

Southwestern College *Transforming Consciousness Through Education*



HEARTLINK

Fall 2013





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News and Updates

from the President, **Dr. Jim Nolan**

Dear Friends and Colleagues,

Well, it looks like another banner fall quarter for Southwestern College—this, in a national climate of decreasing enrollments, economic wheel-spinning, threats of (another) war, widespread questioning of the value of higher education, and all of the fear-influenced consciousness that accompanies such jangling, turbu-

lent times. As one involved daily in this scrum to gain control of the College's destiny, I do not find it glib to suggest that our mission and curriculum offer an antidote to the meaning-starved curricula and career paths offered in a higher education world that has lost its True North. I believe that is why we continue to flourish against the trending arc.

Here is some of the news...

LADAC Track

Southwestern College's curriculum has been approved by the New Mexico Counseling and Therapy Practice Board as meeting the educational requirements for the Licensed Alcohol and Drug Abuse Counselor (LADAC) license. There are lots of particulars yet to be clarified, and we will keep you apprised of all developments. What seems most clear at this time is that our current students are best positioned to sit for this license, but we are less clear about the retroactivity of the board's decision. Anyway you view it, we have a more compelling recruiting message to prospective students: "You can graduate with the eligibility to sit for licensure in Art Therapy, Counseling and Drug and Alcohol treatment." The increase in possible job opportunities goes up exponentially with each additional license. That is true value.

Social Media Updates

Our presence in Social Media is fast-growing. Increasingly, we are moving recruitment, events updates, thought leadership, and community building efforts into the web-based and digital world. (We find that kindred organizations are doing the same, though that is not why we are doing it. We are doing it because it is the 21st century, and as much as one quarter of the planet is involved in social media, and the numbers are growing at mind-boggling rates daily. It's where much of the world lives these days...)

We have, of course, our website (swc.edu), and we also have a presence on Facebook, Twitter, Linked In, Google Plus, StumbleUpon, YouTube, Pinterest, Instagram and Vine. We will contact you soon with a listing of URLs for these efforts and offerings.



LANDSCAPING & BEAUTIFICATION

Over the past couple of years, we have maintained an ongoing beautification initiative on the Southwestern College campus. I cannot tell you what a joy it is to have alumni return for a visit, and see their surprise and amazement at what has been done with the campus.

Most recently, Kiara Ninos has designed and implemented (with the help of her trusty army of workers) the landscaping of the south and east sides of the Art Therapy building (see photos.) With water features, a wind sculpture, huge prayer flags, ceramic sculptures, and a vast array of flowers, tall grasses and newly planted trees. I find myself telling visitors that our consultants were Walt Disney, Dr. Seuss, and Antoni Gaudi. We have re-designed the labyrinth and the fire pit as well, and will be running a long, ten foot coyote fence all along the south end of campus to afford privacy and a more sacred feeling space.

Stop by, drive by, enjoy the whimsical, yet elegant out-picturing of the spirit of Quimby/Southwestern College.



Upper left: water feature. Upper right: rock tower. Bottom: campus labyrinth



Welcoming the Edith Wallace collection to the Quimby Memorial Library

The Edith Wallace Collection

The pile of boxes of books brought to the Quimby Memorial Library is impressive. I counted over thirty and there are more arriving soon. We are thrilled to receive this very generous donation from the C.G. Jung Institute of Santa Fe.

Edith Wallace (1909 – 2004) was a Jungian analyst, psychiatrist and prize-winning painter. She received her analytic training with Jung in New York and Zurich and she spent her later years here in Santa Fe. There are local art therapists who remember her workshops and presentations well.



Although not an official art therapist, Wallace regularly presented her work at annual AATA conferences and she received the Creative Edge Award from AATA.

Wallace believed that imagery was a message from the unconscious; a belief shared by faculty and students in Southwestern's Art Therapy/Counseling Program. We teach elements of her Tissue Paper Collage Method in our History of Art Therapy course. We are honored and delighted to have her collection at our school. Many of us can hardly wait for our librarian, Leslie Monsalve-Jones, to complete the huge task of cataloging and shelving the collection – we're very eager to see what it contains. We'll share that news, plus any recollections of Edith by area art therapists, in a future article.

— Deborah Schroder

SWC Highlights

New Faculty

Carrie T. Ishee, M.A., LMHC, PCC, has worked as a trauma therapist, art therapist, and professional life coach with people in various stages of recovery. Carrie has been employed at the Life Healing Center for seven years, where she treats clients with severe trauma and addiction issues. She was recently appointed as director of the Alma program at Life Healing Center, which provides hope and healing to partners of sex addicts. In her private practice she specializes in coaching trauma survivors to move past their stories and into lives of meaning and purpose. She also has trained local law enforcement and first responders in life balance and emotional survival skills.



Carrie joins Southwestern College as an instructor of the Addiction Assessment and Treatment in Art Therapy/Counseling course.



Karey Thorne, M.A., LMHC, is a counselor and educator who conducts workshops in the United States, Europe and Asia. She has taught peace studies classes at the high school and college level for 15 years, and conducts international service internships with students. As head of PeaceJam New Mexico, she organized six international peace conferences, in which Nobel Peace Laureates meet

with youth. She has been in private practice as a counselor for 24 years and has been a Noetic Field Practitioner for 18 years. She has traveled the world extensively and is director of Heart to Hands which does leadership trainings for youth and takes students on international service projects in rural Chinese ethnic areas. For more information about her work you can visit www.hearttohands.org; www.mystery-school.com

New Staff

Larry Harkcom, Library Assistant, is a writer and aspiring librarian who holds a bachelor's degree in English from Shippensburg University in Pennsylvania. Prior to moving to Santa Fe earlier this summer, he spent two years working in Georgia's public library system, where he specialized in youth services and founded the Athens Library Lego Club for children and young adults. Larry is also a writing tutor, with more than three years of experience teaching writing on a college level. His goals for the future include earning a Master's degree in Library/Information Science. Also, after living in the deep south for three years, he can't wait to play in the snow this winter.



Candace 'Hope' Briles, M.A., LMHC, joins SWC as a new staff member this fall, providing direct student services. Specifically, she will work closely with recruitment for new students and advisement for current students within a heart-centered perspective. Furthermore, the role she desires to play is as a mindful, creative resource for the Southwestern College community for past, present, and future students of conscious transformation. With a background of professional experience in four U.S. states working in galleries, schools, museums, a children's hospital and community mental health centers as an artist, educator, counselor and advisor, she feels grounded to serve her alma mater. Additionally, her work continues as an artist and counselor living her B.L.I.S. and completing her national Art Therapist credentials.



Candace graduated with a M.A. in Art Therapy/Counseling from Southwestern College in 2012. She also has two Fine Arts degrees in Art Education and Metal Design from East Carolina University in North Carolina.

"I would be thrilled to hear from you! Come see me on campus. Call 505-467-6603 or e-mail advisement@swc.edu. You can also find me on Facebook."



Camille Grec, B.A., Academic Assistant
Camille Grec is a brave soul guided with an open heart. A seasoned traveller, her multi-cultural background has helped her form a unique perspective on experiences of life in our world.

She believes we are all part of a collective community, impacting each other and our Earth in profound ways. Sensitive to our tremendous human capacities for healing, she aims to support a unified expression of Love through Gratitude.

Camille is currently in internship at Southwestern College, and will receive her M.A. in Art Therapy/Counseling in March '14, along with her Transformational EcoPsychology and Vision Quest Leadership Certificates. She is delighted to be working in support of Southwestern College, and is grateful for the opportunity to learn from SWC's skillful administration.

Marjorie Gross B.A., History, McMurry University; M.Div., Southern Methodist University.

Marjorie was born and raised in Santa Fe, and has recently moved back. She will be the IT Assistant, troubleshooting computer and other technology problems, keeping the computers in the classrooms, library and elsewhere around the campus up-to date and running smoothly.



New Board of Trustees

Our Board of Trustees has added four new members, as well as a new student and faculty member for academic year 2013-14.

Faculty Member



Michelle Daly, MSPH, M.A., LPCC, ATR, IMH-E®

Michelle's background is diverse and multi-faceted, including studies in mathematics and science as well as public health and expressive arts therapies. She is passionate about early intervention and diversity, working relationally with individuals, families and groups from a strengths-based and trauma-informed perspective to enhance growth, healing, and integration.

Through her private practice in Santa Fe, Michelle provides therapy, clinical and reflective supervision, and consultation services for individuals and groups. Additionally, Michelle has served in various roles with the Creativity for Peace camp, currently holding the role of Director of the Art Program for 2013.

Student Member



Diane Chavez, B.A., grew up in the San Francisco Bay Area and lived there for the first twenty years of her life. Her frequent trips to New Mexico as a child enabled her to become familiar with the art

and traditions of New Mexico. In her early twenties, she traveled extensively and lived in Guam, Hawaii, Spain and England. She moved to New Mexico in 1999 and currently lives in Santa Fe. She earned her Bachelor of Fine Art, with a concentration in printmaking and small metals, from the University of New Mexico in 2009. She is co-chair of the Legislative Committee for the New Mexico Art Therapy Association (NMATA). She is interested in art-making, meditation, brain-shifting and the ability to change the brain at any age, as she is in the process of changing her own brain, ridding it of Multiple Sclerosis and chronic migraines.



Art Therapy/Counseling program chair, Deborah Schroder and SWC Alum, Erin McConnell in Seattle



Seattle AATA Conference by Deborah Schroder

Southwestern College was well represented at the 2013 American Art Therapy Assoc. conference in July. It seemed that no matter where I was, I ran into one of our grads, which was great fun. I often spotted them visiting our booth which was made welcoming through the efforts of Dru Phoenix. Three of our grads presented: Ginna Clark, Charlotte Crosland, and Jennifer Albright.

Faculty member Natalie Carlton presented on Digital Art Therapy Interviews, and also shared her film at the Art Therapy Film Festival. I presented a short play that was created and filmed with much wonderful help from the Southwestern community. The play, "No Small Change", was a reflection on how therapists are themselves changed by witnessing client work. I also participated in the Quick Draw event that featured program directors making art that was eventually auctioned to benefit AATA scholarships. I was happy that graduate Melody Rice left with my painting.

Clothesline Project by Olivia Greene

I give much thanks to Southwestern College for supporting me in bringing this project to the Santa Fe community. It was held on Saturday, July 27th on SWC's campus and many new T-shirts were created by Southwestern College students and friends and added to the project.

In 1990, The Cape Cod Women's Defense Agenda learned that 58,000 soldiers were killed in the Vietnam War and that during that same time frame, 51,000 women were killed in domestic violence situations. The Clothesline Project was created to bear witness to the stories of those who currently live with violence, survived the violence in their lives, or to honor those who lost their lives due to violence. The t-shirts offer a view into the world of those who have suffered at the hands of those who claim to love them. It is an outlet for those who have been silenced through force to raise their voice of hope, healing, pain, or horror. The goal of the Clothesline Project is to raise awareness and stir the viewers to action in an effort to end this epidemic of violence.



Students Speak

Experiences with experiential, transformational learning at Southwestern College.

We publish statements that describe Southwestern College as a consciousness-centered graduate school for counseling and art therapy. We publish our mission as transforming consciousness through education. What does this mean and how does it 'show up' in our students learning experiences? The following excerpts have been taken from final papers written at the end of a Psychology of Consciousness II class. They were not originally written for the public eye. I have asked for permission to print these reflections as they represent 'snapshots' of the kinds of inner awakening that can transform perception, increase awareness and inform professional practice.



Katherine M. Ninos



Jack Emery: Throughout my early studies, I always felt that there was something missing in the way the information was being presented to me, and I felt like there was something

wrong with making psychology out to be an objective science—it was dismissive of the possibility of learning through an internal experience of self. The desire to explore my own psychological experience brought me to Southwestern College, even though I was not aware of how the process would emerge. In many ways, this has been a process of creating a revived identity where I can practically apply myself to my own internal investigation and personal growth, in a way that will ultimately work towards the benefit of others. In other words, I have had the opportunity to combine the personal phenomenological world with the world of counseling psychology. There is a feeling that I have placed myself appropriately, so that I can integrate, within myself, the philosophies of the east with the practicality of the west.

The last ten weeks have been a time of great transformation. I have been blessed with a quality of awareness that has led to a greater feeling of purpose and direction in my life. The process has been compounded by the overall effect of placing my life within greater context, and recognizing the creative reality, which is composed of many layers where forms and patterns are carried through time, linking each individual consciousness to the greater drama of humanity. I have great gratitude to be able to experience life in all its various reflections and manifestations, as they are mirrored in my own individual consciousness.

The accumulation of all these threads coming together has led to a deeper understanding of how my own consciousness is always interacting in relation to people, as well as to the collective. There is no clear or straightforward way of understanding what consciousness is. However, it is immediately available to our subjective experience. You cannot get closer to a subject of study, but consciousness still proves to be one of the greatest mysteries in human history. I appreciate the new way of thinking and engaging with this challenging topic that has emerged, and I look forward to the clinical applications.



Brittany Koukol: My art is a sacred expression of my soul and it has power to blur perceived boundaries of separation. I learned that in this soul journey, choice is irrelevant as we must believe

in our path and that we are always going to be moving toward our sacred space. That is the journey. It is a journey that no amount of resistance or complaining will change. Joy, love and peace come from this place of true connection with spirit and I must trust that deep knowing to live and express it. It is an overflowing source of beauty.

It can be hard to navigate this world's demands with the deep desire and calling of spirit. I know for me, it becomes a deceptively alluring escape to not feel. This attraction is dangerous because it creates opportunity to lose that divine connection to one's own light and limits reflection. I learned to look at challenges in my life as imperative opportunities to grow and develop. Without these bumps and gaping crevasses, I would become stagnant and limit my spiritual, emotional and intellectual maturation. I see the importance of the shadow in transformation.

In these periods of darkness or despair, there is a silent moment of grace that is available only through the suffering at times. I now know that I can decide to just accept the way things are without getting caught up in the never ending cycle of pity and anger.

The past 10 weeks have been quite a journey and have challenged the way I have constructed my reality systems indeed. I am eternally grateful for this opportunity and am excited for the next chapter as my love beam and consciousness continue to expand and reveal themselves to my waking awareness and unconscious realms.



Pippa Arbib: Recent life-changing events, in addition to the tools I have gained from archetypal psychology, mandala making, and working with consciousness, have been integral in catapult-

ing me into a new level of multidimensional awareness and experience. I have been synthesizing transmissions of information through direct access to quantum coherency, in addition to deep conceptual learning. I feel like I have been stripped of pretense and am reclaiming my lost soul parts, including my inner authority, the warrior, and the magician. I find that I am more able to consciously disengage from the drama triangle by taking personal responsibility, and by shifting my perceptions in order to co-create new realities. At the same time, I am learning to flow with fate instead of trying to predict and control it. As I continue to release my personal history, I am embracing my demons and watching as they transform into allies.

Our circumstances create the context of our lives, but our perceptions and choices create our reality. "We bind and free our conscious-

ness through our ability to choose and construct beliefs...which...crystallize into belief patterns that shape our perception of reality. Our focus determines the unfolding phenomenon that we experience (Waterman). This premise, when applied to the therapeutic process, creates a framework for transformation, and can help clients to take personal responsibility, while empowering them as co-creators of their lives. We often become so attached to our stories that we do not consider other options. By helping clients to deconstruct their belief systems, we provide them with an opportunity to expand awareness, reflect upon different perspectives, and contemplate alternate views. We cannot change the past, but we can change our attitudes and judgments, our stories, about the past, thus shifting our experience of reality.

SWC Highlights continued



Vagina Monologues *by Liz Sump*

Having experienced the "Vagina Monologues" several years ago, I realized the potency of women standing, speaking and feeling. Eve Ensler, a true visionary, had a dream for the 15th anniversary of V-day, and that was to see one billion people rise up in support of ending all violence against women and girls. A world started collaborating, and slowly this vast movement started forming. When hearing of this, I thought there was no better time to create a Southwestern "Vagina Monologues". I hoped to connect the community with the college, and let everyone see the impassioned nature of the bold, creative women of Southwestern College.

I could have never imagined such a transformative experience. The amazing cast came together in a way that only the universe can dictate. Each monologue was embodied by the women. The truly special aspect of this production was the community we developed, a community of healing, patience and love. There was a gentle power in that group of women that could not be penetrated by fear or judgment. The nights of the performances we were overwhelmed with support, and to see the community discover Southwestern College in this particular way. The performances raised over \$3,500 which was donated to Esperanza, a local non-profit dedicated to eradicating violence against women. The capacity of women united is undeniable and connected to the very core of humanity, where collaboration, harmony and communion exist. This is by far, not the only expression of this at Southwestern College, but it was truly a great one, and one we will not soon forget.

HEALING HISTORICAL TRAUMA

by Dr. Constance Buck

Part of human development, should it occur, is the capacity to feel REMORSE, first knowing one has been harmful, then following REMORSE, offering REPAIR. Holding out a hand to the other, even if the other does not want to respond. Building bridges with or without a desired outcome is a rather "high" level of human development. For this to occur, the infant has had their emotions metabolized by a "good enough" mother, who teaches the infant to regulate, calm and soothe their nervous system.

Feeling remorse, historically, is something my culture has not confronted or struggled with adequately. Why do I think that? Because the actions of euroamerican culture was genocidal on our arrival and appears to continue to this day. We are rather borderline, never being satiated, satisfied, and always hungry for more.

Multi-generational historical trauma. deeply impacts those who perceive themselves as "victors," who then re-invent history that fits already conceived beliefs and discriminations. Creativity, talents, questioning and inquiry cannot remain viable and alive when history is told from a one-sided perspective. A few of many serious consequences of unhealed multi-generational trauma of European-Americans include a serious lack of self-reflection that continues to create distorted behaviors and perceptions that express contempt, dismissiveness and non-inclusive attitudes toward those believed to be "conquered." Those who are targeted are rendered invisible as unique groups and human beings. This is the core of colonized mind, which obliterates what is common about our humanity, our uniqueness and beauty. These attitudes hurt the human heart. We are the children of our ancestors. Our children and those yet to be born do not deserve to carry re-visioned history we have been told. We have work to do. Let it begin now.

Constance Buck, Ph.D., teaches Human Development at Southwestern College and lectures nationally on the topic of multi-generational trauma. She is the great grand-daughter of Anson Mills who led the first battle against Plains Indians after Greasy Grass (Little Big Horn) at Slim Buttes, South Dakota, September 9, 1876. She is the author of *Killing Beauty in North America* (2001). Her training includes clinical psychology, social work, somatic psychology, multi-cultural awareness, and human development.



THE NEW EARTH INSTITUTE of Southwestern College

TRANSDIMENSIONAL TEACHINGS FOR THE WORLD COMMUNITY



Katherine Ninos, Vice President and Director of The New Earth Institute of SWC

We are pleased to announce the New Earth Institute of Southwestern College. For over 30 years, I (Katherine Ninos) have been the director of what has been called SWC's "Community Education Programs" (or CEP). The CEP programs have included professional training certificates, the Transformation and Healing conference, lectures and other programs and trainings. Why the new name? My view on this is that the energy generated by these initiatives and the scope and diversity of the offerings has outgrown the name "Community Education Programs." A larger energetic container was needed to hold what these programs had become. When President Jim Nolan asked if I had an idea for a new name, "The New Earth Institute"

came to me immediately. I just knew that was the name. It is, of course, a biblical allusion, and shows up most prominently in the Book of Revelation (the Apocalypse). In that book, "a new heaven and a new earth" become the metaphorical vision of a transformed and higher consciousness, available to us when we move beyond the limited world of form, ego, personality and fear. Eckhart Tolle also borrowed the biblical phrase, explaining that, for him, the "new heaven" would be an inner experience, and a "new earth" would be the out-picturing in form of that higher consciousness. Out of this comes the tagline, "Transdimensional Teachings for the World Community."

Southwestern College is an approved CEC provider for licensed counselors, art therapists and social workers.

Certificate in Sexual Experience and Expression

We are pleased to announce our intention to launch a certificate program in Human Sexual Expression and Experience (tentative title) sometime in the next year. We are in communication with potential key players, have some thoughts on the curriculum, and we are in the process of moving toward specifics and launching dates.

As a bit of a preview, Jason Holley will be offering a free lecture

ORGANIC SEXUALITY: FROM SHAME INTO MYSTERY

Wednesday,
November 20th
6:00 -8:00 pm

RSVP to officemgr@swc.edu



2013 TRANSFORMATION & HEALING CONFERENCE Creative Approaches to the Healing Arts



Judy Weiser

The 2013 Transformation & Healing Conference was a delight and a success. The 18 experiential workshops during the week were almost completely booked. Keynote speaker Judy Weiser brought the magic of photographic images together with psychotherapy and personal growth for a day and a half of deep exploration.



Cynthia Rank-Ballas and class participants



Robert Waterman and Jim Nolan



Laura Lansrud-Lopez



Left to Right: Robert Waterman, Karey Thorne, Stede Barber, Katherine Ninos and Niccole Toral

As you can see, the upcoming classes in each of the certificate programs offered are rich and diverse. They are clinically relevant and personally transformative. Each of these programs is very distinctive in what it has to offer counselors, social workers, health care practitioners and those of you who participate for your own healing and education. Below is a sample of the amazing classes that will be offered this fall.

TRANSFORMATIONAL ECOPSYCHOLOGY

THE SHAMAN'S ALTAR TE 591E

Friday, November 22, 6–10pm

Saturday & Sunday, November 23 & 24, 9am–10pm

Monday, November 25, 9am–1pm

\$900/20 CECs or \$970 for 2 quarter units

(30 contact hours toward the TEco certificate.)

Since time immemorial, the mountain shamans of Peru have made powerful connections with *Pachamama* (Earth Mother) and the *Apus* (Holy Mountains) through the use of a special medicine bundle known as a *mesa* ("misa" in Quechua) or shaman's altar. In this course we will go deeply into the tradition of the shaman's *mesa*, discovering the secrets of connecting with earth's sacred places and bringing that power and energy into our healing work.



Jose Luis Herrera was born into the medicine traditions of the Andes and Amazon. For over 20 years, he has studied with Peru's most respected medicine people. He has become a genuine bridge between the Western and the Andean cultures and paradigms.

CHILDREN'S MENTAL HEALTH

MAKING ART WITH KIDS CMH 5015

Friday, October 25, 6–9:30pm

Saturday & Sunday, October 26 & 27, 9am–6pm

\$350/20 CECs or \$970/2 quarter units

(20 contact hours toward the CMH Certificate)

Everyone does it – making art with kids is fun! This course will ground the experience in childhood development and meaningful art exploration, and will offer hands-on experience in art-making for participants. We will tackle the issue of the "fine line": what's the difference between playing with art and kids, and doing art therapy with kids? This course is appropriate for people who work with or want to work with kids. You don't have to be an art therapist, but you could be!



Deborah Schroder, M.S., ATR-BC, LPAT, is the chair of the Art Therapy/Counseling Program at SWC. Her excitement about the CMH Certificate program is rooted in the joy and hope she has experienced in her own work with children throughout her career. Deborah is the author of *Little Windows into Art Therapy: Small Openings for Beginning Therapists* (2005).

INTERPERSONAL NEUROBIOLOGY, SOMATICS AND ACTION METHODS

WITH FREEDOM AND JUSTICE FOR ALL:

Re-Contextualizing Sexuality And Gender In Today's World
Friday, Jan. 10, 6–9pm; Sat. & Sun., Jan. 11 & 12, 2014, 9am–6pm

\$429/20 CECs or \$970/2 quarter units

(20 contact hours toward the INSAM Certificate.)

Participants will be provided with a personal and theoretical exploration of gender and sexuality. We will unpack current cultural and biological definitions. Elements from feminist, queer and role theories will assist us in breaking down binary thinking about male/female, gay/straight and other perspectives on identification including trans, inter-sexed, celibate or asexual, androgynous, and queer. We will investigate the relationship between sex, gender and desire and the impact which race, class, culture, politics, ability, age have in shaping that relationship. Participants will gain understanding and skill in how to safely use specific techniques from psychodrama and sociodrama to promote experiential learning. We will lay a foundation for a learning community committed to advancing theory, research and practice that best supports sexual and gender orientation diversity.

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



John Olesen, M.A., PAT, is a psychodramatist, trainer, educator and practitioner, living in San Francisco, CA. He is a founder and board member of the Bay Area Moreno Institute for Psychodrama and Applied Expressive Arts and Action Methods (BAMI).

GRIEF, LOSS AND TRAUMA

USE OF EXPRESSIVE ARTS IN GRIEF WORK FOR TRANSFORMATION AND HEALING GCH 500

Friday, Oct. 25, 5–9pm, Sat. & Sun. Oct. 26 & 27, 9:30am–5:30pm

\$429/20 CECs or \$970/2 quarter units

(20 contact hours toward the GLT Certificate)

Poetry, music, drama, dance and writing are utilized as vehicles for transformation through the expression of the profound mysteries of life, death and transition. Participants will explore the role of images, symbolic language and the theories of Elisabeth Kubler-Ross on the experience of dying and the expression of grief.

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



Teen Substance Use and Co-Occurring Disorders

SWC Alum, Michael Hock is the Behavioral Health Manager at New Mexico Children, Youth and Families Department in Albuquerque (CYFD)

I was hired at the NM Children, Youth and Families Department (CYFD) as a program manager in March 2012 and promoted to Behavioral Health Manager June, 2012. I am specifically tasked with helping our NM community providers develop or enhance both capacity and capability to provide state-of-the-art substance and co-occurring disorders integrated treatment. Some of my significant duties are to provide oversight of the expansion of adolescent co-occurring disorders (COD) competent intensive outpatient program services statewide, including development, review, and amendment of tools, feedback to providers, writing of a comprehensive policy and procedure as a possible model for community providers, and continuing to write an adolescent COD-competent integrated services manual. To accomplish this we conduct ongoing research and we partner with other departments such as the Human Services Department, the Courts, the Department of Health, the Public Education Department, and municipal, county and tribal government agencies. We also work internally with Juvenile Justice Services, Protective Services and Early Childhood Services so that we can collaboratively develop and enhance services for all New Mexico children, youth and families.

It was a shock when I first saw the prevalence data for substance abuse; we estimate that at least 80% of all youth who enter into a Juvenile Probation office use drugs or alcohol. Education and training in addictions work is essential to success in our evolving behavioral healthcare landscape.

It was a shock when I first saw the prevalence data for substance abuse - we estimate that at least 80% of all youth who enter into a Juvenile Probation office use drugs or alcohol.

The most recent thinking of addictions professionals tends toward the perception that addictions are complex, chronic health conditions and, as such, require an array of treatment services. Drug and alcohol dependence and addiction share many features with other chronic illnesses, including a tendency to run in families (heritability), an onset and course that is influenced by environmental conditions and behavior, and the potential to respond to appropriate treatment, which may include long-term lifestyle modification and a continuum of supportive care. Substance abuse issues can be significantly worsened by the presence of a co-occurring mental or emotional disorder.

Working with adolescents who are experiencing difficulties meeting the challenges and risks imposed upon them by the rapidly changing social landscape, by mismatches in educational processes that sideline them academically, by cultural influences intended more for self-regulating adults, and by inner turmoil and confusion caused by abuse, neglect, or mental/emotional imbalances, trauma, and

substance use is extremely challenging. Mental/emotional and substance disorders that are coexisting issues create very complex interactions and challenges that are best addressed with concurrent, evidence-based treatment approaches, inclusive of trauma and recovery oriented care that address all various disorders as one, and that are client directed. Effective treatment must therefore address complex issues such as opioid dependence (which is a long standing, but growing problem for youth of New Mexico), mental health disorders, or COD at the same time rather than sequentially.

To accomplish this sort of treatment, we are working to build competencies that encompass the full continuum of care, the best treatment practices available, and also new and emerging treatment approaches for youth, inclusive of those with the most difficult and complex issues which clinicians must work with. Such new services will include the development and funding of community-based support services specific to youth and families.

It is important to note that there is no one-size-fits-all solution to the challenges that some adolescents and their families must face every day. This is complicated by the constraints that CYFD must work within, the challenges providers must regularly meet and overcome, and by the limitations naturally imposed by geography, funding, and the constraints of time. Whatever the effect of these various influences, each and every person is unique; their individual condition is distinctive and requires undivided attention, compassion, and competency on the part of the clinician, and the numbers of those needing services are many.

We recognize that the most effective orientation of our behavioral health providers related to CYFD behavioral health initiatives and programs is to utilize and empower resources in ways that are responsive to the complex cultural, linguistic and gender diversity of our communities. Such an orientation allows for the provision of appropriate services specific to functional impairment caused by mental illness, substance disorders, or co-occurring disorders of individuals and their significant others/families throughout their life span. We envision that the purpose of integrated services is to enable providers to make available high quality, comprehensive evidence-based wraparound behavioral healthcare that maximizes integration of mental health and substance services while generating self-efficacy, self-care, and self-empowerment for each client and each family served. Such care enables the individual and their significant others to live satisfying lives and contribute to the well-being of their communities.

This is a very small part of what CYFD accomplishes for our State. We have a very complex assignment that reaches into every aspect of the fabric of New Mexico, and although my part in it is minor, it is an honor and a privilege to work here and to serve the people of New Mexico.

2013 CAPSTONE MURALS



Standing left to right: Chelsea Treiber, Kyrsta Astilli, Tejal Murray, Moriah Lancaster, Anne DeWitt.
Sitting left to right: Julia Cizeski, Nicole Morgan and Katie Hall



Left to right: Nicole Brown, Jill Campoli, Betsy Sohmer, Dominique Pozo and Eliza Combs



As you walk or drive back to the Art Therapy complex, you can't help but notice the wall of murals that continued to grow in vibrancy this summer. On August 17th four more beautiful murals were added (the three on this page and the one on the cover). On Friday evening students created individual images and then grouped the images together based on themes and content. The next day the four groups tackled the wall with enthusiasm. Carpentry, painting skills and dishes to break were happily shared as the artworks grew —*Deborah Schroder*



Todd Nichols



Pat Lopez



Kat Dison



Katherine Beck



Olivia Green



Top left to right: Britton Clement and Katelyn McKagan. Middle left to right: Renee Yu, Wendy Wasserman, Jacqueline Beam and Aimee Joy Gregory. Bottom Maxine Ament, Amber Johnson and Kimberly Seacrest.

Winter Capstone Class

Our students in the February Capstone class were delightful to witness as they worked together creating a beautiful wall hanging for the Counseling Center. Each Student created a square and the variety of media choices and images is inspiring.



Top: Linnea Knoespel. Bottom: Abigail Carter and Flock of Birds mobile by Emily Alexis.

Spring Capstone Presentation

Family and friends joined the Southwestern College community to experience the most recent Capstone Projects completed by graduating interns. The evening included imagery from Abigail Carter, painted pots and their stories by Linnea Knoespel, and a flock of birds mobile by Emily Alexis. Images were also shared from an art project facilitated by Hailee Strassner at the Creativity for Peace Camp. The next Capstone Presentation Evening will be Wednesday, October 30th at 6 p.m. in the large art therapy classroom.

Art Gallery Shows



ORDER BASED ON LIGHT

Mariana Marachlian

Art was always a free space for me. I started painting with the intention of keeping it wild, untamed and without learning any technique. I wanted my paintings and drawing raw, the closest to my self. In the moments of my life that I didn't feel like dancing... painting was unconditionally there for me... Pure formless. I transitioned and transformed 10,001 times in my life. I discovered one day that the only order that was going to survive had to be based on light... that is what my paintings are for me... maps of the forms that want to come out in my life... constantly moving.



Katherine Beck

This series was completed in 2012 at my home in El Cajon de Maipo, Chile. I screen printed images onto old posters that had been aged by weather and pollution in the capital, Santiago. I am inspired by the potential trash has for transformation. Though I see myself as just another anonymous outsider passing through the capital, I know my own story is glued and weathered onto the very walls I walk past. Making art out of trash is a form of exalting what has been left behind. It is one of the ways I invite transformation into my life. Working in series has allowed to me evolve my relationship with my muse, the street. I can gather castoff posters that the street has shed and use them to print on. I can also paste my own images back onto the street quickly, safely, and without damaging the wall. We have a conversation going on and I invite you to listen.



Left to Right: Angelita Cortez, Diane Chavez, Laura Bailey and Julia Cizeski. The artwork of Andrea Caruso, Inessa Mil'berg, and Lisa Marie Paradis was also part of the gallery show

CLAY CLASS by Seren Morris Clancy

It was such a joy to teach these seven dedicated, hard working, and multi-talented students in my Winter 2013 clay class! Five students earned studio art credits as their ceramics prerequisite for the Art Therapy program requirement. One Counseling student participated for the sheer joy of learning a new medium, and another student repeated this class having discovered her passion for wheel throwing in the first class. We had great fun learning from one another, developing new skills, sharing ideas, and exploring the therapeutic uses of

clay. Each student conceptualized and created their own final project; they set up their display together, and even organized their own open house. Here are some words from 4 of the artists:

The ceramics course allowed me to represent internal imagery in a physical medium. The figures I created stand as keepers of story on the path I am traveling.

—Lisa Marie Paradis



Inessa Mil'berg



Lisa Marie Paradis



Diane Chavez



Julia Cizeski

Andrea Caruso

Angelita Cortez

I really enjoyed working with clay, a material I had not used since grade school. For my final project I created a set of Egyptian canopic jars (used during the mummification process to embalm the stomach, lungs, intestines, and liver). Through this ceramics class I was able to reconnect to my childhood, reflect on the theme of preservation, and explore ancient mythology and tradition. Clay is a wonderful therapeutic medium that I hope to use in my future work with clients.—Julia Cizeski

Working with clay has offered me constant, continuing lessons in creation and destruction, in birth and death. I have found and begun to explore new edges as an artist and as a healer. - Laura Bailey

The clay class alone was very therapeutic for me and meaningful in terms of not only discovering a new form of expression but also finding another artistic means of celebrating my culture. I have always been inspired by Mexican folk art and felt connected with the Day of the Dead traditions. I was pleased with how my skulls turned out. They add a nice touch to my apartment! —Angelita Cortez



Laura Bailey

ALUMNI Profiles

2012

Jean Janu, M.A., LMHC, graduated from SWC in 2012 in Counseling with a concentration in Grief, Loss, and Trauma.

She is currently working as a contract BH counselor at La Clinica Del Pueblo in Tierra Amarilla, NM. "I work in the Rio Arriba County Detention Center half-a-day a week, I work in the schools with elementary and middle school kids a couple of afternoons a week. I see individuals at the clinic and I co-facilitate DWI groups.

"I love my work and this is truly what I am meant to do!"

jean.janu@gmail.com



here at the hospital/clinics. I mainly work with the long-term patients utilizing the art as they learn and grow! Sometimes we are working on big issues and fears, maybe about surgeries, dying, etc. I also work as the Director of Diversionary Play for Cavett Kids. Diversionary Play is a program operated by volunteers.

What stays with me most from my experience at SWC is the love. At SWC there was a true safety net where it was okay to cry and it was okay to tell people that things are NOT okay! I loved the sense of community and love, there is a true bond at SWC. I work hard to let my patients and campers know that confidentiality is key and they we must learn to love each other, no matter how different we may seem.

ashley@cavettkids.org
ashley-simpson@ouhsc.edu

2010

Lauren Taylor, LPC, graduated in 2010 with a M.A. in Art Therapy/Counseling. While under supervision for my license, I worked at the Community Learning Council which is a non-profit that focuses on working with women and children who have witnessed domestic violence and families that are involved in DHS (the Oklahoma agency that provides child protective services). Currently I work at Red Rock BHS - Jordan's Crossing, Inc., which is a non-profit residential treatment facility for mothers with co-occurring disorders including addiction. I provide group and individual counseling to the women, as well as art therapy.

What I carry with me from SWC is a person-centered, strengths-based model of treatment that consumers find empowering. Expressive techniques I learned at SWC are an important part of helping the consumers to think and see in new ways as they process their experience and plan for the future.

laurentaylor_23@yahoo.com
www.red-rock.com



Ashley M. Simpson, M.A., LMHC

I am finishing up my supervision for my ATR and LPC here in Oklahoma. Even cooler, my supervisor is also a SWC grad! I am working full time for the Cavett Kids Founda-

tion, the same foundation I completed my internship with in 2012. With the Cavett Kids Foundation my title is "Art Therapist, Director of Diversionary Play."

The Cavett Kids Foundation is a non-profit benefiting children with life-threatening and chronic illnesses. The Cavett Kids Foundation is most known for its summer camps where they use the "3 C's" (Character, Coping & Connection) to teach these kids that their illness does not define them.

My job has many parts! At the camps, I work with the kids in the art room and base the art around the theme for the camp... This year's theme is goals! On a day-to-day basis I am working out of the OU Children's Medical Center running one of Cavett Kids' many ongoing programs. For Cavett Kids I am not only the first art therapist for their foundation, but also the first art therapist ever at this hospital! I work directly with the kids

2006



Paul (Pablo) Grim, M.A. LMHC

My wife Fern, foster daughter Kari, doggie Otto, and I are homesteading on our land in Lyle, WA, where we have a 10,000 square foot vegetable "patch", solar power, and wood cooker. We are currently crammed into a tiny yurt, but we are building a new home during our spare time, evenings and weekends. I have a healthy private practice in a nearby small town where I specialize in addiction treatment and couples counseling.

I can attribute much of my confidence to do this work from my transformational experience at Southwestern College.

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www.whitesalmoncounseling.com



Deb Heikes, M.A., LPCC

During my Masters Program at Southwestern College, I obtained a certificate as a Gestalt Therapist by the Gestalt Institute of Santa Fe. I graduated Southwestern College March 2006 and began working

at Life Healing Center full-time as the evening therapist. Because of the combination of training, I had the confidence to take the leap into private practice. Since January 2007, I have had an amazing journey attaining my LPCC, cultivating a successful private practice, and growing in ways I could have never imagined.

I have presented Play Workshops in various settings including the International Gestalt Creativity Conference, The Santa Fe Healthcare Network, and the New Mexico Association for Spiritual, Ethical and Religious Values in Counseling Conference. I also facilitated weekly groups at the Santa Fe Recovery Center from 2006 to 2012.

I am currently offering clinical supervision services, community "Play Days," and experiential lectures once a month on how to create a healthy relationship with your emotions. I teach "Career and Life Development" at Southwestern College as well as in the Licensed Alcohol and Drug Abuse Counselor (LADAC) Certificate Program at Santa Fe Community College.

www.playyourselfwell.com

2005



Rosemary Eads,
M.A., LMHC, CHT,
CHt, CPCC

My private practice is now located in Northborough, Massachusetts. I moved here in April of 2011, and within nine months,

began my first ever waiting list! I specialize in working with subconscious beliefs, behaviors and traumas, as well as guiding my clients to develop a fuller awareness of their higher self. I use modalities including Gestalt therapy, Hypnotherapy, EMDR, EFT, Heartmath, Life Coaching and occasionally artwork. I have also learned that despite my training in these wonderful modalities, sometimes it is good practice to simply listen and offer considered reflections to my clients.

Moving back to the east coast (after over 30 years of living elsewhere) has been

wonderful for me. My husband Stan has a great job at the University of Massachusetts, and I am able to visit my family and friends from my early years. In fact, my college band, "Larry Friends and Family" has re-formed and we are playing coffee houses and theaters in the northeast.

I feel very blessed to be doing my life's work with my clients and watch them grow while pursuing my hobbies of singing, playing with my dogs, hanging out with my husband, and connecting with family and friends.

1995



Carol Christianson,
LPC, CHt

I graduated in 1995 and worked in the mental health field as a counselor in various agencies in NM, eventually becoming an academic advisor

for 7 years. In 2007, I decided to take time off from counseling and started a business doing American Clay installations. This is a plastering process that is eco-friendly and allowed me to express my creativity in a "hands-on" way. Last summer I took a course in hypnotherapy and became re-energized about being able to help people with hypnosis. In September 2012 I opened a private practice providing counseling and hypnotherapy services. In utilizing therapeutic hypnotherapy I am able to help create lasting, positive change. My counseling orientation is solution-focused, and in combination with the hypnotherapy processes my clients learn to use their thoughts and mind to manage emotional distress, unpleasant physical symptoms, or to change habits and behaviors. The education at SWC was the best. I feel fortunate to have had that educational experience as a basis for my counseling practice in Santa Fe, NM.

www.linkedin.com/pub/carol-christianson/15/9b6/1b0
carol.hypnotherapy@gmail.com

1994

Arthur Panaro, M.A., LPCC

In the early '90's wondering where to study, I met Robert Waterman, and I am glad I took his counsel: "Just look at where you keep showing up." I did, and it worked out beautifully. Graduation in 1994 launched me into the field at La Nueva Vida, and then at Saint Francis Academy, in Espanola, NM — both agencies serving clients under age 18 and their families. Next, and at the other end of the spectrum, I worked with heroin clients at Ayudantes. Since January 2001, I have been a therapist at The Life Link / La Luz working with the challenged homeless as well as Federal and state probationers. The presenting issues are adult psychopathy, and substance related disorders.

Always using the transpersonal as a base, I've trained to treat the antisocial personality with Moral Reconnection Therapy and the traumatized with EMDR. The standard at The Life Link for recovery is CBT. A mentor at the Life Link has given workshops on early childhood attachment dysregulation — the deepest layer of trauma. Freud and his followers have become interesting to me, especially as foils to the always sage Carl Jung. Existentialism and one of its prime movers, Nietzsche, have brought me to great, stimulating ideas and insights about myself and my clients.

SantaFe.com Live Work, Play, Stay has been good enough to give me a blog, which I invite you all to view.

<http://www.santafe.com/blogs/arthur-panaro>

President Nolan has been researching and sharing information on job and career opportunities, (as well as career and social media tips), in the area of art therapy, counseling and alcohol/substance abuse counseling. If you are interested in receiving such information, please contact Jim at drjamesmichaelnolan@gmail.com

In Memory



Jocelyn Elder
1993 Counseling
(1956-2013)

Jocelyn Elder, a compassionate, strong, courageous woman unexpectedly passed away on a Saturday afternoon in February. She was fearless in many of the things she did in life from moving out to New Mexico from Virginia to running a psychiatric hospital on her own and to starting and maintaining her own private practice. She was a kind, loving mother, sister, and friend, who was available at any time to answer the phone or give advice when needed. Although her life was much too short, she had a positive attitude about everything she did in life and truly accomplished whatever she set out to do. Her lessons of unconditional kindness and love will be continued for many years to come. Her legacy will live on through the book she wrote, *The Cancer Wheel*.



Betty Bernard
2006 Counseling
(1950-2013)

The First December
I stroll alone in the gardens
with fountains grass, sea
myrtle, beautyberry bushes—
names that adhere,
like icicles to the tongue.

The sky is a dense blue,
a winter blue. A ragged breeze
tears across my face like a thorny branch.
This is the cold season—the
bushes, trees, frozen flower stalks
have a glittery quality, a barely
breathing stillness.

Nature’s molecules have grown sluggish,
yet this landscape has assumed
a thickness that is surprisingly light,
as light as these shockingly bright clouds
taped to the sky, that could so easily
detach themselves. They could float
like plumes of the pampas grass
float to the four directions.

—Betty Bernard

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