discrepancies, infidelities, and loss of interest.

16 hours toward the Human Sexuality Certificate.



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

TRAUMA THEORY, PROCESSES, AND INTERVENTIONS (TGR 5400)

Saturday & Sunday, 10/17 & 10/18, 9am-6pm, MDT; Zoom Synchronous

\$375/16 CEs/non-credit or

\$1368/2 quarter units/credit

This course introduces current theoretical views on trauma, PTSD and prevalent modalities of treatment for traumatic grief. Students explore the neurobiology of trauma and its effects on the brain, the body, the mind, and emotional functioning. Tools, interventions, and their appropriate applications in trauma counseling, intergenerational aspects, traumatic grief and loss, and the trauma of facing one's own death are also introduced. The interventions discussed are framed in the context of a sequential three-stage treatment model. Experiential exercises assist students in exploring and assessing the effect of trauma in their own lives. Vicarious trauma and therapist self-care will also be explored.

16 hours toward the Trauma, Grief, and Renewal Certificate.



Karsyn Lahann, MA, LPCC, was born in Southern NM and raised in Las Cruces, NM. She obtained both her BA in Psychology and MA in Clinical Mental Health Counseling from New Mexico State University. Karsyn relocated to Taos, NM in 2021 and has called Northern NM home since. Karsyn is a Licensed Professional Counselor, Certified Grief Counselor, NM board certified supervisor, and non-denominational minister. Karsyn is currently the Clinical Director and Caretaker of Golden Willow Retreat and has a private practice in Taos. She graduated from the Trauma Grief and Renewal Program through Southwestern College in 2023.

CHILDREN'S MENTAL HEALTH (CMH) CERTIFICATE

FOUNDATIONS OF JUNGIAN SANDPLAY THERAPY (CMH 5055)

Friday, 10/23, 5:30-7:30pm, Saturday 10/24 & Sunday 10/25, 10am-6pm, MDT; **SWC Campus**

\$375/16 CEs/non-credit or

\$1368/2 quarter units/credit

This course offers an overview of the history, theoretical foundations, practical ethical applications, and neuropsychological underpinnings of Jungian sandplay therapy with children and adults. Compelling case studies, expressive art projects, journaling, sandplay, and other experiential activities provide opportunities for students to explore and embody personal symbols, examine cultural implications, and develop attunement skills necessary to engage clients in sandplay.

16 hours toward the Children's Mental Health Certificate



Lorraine Freedle, PhD, LCSW, ABPdN, CST-T, is an international sandplay teacher (STA/ISST) and Chief Clinical Officer for TeamBuilders Behavioral Health in New Mexico. Her private practice is Black Sand Neuropsychology in Hilo, Hawai'i. Dr. Freedle serves as the research editor for the *Journal of Sandplay Therapy*.

APPLIED INTERPERSONAL NEUROBIOLOGY (AIN) & PSYCHEDELIC STUDIES (PS)

THE HEALING POTENTIAL OF NON-ORDINARY STATES OF CONSCIOUSNESS: THE LEGACY OF

STANISLAV GROF, MD (AIN/PS 5610)

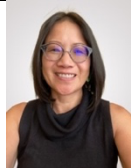
Saturday & Sunday, 11/21 & 11/22, 9am-6pm, MDT; **in person at Synergia Ranch**

\$375/16 CEs/non-credit or

\$1368/2 quarter units/credit

Informed by the pioneering work of Stanislav Grof, M.D., LSD researcher and developer of Holotropic Breathwork, a new generation of researchers and therapists are examining the potential applications of psychedelic therapy including the treatment of depression, PTSD, addiction, and end of life care. The education and training of therapists must emphasize the healing potential of expanded states of consciousness as well as the importance of helping clients integrate these extraordinary experiences in order to foster neuroplasticity, neurogenesis, and lasting change. Holotropic Breathwork is a powerful method of using non-ordinary states of consciousness for deep self-exploration and healing. It is based on insights from modern consciousness research, depth psychology, and various spiritual practices and can also be seen through the lens of relational neuroscience. A highly experiential method, Holotropic Breathwork combines enhanced breathing, evocative music, focused bodywork, art and group sharing.

16 hours toward the Applied Interpersonal Neurobiology Certificate.



Amy Wong Hope, MSW, LCSW, is the Certificate Program Director of the Psychedelic Studies Certificate. Amy is a certified Psilocybin Facilitator (InnerTrek, 2024) and MDMA-assisted therapist through the (MAPS, 2018) Multidisciplinary Association for Psychedelic Studies and co-author of *Small Doses of Awareness: A Microdosing Companion* (published Feb 2024, Chronicle Books). Amy maintains a private practice with a focus on psychedelic preparation and integration, trauma-informed modalities, and shame-resilience approaches that support clients in restoring emotional, somatic, and relational resiliency.



Diana Zumas, MA, LPC, LPCC, is the Director of the Applied Interpersonal Neurobiology Certificate Program. Diana has 17 years of psychodrama, sociometry, and group psychotherapy training. She has a psychotherapy private practice in Santa Fe, NM.

ECOTHERAPY (TE) CERTIFICATE

WILDERNESS FAST (TE 5700) *Pre Registration for Fall 2026*

Students approved to take this course will be registered in advance by the Registrar's Office.

Section full for this year, 2026. 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 2026 or have it moved to fall 2026.

Tuition for the Wilderness Fast is non-refundable after July 1, 2026.

\$1368/2 quarter units or

16 CEs/non-credit + additional fee*

September 5 – 13, 2026; In person, Canon de Chelly

Mandatory Orientation Sunday, August 2, 2-4:30pm; SWC campus

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