

Southwestern College *Transforming Consciousness Through Education*



HEARTLINK

Fall 2015

Groundbreaking and Construction of Tierra Nueva Counseling Center



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Front cover: Groundbreaking
and construction of Tierra Nueva
Counseling Center

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News and Updates

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

Dear Friends and Colleagues,

Greetings!

In my ten years at Southwestern College, this year is unparalleled in terms of the amount of change taking place. Among many other changes, we have a new Chair for the Board of Trustees, Dr. Tina Ludutsky-Taylor, and her piece in this Heartlink gives an overview of many of the new developments at the College. Here, I would like to focus on the incredible and timely influx of new personnel, the New Counseling Center (Tierra Nueva), the Capital Campaign, and the Strategic Planning and Sustainability Visioning Project.

New Personnel

I won't name all the names here, since new personnel are covered elsewhere in this Heartlink. But I do want to say that we now have the strongest team ever assembled at Southwestern College/New Earth Institute. As we plan our future (see below), we are in a great position to make anything happen that we put our minds to. We have the people to do it. That is a gift.

Tierra Nueva Counseling Center of Southwestern College

Tierra Nueva changes by the day. It is extremely satisfying to remember making the decision to build, and then being able to trace the entire process from interviewing architects through decisions on blackboards over whiteboards. As I write, the windows just went in, the curbs and sidewalk along the street has been poured, and the colors for the inside walls were decided upon this morning. John Rehders, the builder, still holds to his December 3rd finish date (or earlier), and we are planning to move in during December. On Saturday, January 9th, we will have an open house!

This is now the second building we have built since I came to Southwestern, and I have no doubt there will be more before I leave. As most of you know, we have older facilities that need to be replaced. But we are going to need your help to keep moving toward our vision for Southwestern College. That brings me to...



Executive Vice President Katherine Ninos, Counseling Chair, Laura Lansrud-López,
President Jim Nolan

The Capital Campaign

Southwestern College rarely comes to you and asks for your financial support, but this time we are doing just that. We basically built the Art Therapy building with cash. We bought the new 4 ½ acres with cash. We are paying a good part of Tierra Nueva with cash. We are really good with the money thing—you can ask our auditors about that!

But we can't do it alone. We are asking for your support, and trying to make it as easy as possible to do so. Of course we are always pleased to accept cash donations. But we also have a program that allows you to donate your "Stuff"! Yes, iDonate allows you to contribute any vehicles (car, truck, boat, rocket ship), electronics, old smart phones, stocks, grain, un-used gift

cards and just about anything with any value. Please visit our web site for information about iDonate—it is an amazing way to attract resources to grow the College.

Strategic Planning & Sustainability Visioning Team

It has become clear to us that in order to thrive, we must grow as a school. We are talking about not only recruiting more students, but adding programs at Southwestern College. My metaphor is that we have been balancing for a long time on a two legged stool (Counseling and Art Therapy/ Counseling being the legs), with the New Earth Certificate programs making up a much shorter third leg. It is time to put more legs under the stool. Should we add another master's degree? More certificates? Online or land-based, or a hybrid? How about Online Continuing Education courses? These and many more and deeper questions will be posed, researched, and evaluated. We will look at our facilities, our human resources, our budget situation, availability of faculty, level of interest of prospective students, and time frames. This is very exciting, and there will be 10-15 people on the team. We will keep you posted, and probably ask for your feedback along the way.

Onward toward the rest of Heartlink!

Warmly, Jim

New Chair of the Southwestern College Counseling Program, and Director of Tierra Nueva Counseling Center



Laura Lansrud-López brings a wealth of life experience to her new positions as Chair of the Counseling Program and Clinical Director of Tierra Nueva Counseling Center. A native Santa Fean, she earned her B.A. in Liberal Arts from St. John's College. She went on to work as a graduate research assistant at the Los Alamos National Laboratory, then obtained a research fellowship at

the National Institutes of Health. In 1997 she graduated from The George Washington University with a Master's degree in Forensic Sciences.

Ms. Lansrud-López obtained her M.A. in Art Therapy/Counseling from Southwestern College in 2007, and went to work at TeamBuilders Counseling Services as a home-based family therapist and clinical coordinator. She is the founder of Counselors de Santa Fe Collaborative for local therapists to network, obtain continuing education, and collaborate.

We already see the positive impact of her leadership on both the Counseling Program and the Counseling Center, and we are delighted to have her with us as a central player on the Southwestern College/New Earth Institute team.

New Board of Trustees

Dr. Tina Ludutsky-Taylor, Ph.D., Board Chair, recently retired from a 40-year career in higher education. Her last position was director of Santa Fe Community College's Higher Education Center. In the course of her higher education career, Dr. Ludutsky-Taylor served in the positions of counselor, chief student services officer, faculty member, academic/technical program division head, chief instructional officer, chief facilities development and construction officer as well as community college chief executive officer. Dr. Ludutsky-Taylor received a Doctor of Philosophy degree in Education Administration and a Master of Arts degree in Guidance and Counseling from the University of New Mexico.



From Dr. Tina Ludutsky-Taylor:

Dear Southwestern College Community,

It is with a great sense of excitement and anticipation for the coming academic year at Southwestern College that I write my first blog as Chair of the Board of Trustees. The College is on the cusp of transitioning to its next level of achievement as a provider of quality graduate level counseling education. Here's a sampling of what has recently been accomplished and will be happening during the 2015-16 academic year.

- Building and opening a new Counseling Center
- Exploring the viability, sustainability, and intricacies of creating a "community mental health center" on our campus
- Launching a fundraising campaign to fund part of the new Counseling Center and create scholarships
- Convening a "Strategic Planning and Sustainability" team to explore future curricular and programmatic developments for the College
- Received newly-required approval for all certificate programs from the Higher Learning Commission
- Reached a total enrollment of two hundred (200) students for the first time

At its August 7th meeting, the Board of Trustees pledged to do everything within its power to support the students, faculty, and staff of Southwestern College as we enter an extraordinary year of opportunities. On a personal level, I am looking forward to meeting and working with the SWC community as we begin an exhilarating journey to advance the College and promote the success of its students.

Warm regards,

Tina Ludutsky-Taylor, Ph.D.



Gillian Corcoran, M.R.E. is an interfaith minister and spiritual mentor currently working with Unity in Santa Fe, She recently arrived here from England where she served as a hospital and hospice chaplain. She has a deep passion for the labyrinth as a tool of awakening and leads group meditation processes in local labyrinths.

SWC Highlights

New Board of Trustees

continued

Greer McSpadden, MSW, LISW, is an enrolled citizen of the Cherokee Nation of Oklahoma. She is a licensed clinical social worker trained in systems family therapy, addictions counseling and trauma therapy. She works as the Counselor at the Institute of American Indian Arts and has supervised SWC interns working with undergraduate students and their families there. In her spare time she and her son run a small farm at their home in Nambe.



Katherine Tijerina, J.D., is an enrolled citizen of the Comanche Nation. She is past president of the Institute of American Indian Arts, and former



First Leader of the Comanche Nation College Council. She graduated from Harvard Magna cum Laude and earned her J.D. from Stanford. She presented a workshop, "Indians 101" at this year's Transformation & Healing Conference.

Brian Serna, M.A., LPCC, LADAC, is a native New Mexican and a licensed professional clinical counselor internationally recognized as a trainer in the treatment of addictions.



He facilitates workshops to increase cross-cultural counseling skills, treating co-occurring disorders, ethics and working with adolescents. He provides leadership for SWC in LADAC-related courses and is an adjunct faculty member. Currently he serves as the Director of Kewa Family Wellness at Santa Domingo Pueblo and has a private practice.



Bishop Richard Gundry graduated from Sophia Divinity School and became an ordained priest for The Church of Antioch. He opened his own church in Santa Fe on August 8, 1988. He served for five

years on the International Board of Directors of the Worldwide Church of Antioch and was consecrated as a Bishop for the church in 1990. In 1993 he was elevated to the presiding Archbishop of the Worldwide Catholic Apostolic Church of Antioch, retiring from the leadership of the Worldwide Church of Antioch in 2003 and from the leadership of the local Church of Antioch in 2011.

Heather Wulfers, M.A., LPAT, ATR-BC, is serving for one year as our newly elected faculty member. She is a graduate of our Art Therapy/Counseling program, and served as the Southwestern Counseling Center Coordinator from 2007 until summer 2015. She teaches a number of courses at SWC and also teaches at the Santa Fe Community College. She recently opened a private practice in Santa Fe.



M. Kevin Clarke is serving a one year term as our newly elected student member. He is pursuing his degree in Counseling and is in his second year of the program. He is actively engaged in SWC's Transformational Ecopsychology Certificate Program. His passions include human relationships, our connection to the mythic as source for healing, and our interactions with the natural world.

New Faculty



Shara Moscinska, MA, LPCC, has a B.A. in Liberal Arts from St. John's College and an M.A. in Counseling from SWC. She is also a graduate of the Quimby Amenti Mystery School and Noetic Field Therapy Practitioner Program. Ms. Moscinska is a psychotherapist, specializing in community mental health and spiritual development with over 15 years of clinical and administrative experience at various agencies in New Mexico. She has been an instructor for the U.S. Department of Justice, Office for Victims of Crime (OVC) National Victim Assistance Academy, co-creating the OVC Sexual Assault Advocate/Counselor Training. In addition

she has facilitated trainings throughout the U.S. on crisis intervention, trauma resolution, developing resilience, spiritual development, communication, ethics and self-care.

Cynthia Fulreader, M.A., LPC, is the Director of the Children's Mental Health Certificate Program. She has over 30 year of experience in the field of child and family mental health. She trained extensively with family therapy pioneer, Dr. Virginia Satir and other leading experts in the field of children's mental health, including the study of child brain development with Dr. Daniel Siegel. She has a broad range of experience working in agencies, hospitals and schools, as well as through her on-going bilingual private practice. Ms. Fulreader studied at Trinity College in Hartford, Connecticut, earned a B.S. from the School for International Training in Vermont, studied Social Work at Columbia University in New York, and obtained her M.A. at Southwestern College in 1995.



Richard Ryan, PhD, LISW, is a Jungian analyst, certified by the Jung Institute of Los Angeles, where he is a society member. He received his received his MSW from New Mexico Highlands University



and his Ph.D. in Clinical Psychology from Pacifica Graduate Institute. He has worked extensively with children, adolescents, and adults. He has taught graduate psychology classes at Antioch University in Los Angeles and provided supervision to clinicians for many years. He has written and lectured on Jungian work with children and the problems men face in mid-life.

Christopher Johnson, M.A., LMHC, is a psychotherapist in private practice. His areas of specialty include LGBTQ issues, men's issues, relational dynamics, family of origin issues, anxiety and trauma, sexuality and spirituality. He has been a practicing energetic and spiritual healer for more than a decade, and brings an advanced under-



standing of the human energy-consciousness system to his work. He also offers mentorship in the intuitive and healing arts for people who are energetically sensitive or experiencing spiritual emergency. Before entering into private practice, he provided support and mentorship to students at the Counseling Center as they developed their skills as therapists.

New Staff

Donna Harrington joined SWC in a newly designed role as our first Chief Information Officer and Director of Institutional Technology. Her prior experience included serving as the first director of the statewide distance learning initiative called IDEAL New Mexico. She also started up distance education at the Santa Fe Community College, and she served as the first Director of Academic Technology at the Institute of American Indian Arts. Since coming to Southwestern College/New Earth Institute, she has brought numerous upgrades to our IT infrastructure. She often tells us, "I don't see problems! I see solutions!" She is bringing all of us into the 21st century to support future initiatives and endeavors.



Rhonda Chase, CPA, is SWC's new finance director. She is a native Texan who moved to California followed by a short stint in Colorado and has made New Mexico her home for

over 12 years. She is in love with living in the high desert of the Southwest. Her quest for a renewed connection with spirit lead her to her new position here. She is moved by intellectual challenges, loves learning and has always used art as a platform for self exploration so it is not surprising for her to have found a home at SWC. She is very grateful to have found a place to work that nurtures so many aspects of her soul.

Michelle Lynn, M.A., LMHC, is an alumna of SWC and the new administrative coordinator of Southwestern Counseling Center/Tierra Nueva Counseling Center. Prior to becoming a therapist, she was an elementary school teacher in New Mexico. During that time she also pursued other interests including shamanism and a personal spiritual path. She enjoys being a part of the Southwestern community and working with the students at the Counseling Center as they learn how to be therapists.



Dr. Reshma Kamal, Ph.D., LPCC, received her Ph.D. from the University of New Mexico in 2013, and her M.Ed. in Counseling Psychology from Columbia University Teacher's

College. It has been a challenge to balance her family's Eastern philosophy (India and Pakistan) with the Western culture she grew up in. Dr. Kamal feels that her experience of living in different cultures has been a great asset in her work as a counselor, giving her an increased understanding of cross-cultural issues and healing modalities. She is currently a therapist for Southwest Family Guidance Center, where she works mainly with children and families, many of whom are immigrants.

Art Therapy Program Chair Recognized for Service to the Field



Deborah Schroder, M.S., ATR-BC, LPAT, Chair of Art Therapy/Counseling, was recognized this summer at the national conference of the American Art Therapy Association (AATA) for her leadership on the Educational Standards Revision Task Force on which she served for two years. Numerous meetings were held in order to evaluate the standards used throughout mental health disciplines, and determine how to best help AATA move from an approval process to an accreditation process. Part of the impetus behind this was the desire to promote the rigorous academic and experiential work involved in art therapy education so that more states will agree to an independent license for art therapists.



Dr. Carol Parker RETIREMENT



Dr. Carol Parker retired from Southwestern College at the end of spring quarter, 2015. Dr. Parker served as the Chair of the Counseling program, Director of the Counseling Center and Director of the Transformational Eco-psychology Certificate Program (TEP). She plans to continue teaching in the TEP. We thank Dr. Parker for all that she has given to the college and all the lives she has touched and we wish her the best of everything in her future endeavors.

ABOVE, Left to right: Dr. Ann Filemyr, VP of Academic Affairs, Dean & New Director of the TEP certificate program, Katherine Ninos, Executive VP, Dr. Carol Parker, and Michelle Lynn, Counseling Center Administrative Coordinator

A Snapshot of SWC's

It was **1979**. Let's just say that the tiny, brand new mystery school near White Sands, New Mexico had a snowball's chance in Alamogordo of actually staying in business more than say, a quarter or two. Quimby College. I mean, really.

Twelve students, almost no money, unwelcoming neighbors who prayed they would leave (true), a million miles away from any shot at accreditation, anywhere, ever.



Dr. Robert Waterman and Katherine Ninos

In **1981**, Robert Waterman and Katherine Ninos, a couple of idealists without illusions, move the whole show north to Santa Fe, a vortex they hoped would be more resonant with their

mission. The now re-named "Southwestern College" moves to McKenzie Street, and a year later moves again to

Luisa Street, just down the block from where the Santa Fe Baking Company is now. It has an extra room where the historical Quimby Collection is kept, still in boxes. To be honest, things aren't looking all that much better. Yet.

In **1984**, the College buys an unfinished building on a barren acre and a half of land (there was not even one tree) on San Felipe Road in Santa Fe. Besides the unfinished house, there is one trailer. That was the beginning of our current campus.

Years pass. A library building is added to campus.

1996: Holy mackerel. After years of conversations with the Higher Learning Commission, some of which you wouldn't believe if we told you, Southwestern College earns its first accreditation, for five years. Unbelievable. The spiritual core is still there, ever embedded in the College's DNA, and a mainstream-y enough looking counseling curriculum allows our graduates to become the most prominent cadre of helpers and healers of New Mexico and beyond.

2001: Southwestern College is accredited by the Higher Learning Commission

for ten more years, which is the maximum they give anybody, including Stanford and MIT. We're on a roll.



in **2002**, the college leases a space on St. Michael's Drive for the Southwestern. Its capacity to serve the community is increased significantly, and we double its size in 2005.



Original building that was formed into an art studio space

In **2003**, the College buys another barren acre of land, and transforms a small building into an art studio. Great things are ahead for this acre, though we could not have known it at the time.



Southwestern College Camous in 1984

History

by James Nolan, Ph.D.
& Katherine M. Ninos



2010: We build our first ever building—the Art Therapy building! We pay cash. We're ecstatic about it. That once barren acre becomes the most beautiful area on campus, with gorgeous, eclectic landscaping (thank you Kiara Ninos.)



2011: With a boldly re-claimed mission (“Transforming Consciousness through Education”), we receive accreditation for another ten years. We are standing tall in the world of higher education—a niche school, of course, but we have a seat at the table.

We decide that “Community Education Programs” is just too small and non-descript a name to hold the increasingly exciting initiatives it is launching. We re-christen it the “New Earth Institute.”

In **2012**, the College adds 4½ acres to its existing campus, which suddenly becomes available from maverick home-schooling champion Ed Nagel. Totally unexpected!

People ask what the plan is. We have no idea. Yet.



Groundbreaking ceremony for Tierra Nueva Counseling Center

It's **2015**. In June, we break ground and begin to build the 4000 square foot Tierra Nueva Counseling Center (see the cover of this Heartlink.) At the school, we all feel the volcanic rumbling, an upheaval toward what this educational impulse is meant to become. Consciousness is indeed transforming. Huge talent is showing up at our door in ways that cannot be explained. We are not sure exactly what is ahead, but we have a mighty team to get us there.

Our Strategic Planning & Sustainability Task Force is studying the



Ribbon-cutting ceremony for the new art therapy building

situation, calling in Spirit, readying for the next layer of unfolding for Southwestern College.

We deeply appreciate your support as we journey forward. In this Heartlink, Chair of the Board of Trustees Dr. Tina Ludutsky-Taylor highlights the new developments over the past year--you will see why we are so optimistic. We hope you will join us in continuing to build for the future of this most unlikely graduate institution, Southwestern College/New Earth Institute.



Progress on Tierra Nueva Counseling Center as of October 2015

THE NEW EARTH INSTITUTE

of Southwestern College

TRANSDIMENSIONAL TEACHINGS FOR THE WORLD COMMUNITY

Our certificates can enhance your careers by opening up opportunities within agencies and/or helping you create a new market in your private practice.

Tuition for certificate classes is \$350 per class (20 CECs) making them very affordable as well as transformational and clinically relevant.

If you are interested in more information about these certificates, please contact Dru Phoenix at admissions@swc.edu or 505-471-5756 ext. 6815.



Katherine Ninos, M.A., Executive Vice President and Director of The New Earth Institute



Trauma, Grief and Renewal

120 contact hours
6 classes

Director
Janet Schreiber, Ph.D.
janetrichardhall@gmail.com



Applied Interpersonal Neurobiology

120 contact hours
6 classes

Director
Kate Cook, M.A., LPCC, TEP
katecooklwi@live.com



Children's Mental Health

120 contact hours
6 classes

Director
Cynthia Fulreader, M.A., LPC
cfulreader@msn.com



Transformational Eco-Psychology

80 contact hours
4 classes

Director
Ann Filemyr, Ph.D.
AnnFilemyr@swc.edu



Infant Mental Health

80 contact hours
4 classes

Director
Michelle Daly, M.S., ATR, LPCC, IMH-E®
michmdaly@yahoo.com



Human Sexuality

120 contact hours
6 classes

Director
Ginna Clarke, M.A., ATR-BC, LPCC
clark.ginna@gmail.com

Healing Ourselves, Healing the Earth

by Ann Filemyr, New Director of the Transformational EcoPsychology Program

As a child growing up in the fast-growing Philadelphia suburbs of Bucks County, I loved climbing trees to sit and read in the swaying branches. Amidst the tumult of my loud and rambunctious siblings, I found solace in the wild places. Huddled against the trunk of a great sycamore, cradled in five hundred year old roots beside a clear stream at the local nature center, I felt more alive, more myself. I had no words for this. The research that reports both children and adults are healthier when they spend time outdoors did not yet exist. The idea that our mental, spiritual, physical and emotional well-being is directly connected to our way of being with nature had not yet emerged.

When I was twelve, my parents 'went back to the land' and bought a 120 acre farm in rural Wisconsin. That crazy misadventure resulted in close encounters with back-breaking labor, pesticides, herbicides,

and the mistreatment of farm animals. Modern American farm life did not suit me. The contradiction between loving the land and the violence of common farm practices to both land and animals was shocking. I was confused and outraged by the pollution and ecological devastation that was seen as the normal way of doing business. I grew to reject the mechanistic paradigm in which nature is used only as a resource and not honored as the source.

I began asking questions: Why do we live like this? Why do we mistreat others? What are our lives for? Who am I? What should I do? Why do I hurt?

My seeking brought me face to face with an Anishinaabe mashkikikwe (Ojibwe herbal medicine woman), Keewaydinoquay. She invited



me to be her helper, or oshkibewis. And so I began a journey of learning that carried me from age 22 to 42. My initiation and apprenticeship taught me how to live in good relationship to both the human and the other-than-human world. The challenge is to live this everyday.

Those of us called to work with nature, wilderness, plants, animals, gardens, altars, sanctuaries, sacred places and the cosmos as part of our healing work must also understand the ways in which our own ancestral lineages, our different ethnic/cultural groups, have suffered. Whether in Europe, Asia, the Middle East, Africa or the Americas, a systematic process of disruption has torn most modern people away from deep relationship to place. How do we repair this rupture?

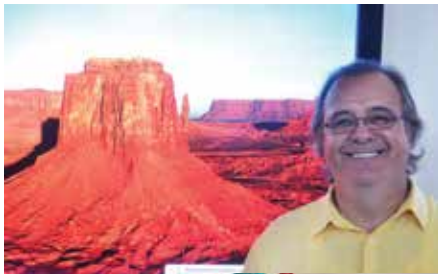
Through the Transformational Ecopsychology Certificate Program we will explore attitudes, beliefs, ideas, songs, prayers, ceremonies, rituals, observances, rites of passage and daily practices that can re-enliven our relationship to the sacred within and around us. I believe there is much we can do to heal this rupture in ourselves, in our families and our communities. The growing interest in shamanism is one expression of our collective need to reconnect as a living part of all that is.

I will offer my first course for this program in the winter quarter. If this material speaks to your quest as a healer, I urge you to join me.

I would like to thank Dr. Carol Parker for her part in birthing this unique certificate program at Southwestern College. I acknowledge her leadership and ongoing support with gratitude.

Vision Quest 2015 in Canyon de Chelly, AZ

Lead by Carol Parker and Katherine Ninos



Pictorial Reflections on the 2015

TRANSFORMATION AND HEALING CONFERENCE

Diversity, Healing & Consciousness

Michael Maestas - Ethics and Multicultural Competencies

Ralph Steele - Diversity in Today's Families

Dr. Scott Thomas - The Wisdom of Relatedness: Healing the Grief of Culture Loss

Cynthia C. Fulreader with Claudia Escareno-Clark and Diana Torres - Embracing Cultural Differences in Children

Dr. Sudha Rani Kailas - Yogic Psychology of Healing: A Vedic View of the Mind

Dr. Jim Fickey and **Gary Grimm** - Why "LGBT?": The Psychological & Spiritual Implications of Combining Four Diverse Groups under One Label

Carol Frank - Healing Grief And Loss In Diverse Populations





Hot off the Press: A Conversation with Deb Schroder About Her New Book on Art-Based Genograms

It's finally here! Deborah Schroder's book, *Exploring and Developing the Use of Art-Based Genograms in Family of Origin Therapy: Sharing the Potential for Understanding and Healing Through the Art Process*, was published in July, just in time for her to have a book signing at the American Art Therapy Association's annual conference in Minneapolis. I recently had the pleasure of talking to Deb about why she feels that art-based genograms

contribute something important to working with genograms in therapy and how this process supports the mission of transforming consciousness through education.

What was the moment when you realized that the process of art-based genograms needed to be a book?

Deb: This is a process I incorporate into my family art therapy course. There was one quarter when each student's presentation of their genogram went so deep. I thought, this is powerful; this needs to be shared. Others have written about putting art into genograms, but I wanted to really communicate the depth of what is possible, that the use of metaphors and symbols to describe family turns family-of-origin work into something rich and meaningful. Images make for a richer, deeper experience.

What is the power of symbolizing the people in our family through this process?

Deb: Using image and symbol, versus squares and circles, shifts us into being more present to the quality of the relationship with those people. Brings us into the relationship. I re-do my own art-based genogram each year, and each time I learn something new. Art allows us to see the gifts and strengths along with the challenges. It also moves us into a place of story. So much is carried generationally on an unconscious level, especially roles in the family. But we don't look at why we come this way in our roles. Stories connect us to what is honored and feared, brings out the unspoken rules. Once we see, we can choose to change it. We have choice.

How has your work with students on genograms here at Southwestern deepened your understanding of this process?

Deb: Student work made me aware of media choices – getting wild with material choices! You can see that in the book. Things I never would have come up with! It helps to tackle it from an artistic perspective, makes it more rich. Clients tend to be more careful. Of course in my therapy room I did not have the variety of materials that students have access to.

How do you connect the process of art-based genograms with our mission of transforming consciousness?

Deb: I'm so glad you asked that. Art holds the idea of transformation as sacred in this work [family-of-origin work]. Because art brings the unconscious into the room so that we can see it and we can choose. The process itself is strong in a subtle way. I have tried to make images that go together in a nice way and they wouldn't! So I can change my way of interacting, my process. Art is honest. It helps you to show up with integrity.

DEB SCHRODER IS THE CHAIR OF THE ART THERAPY: COUNSELING PROGRAM.
INTERVIEWED BY HEATHER LEIGH, CORE ART THERAPY FACULTY.

Welcome, Heather Leigh



Heather Leigh joined us as our new full-time art therapy faculty member in June and we recently had a chance to talk a little about her experiences and impressions here so far. She used the metaphor of a butterfly as she spoke about Southwestern, being aware of the cocooning necessary for the transformational process, the sticky transition as wings emerge, and the eventual flight out as a graduate. "I'm so impressed by the personal transformational process that students go through", she stated.

Heather comes to us from Chicago where she was working as an art therapist, teaching as an adjunct faculty member in the art therapy program at Adler, and where she also served as the president of the Illinois Art Therapy Assoc. in 2013. She is working toward her doctorate in art therapy at Mount Mary University and her research focus is on art therapy education.

She appreciates the differences between Chicago and Santa Fe. She's been sitting in on a research class here this summer, and she laughingly told the story of two crickets entering the A.T. classroom and having a loud conversation during class. Two students gently put them back outside. "This wouldn't have happened in Chicago!"

by Deb Schroder

**Come Celebrate
Deb's Success at a
Book Release Event
Friday, October 30th,
6 – 8 pm, In The Art
Therapy Building.**

Wild Heart GALLERY

Wildheart Gallery Offers Inclusion and Diversity

Wildheart Gallery has had a particularly vibrant year, thanks to Art therapy student Natascha Holmes, who brought her gallery expertise to create a variety of successful shows that highlighted the artistic talent across campus. Working with faculty member Magdalena Karlick, she explored new themes and ways to get more people involved. Shows included solo work by Laura Scoff, Mary Edson, and Natascha herself, as well as two Art Therapy Capstone shows, the annual faculty and staff show, and a culminating exhibit that encouraged viewers to interact with artwork that had sensory and emotional texture.



Natascha Holmes



Nicole Beuregard and Rebecca LaPera

In discussing her success this year, Natasha emphasized the importance of inclusion. She said, "It was important for me to take the time to talk to each artist personally, to tell them that what each artist has to say matters, to help them see how their work fits within the whole. The most important part is human connection and friendship."

Natasha felt that this approach was most successful in this summer's show, *How Does It Feel?*, which she defined as "an exploration of texture and the unlimited expression of the human spirit." The exhibition created an opening for viewers to interact with the artwork using

all their senses. Her goal for this show was to encourage diversity of media and diversity of artists. Materials included interactive letter blocks, dried flowers, chicken wire, scrap metal, nails, antlers, reclaimed wood, lace, oil pastels, prints, collage, crumbled paper and thread, burlap, photography, and kitchen spoons. She worked specifically to encourage counseling students, not just art therapy students, to share their artistic voice.

We have a variety of Wildheart shows planned for 2015-2016 academic year. The first show to go up mid-September will be the Art Therapy Capstone show, followed by an exhibit by the New Mexico Art Therapy Association, an exhibit of altered books exploring ethical issues in counseling and art therapy, and the annual faculty and staff show. Later in the year we expect to have another inclusive student show that will explore an intriguing theme.



Ricky Alvarez and guest



RENOVATED ART STUDIO *Transitions to Creative Gathering Space*

This summer we renovated our Art Studio building to be an inviting space for all students, faculty, and staff to nurture their creativity. The updated look includes new paint in southwestern colors, wood cabinets, and more shelving. We have also purchased a new kiln, which will be well-used by our incoming art therapy students, several of which have extensive backgrounds in ceramics.

As part of the renovation, we are re-conceptualizing the studio as a creative gathering space for all art forms. We invite everyone in our Southwestern community to initiate creative events that will build a sense of artistic connection on campus. Initial ideas include writing workshops, music gatherings – bring your instrument and play, open mic, drum circles, open studio art-making, The Artist's Way groups, and dance/movement.

Join Us For:

Monday Night Write

5:00 -7:00 pm

a weekly group focused on writing as a tool for personal reflection.

Participants will use the open-ended writing practice developed by Natalie Goldberg, author of *Writing Down the Bones*.

This group meets on Monday nights in the studio, facilitated by dean Ann Filemyr, Ph.D., and various students.

Anyone who has an idea for a group can contact Heather Leigh, Core Art Therapy Faculty, at heatherleigh@swc.edu. Watch the Southwestern website for a schedule of events as they are created.

Art Therapy **CAPSTONE**

In August the class was held that supports the Capstone process in Art Therapy, and 28 students spent time collaborating on the new murals that continue the colorful beauty of the wall. Working in small groups, the variety of images and colors is delightful. If you're in the area, be sure and come by the campus to see these new works of art.



Winter 2015 - Group Art

Project The Winter Capstone class met in March and was invited to use cupboard doors as their surfaces for art-making. Beautiful images emerged inside and outside the doors, which have been on display at the Counseling Center.



Sara Gilyan's Capstone



Fall 2015 Capstone Evenings

Interns explore and present their experience in their internships. Some discuss their personal process, while others give us tours of their internship sites.

Meet our Art Therapy *Internship Liaisons*

We've been fortunate to add two graduates of our Art Therapy/Counseling Program to our staff. The liaison positions are vital in terms of the support that's provided to our interns, both in-state and out-of-state. The liaisons help track the progress of the internships and provided face-to-face or phone meetings with on-site supervisors. They make sure that interns' "ducks are in a row" for graduation, and provide insight and ideas for organizing the internship responsibilities and documentation.

Julia Cizeski, M.A., LMHC, is a liaison who also works full-time in Albuquerque as an Assessment and Review Specialist at Haven Behavioral, an inpatient psychiatric hospital for senior adults. She also has a small private practice and is an active artist in the community.



Brenda Medina, M.A., LPCC, has been working full-time for six years as a bilingual youth and families therapist for the Santa Fe Community Guidance Center.

Both liaisons report enjoying working with students and providing support to art therapy interns as they grow in their skills and confidence.

2014 Graduation



VP of Academic Affairs & Dean, Ann Filemyr

Southwestern College Awarded ?? Masters' degrees during the 33rd annual graduation ceremony on Saturday, November 1, 2014 at the James A. Little Theater. Art Therapy/Counseling Program Chair Deborah Schroder awarded ?? Masters of Arts in Art Therapy/Counseling degrees. Masters of Arts in Counseling degrees were awarded to ?? graduates by Academic Dean Ann Filemyr and Counseling Program Chair Dr. Carol Parker.



President, Jim Nolan and Executive Vice President, Katherine Ninos



Graduates Amy Hautman-Bates and Allegra Borghese



Graduate Nicole Brown



Graduates Krissy Behrman, Betsy Sohmer and Jill Campoli



Graduate Upton Shipley and guest



Graduates Chelsea Treiber and Moriah Lancaster



Graduates Gabriela Valdez and Karen Lucero



Graduate Mary O'Hara and friend



Graduate Brandi Herzog



Graduate Michelle Nelson



Student Phoebe Clark and graduate Teresa Finley



Above: Graduates Michelle DiNapoli and Lyndsey Dougherty



Left: Graduate Olivia Green



Art Therapy/Counseling graduates, Brandi Herzog, Olivia Green, Program Chair, Deborah Schroder, Chuck Hohl, Julia Cizeski, Chelsea Treiber, Betsy Sohmer, Pat Lopez, Katie Hall, Katherine Beck, Nicole Morgan, Dominique Pozo, Krissy Behrman, Amy Hautman-Bates, Allegra Borghese, Todd Nichols, Nicole Brown, Jill Dupont, Michelle Nelson, Teresa Finley, Eliza Combs, Moriah Lancaster, Jill Campoli and Upton Shipley.



Graduate Pat Lopez



Graduate Eliza Combs and guest



Graduate Todd Nichols and guest



Graduate Dominique Pozo and Executive Vice President Katherine Ninos



Graduate Katie Hall



Graduate Amy Finlayson and guest



Graduate Andrea Mitchell



Graduates Chuck Hohl and Julia Cizeski



Graduate Jennifer Redede and guest



Graduate Naja Druva and family



Graduate Mary Noel Thompson



Graduates Nicole Morgan and Katherine Beck



Admissions Director Dru Phoenix and graduate Jill Dupont



Graduate ??



Counseling Chair Dr. Carol Parker and 2015 Counseling Graduates: Jennifer Repede, Mary O'Hara, Naja Druva, Amy Finlayson, Lyndsey Dougherty, Andrea Mitchell, ??, Gabriela Valdez, Karen Lucero, Michelle DiNapoli and Mary Noel Thompson

ALUMNI Profiles

2002

Marlene Milner, M.A., My journey at Southwestern was without a doubt the MOST beautiful gift I could have given myself. Thank you, all



of you, who were there walking beside me on your own journey, AND those who taught me what I needed to know.

My internship was done at The Meadows at Wickenburg, an internationally renowned, multi-addiction treatment center. It was there that I was taught by some of the giants in the recovery field: Pia Mellody, John Bradshaw and Claudia Black, to name a few. It's with their guidance and profound knowledge on the crucial role co-dependence has on addiction that this became my passion.

It was with the expanded consciousness learned at Southwestern College and the clinical/spiritual insight gained at the Meadows that I developed my program, Beyond 12 Step. This takes the spiritual component of recovery and teaches the conscious integration of it into everyday living.

While I interned and later worked, at The Meadows as a counselor, I applied everything I was "teaching" the clients to me. It was from my SWC consciousness education and my desire to heal from co-dependence that this became the most amazing person-

al transformational experience of my life. What I've found extremely interesting is that the Universe keeps giving me "lessons" to see if I really believe in what I'm doing. Funny how that works. It's ALL perfect.

I do individual coaching, workshops, couples coaching, and presentations. I'd love you to visit my website: beyond12step.co

2003

Niccole Toral, M.A., LPCC, TEP, is currently the Director of Experiential and Psychological Services at Sunrise Springs Integrative Wellness Resort and Spa for guests seeking healthy living, balance, purpose, direction, and connection in their lives. Niccole has been shaped by integrative wellness, both personally and professionally, and thus it is not surprising that Niccole's career led her to Sunrise Springs Integrative Wellness Resort. The experiential and nature-based programming at Sunrise Springs offers a variety of activities including therapeutic animal interactions, expressive arts, mindfulness and movement, and therapeutic culinary and gardening classes. As an earth-based healer, counselor, and teacher, she has always resonated with the spiritual and nature-based culture that is found throughout New Mexico.



2009

David Hudson, M.A., ATR-BC, LPCC

Following graduation from SWC David worked for the U.S. Dept. of Veterans Affairs as a Readjustment Counseling Therapist. He utilized a variety of modalities and interventions in the treatment of chronic, combat-related post-traumatic stress disorder and military sexual trauma. He served veterans from the conflicts in Iraq, Afghanistan, the Persian Gulf, Vietnam, Korea and World War II, as well as active-duty military personnel. David also counseled bereaved families who lost a loved one to combat, couples and spouses of veterans. He conducted outreach to under-served and homeless populations of veterans. He is the recipient of an Outstanding Service Award from the Army National Guard for his work with the Yellow Ribbon Program, a federal initiative serving active-duty personnel pre- and post-deployment. He helped locally implement the Vet Success Program (a federal program bringing counseling services to veterans on college campuses), organized a presentation given by Sharon Salzburg at the Albuquerque VAMC and presented at an international symposium of the Council of College and Military Educators in San Diego, CA. He is currently on extended retreat in Southeast Asia, India and Nepal, where he is studying contemplative traditions, their philosophies and meditation techniques.



Current Student Profile **Caitlin Harper**

There is a small pueblo community in Northern New Mexico with the most haunting back roads I've ever seen in my life. The gnarled cottonwoods rise out of the glittering earth in a complex poetry that echoes the tragic and bewitching history of this land and its people. It was about the time that I intuitively learned my way around these back roads that I was hired full-time to work as the tribal art therapist, even though I was still a full-time grad student at Southwestern College. My history with this community is very mysterious to me. I began there as a volunteer around the time that I moved to New Mexico to attend the Art Therapy and Counseling program at SWC. I had a bit of savings from my cashed in 401K and borrowed money from my federal loans, but I started getting anxious about looking for work. I decided to look for any kind of work, even unpaid. The only place that responded was this small pueblo community. After

a two-hour interview with six members of the behavioral health staff, they decided that I could start a weekly art group. I began immediately and soon after found a job at a local motel as well. I returned every week for this unpaid gig for an entire year. Around January of 2015, a year and three months after I landed in this community, a grant came through to the tribe from the State for me to work full time with children and families. I couldn't say no, even though I knew this and grad school would be A LOT for my introverted spirit. So I said yes, and that was that: I became an official tribal employee. I will now be entering into the final phase of my time at Southwestern College, and will be completing my internship at my job.



In Memoriam



Elea Dumas-Blakeley

Nov. 12, 1968 - July 13, 2015

Elea was an art therapy student at SWC, who had to discontinue her studies due to melanoma. She deeply influenced many of us here at SWC in the short amount of time she was here. Elea was a woman of copious talents and gifts. Her biggest gift was the heartfelt friendships she developed with a great many during her lifetime and in her extensive travels throughout the world. Profoundly talented, Elea beautified the world with her paintings, fiber arts, ceramics, writing, flower arrangements, and landscaping. Her biggest passion in her life was being a fierce, dedicated mama to her four children and partner to her husband. Her admiration of flowers was a daily devotion which was reflected in the constant fresh bouquets and floral paintings that filled her home. We will forever think of her when we see the beauty of a blossom.

Nancy McLaughlin Nov. 3, 1941 - 2015

Nancy died peacefully at Solange Assisted Living in Colorado Springs, CO. After graduating from SWC in 1993, Nancy worked for many years as a teacher and counselor. She touched the lives of many people both in her professional and personal life.



Brittney Bennetts

May 13, 1977 - 2014

Brittney had been a social worker years prior to coming to SWC. Her deep calling to be more effective in service led her to obtaining her M.A. in Counseling in 2013. Following her graduation, Brittney was acclaimed for her work at the Frontier Hospice in Kalispell, Montana, her hometown. Both in Kalispell and in Santa Fe she will be remembered for her passionate connection to the earth and all its creatures, for her clarity and abundant, boisterous laughter.

Kelly McDowell

Oct. 20, 1970 - 2014

Kelly graduated from SWC in 2005. She helped and inspired many people and was dearly loved in this community. She combined her work as a massage therapist and counselor for many years and was also a program director and performer at Wise Fool New Mexico.

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