

The New Earth Institute of Southwestern College presents the 42<sup>nd</sup> Annual  
**TRANSFORMATION & HEALING CONFERENCE**

# Navigating Modern Chaos:

*Integrating Ancient Wisdom, Somatic Healing, and Creative Practices*

August 7-9, 2026



*Celebrating Ted Wiard*



*Tierra Nueva  
Counseling Center  
Open House*



*Celebrating  
Katherine Ninos*



*In Person & Online  
Sessions*



**SOUTHWESTERN COLLEGE  
& NEW EARTH INSTITUTE**



**TRANSDIMENSIONAL TEACHINGS  
FOR THE WORLD COMMUNITY**



The New Earth Institute of Southwestern College presents the 42<sup>nd</sup> Annual

## **TRANSFORMATION & HEALING CONFERENCE**

# **Navigating Modern Chaos:**

*Integrating Ancient Wisdom, Somatic Healing, and Creative Practices*



How can we source healing and recovery when humanity faces unprecedented levels of instability, chaos, and upheaval? What are the implications of AI in the future of mental health? What can we do to address political stress, polarization, fragmentation, and collective trauma? How do we navigate the ever-changing landscape of technology, social identities, neurodiversity, and cultural norms? Where do we find hope amidst overwhelming loss and uncertainty? What ancestral, ceremonial, somatic, and creative practices can we turn to, to help regulate modern stress?

*MEET THE ARTIST: Roe LiBretto on pages 13.*

### **REGISTRATION INFORMATION**

Please note that this year's conference has in-person and online sessions offered separately.

**In Person | Pages 4-15**

**Online Sessions | Pages 16-20**

All in person workshops will be located at  
Southwestern College  
3960 San Felipe Road  
Santa Fe, NM 87507

Zoom links for online sessions will be emailed  
the day before the session.

[Click here to register.](#)

**Registration is nonrefundable.**



Southwestern College & New Earth Institute is approved by the New Mexico Counseling and Therapy Practice Board (#CEU2025065) and the National Board of Certified Counselors (NBCC ACEP No. 7520) as a Continuing Education Provider. If you are not licensed as a mental health professional in New Mexico, please check with your state's licensing board to see if they will accept approved CEs from these two accrediting bodies.

# SCHEDULE AT A GLANCE

## Friday, August 7 | In Person

9am-12pm	Walking on the Souls of Our Feet: Ethics, Integrity, and Being in Troubled Times	Jean Ellis-Sankari ..... 4
9am-12pm	Learning to Hold Peace: A Sufi Journey into the Ocean of the Heart	Rahima Schmall ..... 4
9am-12pm	Ceremonies for Mother Earth: Medicine for Chaotic Times	Carol Parker ..... 4
9am-12pm	Reclaiming the Ancestral Thread: Building an Ancestral Practice for Collective Healing	Camara Rajabari ..... 5
12:30-1:30pm	Meeting House Supervision - Applying Liberatory Theory in Supervision	Naja Druva ..... 5
2-5pm	Body & Breath Coherence: Complimentary Self-Regulation Methods	Maboud Swierkosz ..... 6
2-5pm	Land, Lineage, and Conflict: Embodied Regenerative Pathways Toward Healing and Peace	Denise Moore ..... 6
2-5pm	Holding Complexity: Art Therapy with QTBIPOC Clients in Small Communities	Maquita & Magdalena ..... 7
5:15-6:15pm	Tierra Nueva Open House	Denise Moore ..... 7

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9am-12pm	Beyond Performance: Cultivating Authentic Professional Identity in Clinical Supervision	Alice Nelson ..... 6
12:30-1:30pm	Patterns of Resurgence of the Living Imagination: Exploring Dreaming, Astrology, and Divination Systems for Personal and Collective Regeneration	Randal & Marna ..... 7
2-5pm	Breathing with Gaia: Holotropic Perspectives on the Ecological Self	Andy Chiaraluce ..... 7

## Saturday, August 8, 2026 | In Person

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9am-12pm	Ancestral Echoes: Taíno Wisdom, Cemí, and the Path of Rematriation	Naja Druva ..... 8
9am-12pm	Spiritual Finesse in a Changing World	Robert Waterman ..... 8
12:30-1:30pm	Ancient Wisdom for Modern Nervous Systems: Healing in a Fragmented World	Inessa Mil'berg ..... 9
12:30-1:30pm	The Gift of Breath	Silvia Stenitzer ..... 9
2-5pm	Beyond the DSM: Centering the Client's Voice in Assessment	Maqueita Eleazer ..... 10
2-5pm	Healing Burnout a Chaotic Time: Sharing a Problem-Solving Creative Time	Ruth Dennis ..... 10
2-5pm	When the Emotional Landscape is Treacherous: The Creation of Oasis	Deborah Montoya ..... 11
2-5pm	From Information Overload to Inner Coherence: Sacred Sound Practices for Nervous System	Mukta Khalsa ..... 11
5:15-6:15pm	Celebration for Ted Wiard	Kate Latimer ..... 11

## Saturday, August 8, 2026 | Zoom Sessions

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12:30-1:30pm	The Spirit of the Niños Santos: Ancestral Healing, Sacred Relationship, and the Future of Ancient Medicine	Amy Wong Hope ..... 18
2-5pm	Creating Your Sacred Inner Space	Erin Wilson ..... 19
2-5pm	Ancient Traditions, Modern Applications: Storytelling for Healing	Mac Morrison ..... 19

## Sunday, August 9, 2026 | In Person

9am-12pm	Tending the Healer: Creating Sacred Space for Restoration, Regulation, and Renewal	Diana Garcia ..... 12
9am-12pm	Speaking Up Without Shutting Down: Staying Embodied and Connected in Difficult Conversations	Kaytea & Alena ..... 12
9am-12pm	Family Constellations	Michael Dudelczek ..... 13
12:30-1:30pm	Forgiveness: The Art of Setting Yourself Free	Mukta Khalsa ..... 13
2-5pm	Somatic Essentials for Navigating Chaos	Melanie Smithson ..... 14
2-5pm	Mining Inner Wisdom: An Invitation to Wholeness through Music, Art, and Somatic Awareness	Carrie & Chris Ishee ..... 14
2-5pm	Exploring Story and Ethics through an African folktale: "The River"	Anna Katherine ..... 15
2-5pm	Ceremony and Sacred Practices to Rebalance and Stay Centered Within the Circle of Life in These Times of Great Change	Michele and Concha ..... 15

## Sunday, August 9, 2026 | Zoom Sessions

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2-5pm	Hands-On Healing: Intro to Emotional Freedom Technique, Mindfulness, and Self-Care	V. JoAnn Padilla ..... 20
5:15-6:15pm	Celebration for Katherine Ninos	Kate Latimer ..... 18

# In Person Sessions

All in person workshops will be located at  
Southwestern College | 3960 San Felipe Road | Santa Fe, NM 87507

**FRIDAY, AUGUST 7 | 9am-12pm | 3 CE**s

## **WALKING ON THE SOULS OF OUR FEET: ETHICS, INTEGRITY AND BEING IN TROUBLED TIMES**

**Ethics | 3 CE**s | \$65 In person

Our three-hour workshop will open our hearts to the beauty of Reiki and its place in navigating troubled times. This experiential journey invites us to strengthen our connection with others and the Divine. In doing so, we live ethically and with integrity. The Art of Being is living in this space of ancient wisdom and the eternal flow of grace. Participants will enjoy the natural healing system of Reiki and how to engage in our own self-healing processes as well as its usefulness in working with clients. Living with integrity and harnessing our intuition are essential components in being fully present with each other as we navigate troubled times. Ethical struggles can be mitigated through a right state of being that involves activating natural holistic energetic approaches that span ancient to modern times. Join us on this journey!

### **Learning Objectives:**

1. Apply the precepts of Reiki for self-care and the care of others.
2. Cultivate energetic approaches to address ethical challenges.
3. Engage our inherent wisdom to strengthen connections in troubled times.
4. Walk on the souls of our feet and live our truth in sustainable ways.
5. Experience the relaxation and healing power of Reiki and share this with others.
6. Apply meditative approaches when working with ethically challenging situations.
7. Practice helping skills with integrity and be fully present when working with others.



**Jean Ellis-Sankari** is associate professor emerita of Holistic Health and Human Services at UNM Taos. She is a Reiki Master, holds a master of science degree in social work, and is a licensed independent social worker in New Mexico and Wisconsin. Jean has taught many courses in holistic health, healing arts, social and behavioral sciences, and developed the Holistic Health and Healing Arts Program at the University of New Mexico in Taos.

## **LEARNING TO HOLD PEACE: A SUFI JOURNEY INTO THE OCEAN OF THE HEART**

**General Professional Development | 3 CE**s | \$65 In person

When we stay on the surface of the ocean, the waves toss us in every direction—it is hard to find our bearings. But if we let ourselves sink into the depths, we discover peace and beauty that the surface world cannot touch. The ancient Sufi tradition teaches us how to be in the world but not of it. These creative practices carry us from the chop and chaos of the surface to the stillness found only in the ocean of our own heart. Come join me on a journey of discovery. Together we will use the sacred names of God to explore the depths of our own being—and learn, at last, to hold peace.

### **Learning Objectives:**

1. Explore creative practices that enhance a sense of personal peace.
2. Practice traditional Sufi methods for deepening connection to self.
3. Engage heart-centered techniques that aid in holding space amidst chaos.



**Rahima Schmall**, PhD, RN, is a psychologist, registered nurse, and master Sufi spiritual healer and teacher. She has spent her life learning—and teaching—how to hold peace. In her private practice in Santa Fe and through national teaching and a healing intensive program, she accompanies people facing physical illness and emotional pain as they find their way from the surface of suffering into the light of their own hearts.

## **CEREMONIES FOR MOTHER EARTH: MEDICINE FOR CHAOTIC TIMES**

**Multicultural | 3 CE**s | \$65 In person

Participants will engage in traditional and self-created ceremonies to connect with the energies of Mother Earth for healing self and others, to express gratitude, and to clear heavy and chaotic energies. In the Peruvian Andes villagers perform simple daily ceremonies so that they are never disconnected from Pachamama (Mother Earth), the Apus (sacred mountains), and their ancestors. We can learn to do the same thing. The result of evolving our own set of daily ceremonies will be a greater sense of well-being, a lighter heart in difficult times, and staying grounded and connected with our spiritual allies.

### **Learning Objectives:**

1. Practice several simple Andean Earth-based ceremonies which can be incorporated into daily life.
2. Create several of their own Earth-based ceremonies to be incorporated in daily practice.
3. Explain the benefit of Earth-based ceremonies including feeling grounded, mentally clear, and light-hearted.



**Carol Parker**, PhD, LPCC, is a psychotherapist in private practice, a wilderness guide, an Andean shamanic practitioner, and a student of Andean spiritual cosmology in Peru. She facilitates wilderness fasts/vision quests annually in Death Valley and Canyon de Chelly and takes small groups to the Peruvian Andes every spring to work with paqos (mystic healers). She founded the ecopsychology (now ecotherapy) certificate program at Southwestern College, where she was the counseling chair for thirteen years. She also created the ecotherapy curriculum for Prescott College. Her prior work included community and college counseling center leadership in Alaska and Colorado, as well as teaching in psychology graduate programs in Colorado and Montana. Currently she mentors PhD students in the SWC doctoral program and supervises master's level counselors for LPCC licensure.

## RECLAIMING THE ANCESTRAL THREAD: BUILDING AN ANCESTRAL PRACTICE FOR COLLECTIVE HEALING

Multicultural | 3 CE's | \$65 In person

In a time marked by collective upheaval, fragmentation, and disconnection, many are searching for forms of healing that reach beyond the individual and into the deeper roots of human experience. This experiential workshop invites participants into the practice of ancestral connection as a living, relational approach to healing . . . one that honors the enduring presence of those who came before us and the impact they continue to have on our emotional, psychological, and cultural lives. Building on the foundations of ancestral psychotherapy, depth psychology, and cross-cultural healing traditions, this session expands beyond introductory concepts to explore what it means to actively engage in an ancestral practice with well ancestors. Participants will be guided through a series of embodied, creative, and imaginal exercises designed to illuminate inherited patterns, reconnect with sources of ancestral resilience, and deepen awareness of the intergenerational transmission of both trauma and strength. Drawing from perspectives such as epigenetics, Indigenous frameworks of the “soul wound,” and ritual-based practices found across global traditions, this workshop offers an integrative lens for understanding lineage as both burden and resource.

A central component of the workshop will be the collaborative creation of a community altar—an interactive, collective ritual space where participants are invited to contribute meaningful objects, symbols, prayers, or natural elements. Through this process the group will co-create a living installation that honors ancestors across cultures and lineages, while also holding intention for collective and planetary healing. This altar serves not only as a symbolic act, but as an experiential exploration of ritual, relationship, and responsibility within ancestral work. \*All personal items contributed to the altar will be returned after the workshop. This workshop is designed for clinicians, healers, and seekers of all backgrounds who feel called to explore ancestral healing as part of a broader movement toward cultural repair and reconnection. Participants will be guided in developing their own relational approach to ancestral practice, learning to listen for what their unique lineage is asking for in the process of healing. Emphasis will be placed on cultivating intuitive discernment, cultural humility, and respect for the diversity of ancestral traditions rather than replicating any single cultural framework. Participants will leave with practical tools, experiential insight, and a deeper understanding of how ancestral connection can inform therapeutic practice, personal healing, and collective transformation.

### Learning Objectives:

1. Understand ancestral healing as a living relational practice.
2. Engage in cross-cultural, ethically grounded approaches to lineage work.
3. Experience embodied and imaginal techniques for ancestral connection.
4. Participate in a collective ritual container (altar building and installation).
5. Identify role in interrupting or continuing lineage patterns.



**Camara Meri Rajabari, LMFT**, is an arts-based, ancestral, and psychedelic-assisted psychotherapist and full-time counseling faculty at Southwestern College in Santa Fe, New Mexico (ancestral lands of the Pueblo and Tiwa people). She also maintains a practice serving clients in the San Francisco Bay Area, California (ancestral lands of the Chochenyo, Miwok, and Ohlone peoples). Her work specializes in anxiety, depression, and intergenerational trauma, integrating non-ordinary states of consciousness with ancestral wisdom, archetypal psychology, dreams, and the imaginal realm. Camara is the co-author of the pivotal chapter “Invoking the Numinous” in the textbook *Integral Psychedelic Therapy* and has been featured on NPR’s Life Kit. She is a vocal advocate for reimagining the role of the psychotherapist as a thought partner in mental health liberation. Beyond therapy and teaching Camara is a spiritualist, Afrofuturist, artist, and mental health activist.

FRIDAY, AUGUST 7 | 12:30-1:30pm | 1 CE

## MEETING HOUSE SUPERVISION—APPLYING LIBERATORY THEORY IN SUPERVISION

Supervision | 1 CE \$25 | In person

Traditional models of counseling supervision have often replicated the same hierarchical, Eurocentric, and pathology-focused frameworks that decolonial clinicians seek to dismantle in their direct client work. This session invites supervisors and emerging supervisors to examine how power, privilege, and systemic oppression operate within the supervisory relationship itself, and to explore what it means to build a supervision practice that is not only liberatory but rooted in optimism. Drawing on African and African American leadership models and healing traditions, we will interrogate the supervisor/supervisee dynamic and ask: Whose knowledge is centered, whose experience is validated, and whose voice holds authority in the room?

Participants will be introduced to practical methods for conducting supervision that affirms the whole identities of supervisees including their cultural backgrounds, lived experiences of marginalization, and political consciousness, as well as meeting the practical requirements and expectation of supervision for licensure. We will explore how reflective practice, collaborative goal setting, and power sharing can transform supervision from a gatekeeping function into a genuine site of professional and personal liberation. Case vignettes drawn from community mental health and private practice contexts will ground these concepts in the real-world challenges that therapists face when navigating institutions while trying to practice with integrity. This session is designed to be participatory and dialogic, modeling the very values it espouses. Attendees will leave with concrete tools, reflective prompts, and a renewed commitment to supervision as an act of care, not just for individual supervisees but for the communities they serve.

### Learning Objectives:

1. Identify at least three ways that traditional supervision models may reproduce systemic oppression and replicate power imbalances within the supervisory relationship.
2. Apply a social justice framework to evaluate their own supervision practice, including examining their positionality as a supervisor and its impact on supervisees.
3. Analyze ethical dilemmas that arise when supervisees navigate tension between institutional demands and social justice-informed practice.



**Naja Druva, LPCC**, has spent her career working with New Mexico children and their families. With ten years of experience, her specialty is addressing childhood trauma within family systems. Naja’s training includes dialectical behavioral therapy (DBT), trauma-focused cognitive behavioral therapy (TF-CBT), child-parent psychotherapy (CPP), and trauma resource management (TRM). After the events of May 2020, Naja felt moved to participate in the civil rights movement by parlaying her experience and training to address the trauma inflicted on families of color by inequitable, unjust, and violent systems within society. By applying a trauma-informed lens to her work, Naja hopes to educate those working within systems about how to care for themselves and others while making a positive change in society at large.

**BODY & BREATH COHERENCE: COMPLIMENTARY SELF-REGULATION METHODS**

General Professional Development | 3 CEs | \$65 In person

In this workshop we will contemplate and practice specific breath and body-based meditations. Maboud will introduce and guide elemental healing breaths for personal well-being and use in professional counseling practices. Elemental healing breaths are a set of pranayama-like breathing practices—often stemming from Sufi or Yogic traditions—that consciously align breath patterns with the five elements: earth, water, fire, air, and ether/space. To compliment the body and breathing practices, the use of Sufi inspired “wazifa” practices for invoking psychological resiliency will be included. Wazifa practices promote wholeness and inner balance to bring peaceful clarity and reduce stress. They can also be used to help clients reframe negative and limiting perspectives driven by trauma and alleviate anxiety. We will also explore the use of a breath-centered HRV (heart rate variability) biofeedback method that can be used by both children and adults to cultivate a culture of breathing for families and individuals that enables them to manage emotional reactivity. The main goal of the workshop is for participants to experience and learn how body-centered breathing meditations help to cultivate awareness of bodily sensations (interoception) that can result in the discovery of a healing haven of safety, wisdom, and inspiration that lives in the present moment. A secondary goal, but just as important, is to enable participants to realize how these complimentary methods derived from spiritual traditions help to alleviate anxiety and cultivate an inner sense of spaciousness, personal empowerment, and well-being. Participants will have personal experience of these breathing methods so they can integrate them into their counseling practice and personal lives.

**Learning Objectives:**

1. Introduce and integrate practice to mitigate challenges that arise in our daily lives.
2. Cultivate awareness of bodily sensations to connect with the guiding wisdom and distress of the body in the present moment.
3. Build lasting capacity for mindfulness and embodied presence.
4. Practice heart rate variability biofeedback methods that emphasize the heart-brain connection for coherence, stress management, and self-regulation.



**Maboud Swierkosz, MA, LPCC**, has worked in the field of behavioral health for over forty years. He has served as a psychotherapist with Psychotherapy & Pastoral Counseling Associates for the past twenty years. His practice is informed by mindfulness-based psychotherapy methods, heart rate variability biofeedback approaches, depth psychology perspectives and interventions, and by the Sufi mystical tradition of integration of soul and self. He is an ordained minister and a spiritual guide in the Sufi Chishti lineage. Maboud is a nature photographer and poet, and he has published a photo book called *The Wonders of Water* that helps the reader contemplate the archetypal energies of personal vulnerabilities and wholeness.

**LAND, LINEAGE, AND CONFLICT: EMBODIED REGENERATIVE PATHWAYS TOWARD HEALING AND PEACE**

General Professional Development | 3 CEs | \$65 In person

Conflict is often approached as a problem to be resolved, yet many traditions understand it as a vital signal carrying wisdom, history, and potential for regeneration. This experiential and reflective workshop invites participants to explore conflict transformation through the lenses of land, lineage, and lived experience. Drawing from psychology, peace and conflict studies, regenerative leadership, somatic awareness, and Indigenous and decolonized research practices, participants will engage conflict as an embodied, relational, and ecological process. Through guided reflection, place-based inquiry practices, and integrative dialogue, participants will explore how conflict is held in the body, embedded in landscapes, and shaped by personal and collective histories. The workshop will emphasize listening to self, to others, and to place as a pathway toward healing, regeneration, and more relational forms of peacebuilding from within for overall wellbeing and soul wellness. Participants will engage in experiential activities that explore how we can learn from land, conflict, and peace.

**Learning Objectives:**

1. Explain core principles of conflict transformation as a regenerative process connected to land, lineage, and embodied experience.
2. Analyze how personal, collective, and place-based histories shape the emergence and experience of conflict in social and organizational contexts.
3. Apply somatic and embodied listening practices to increase awareness, presence, and relational capacity when engaging conflict.
4. Integrate decolonized and Indigenous-informed perspectives into existing frameworks for leadership, healing, or peacebuilding practice.
5. Evaluate approaches to conflict in light of regenerative, relational, and ecological frameworks introduced in the workshop.



**Denise Moore** is the clinical director at Southwestern College’s Tierra Nueva Counseling Center. She is licensed professional Licensed Professional Clinical Counselor (LPCC) in the state of New Mexico, a certified clinical trauma professional through the International Association of Trauma Professionals (CTP), and an approved clinical supervisor (ACS) through NBCC. She holds a bachelor of arts in Latin American studies from Oberlin College, a master of arts in counseling, and she is pursuing a PhD in Visionary Practice and Regenerative Leadership, both from Southwestern College. Denise has extensive experience working with survivors of violence and incorporating trauma-informed practices in both therapy and supervision. She is currently exploring Earth-based practices and peace and conflict within the field of psychotherapy. Denise’s experience spans from working with families and children in a home-based program to working with complex trauma in both short-term and long-term treatment with individuals. She is trained in various evidence-based practices, including dialectical behavioral therapy (DBT), eye movement desensitization and reprocessing (EMDR), cognitive behavioral therapy (CBT), and motivational interviewing (MI), among other therapeutic techniques. Her approach to both therapy and supervision is relational, believing that each individual has strengths, knowledge, and expertise that contribute to their own healing and growth. Denise was born and raised in Santa Fe and is passionate about providing high-quality, equitable mental health services to the community she loves. She is bilingual in English and Spanish.

**In Person Conference Sessions**

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Southwestern College | 3960 San Felipe Road | Santa Fe, NM 87507

[Click here to register.](#)

## HOLDING COMPLEXITY: ART THERAPY WITH QTBIPOC CLIENTS IN SMALL COMMUNITIES

Multicultural Ethics | 3 CE | \$65 In person

Small community dynamics influence therapeutic choices, relational dynamics, and community building. Grounded in the chapters “Where Color Refuses to Blend: Supporting Queer and Trans, Black, Indigenous, and People of Color (QTBIPOC) in Art Therapy” and “Queering Multiple Relationships in Small Communities” from *Queer Worldmaking in Art Therapy: Theory and Praxis*, this workshop explores how art therapy grounded in cultural humility can support healing and resilience among queer and trans, Black, Indigenous, and people of color (QTBIPOC) communities. As therapists the experience of navigating small community dynamics can be confusing; communities get even smaller when engaging in culturally based community building. This workshop centers on the role of personal and collective narratives in shaping ethical therapeutic practice. Through an art-making experiential process, participants will examine how dominant frameworks often flatten or pathologize marginalized identities and increase the power dynamic between therapist and client. We will explore how art therapy offers an invitation where lived experience and intersectionality are invited into the therapeutic relationship.

### Learning Objectives:

1. Engage in the process of exploring somatic responses, assumptions, and emotional landscapes to deepen self-reflection and cultivate cultural humility.
2. Reflect on ethical considerations for working within small communities.
3. Examine personal assumptions and biases and assess their impact on therapeutic relationships and ethical decision-making.
4. Experience a culturally inclusive art therapy directive that can be adapted for use with diverse client populations and contexts.



**Maqueita Eleazer**, LPCC, LPAT, is the founder and owner of Black Canvas Wholistic Therapy, where she offers art therapy, sand tray therapy, and spiritual life coaching to adults ages twenty-two and older. Her practice centers on grief, trauma, PTSD, and inner-child work, with a particular commitment to serving adults who identify as BIPOC and/or queer. With over ten years of experience, Maqueita is a non-traditional therapist and spiritual life coach dedicated to supporting clients who are motivated to engage in deep, transformative healing through a psycho-spiritual lens. Maqueita’s work is rooted in a wholistic, psycho-spiritual therapeutic modality that understands the soul as the starting point for balance and healing. Her approach integrates Yoruba rituals and ceremonies, universal laws and principles, and metaphysics—wisdom traditions that have profoundly shaped her own healing journey and daily spiritual practice. She believes in “walking her talk,” and the guidance she offers clients is grounded in lived experience rather than abstract theory. Her work attends to the full spectrum of a person’s being—physical, emotional, spiritual, intellectual, and cultural—while exploring how lived experiences, systems, and trauma have impacted mental health and identity. Central to Maqueita’s practice is the belief that artmaking is a powerful and accessible tool for healing. She views the creative process as an incubator for unconscious material, meaning-making, and insight—whether through intentional art directives or something as simple as scribbling. By compassionately exploring the darker or hidden aspects of one’s life, clients are supported in identifying where they may be out of alignment with their soul. This awareness becomes the gateway to integration, self-acceptance, and living more authentically in alignment with one’s true essence. Maqueita holds the belief that we are all spiritual beings having a human experience, and that many people need support remembering who they truly are and who they were created to be.



**Magdalena V. Karlick**, MA, PhD-c, SEP, ATR-BC, LPCC, (she/her), is an art therapist, somatic experiencing practitioner, artist, and educator. Magdalena is of mixed heritage (Irish, Yemeni, Ukrainian, 4th, 2nd, and 3rd generation) and benefits from many privileges: light skin, middle-class, able-body passing, post-graduate education, and a US citizen with a passport. Since 2006 she has lived in O’Gah P’Ogeh Owingeh, the unceded territory of Tewa-speaking people, Santa Fe, New Mexico. She is a cis-woman and queer mama with two teenage boys. Magdalena is the owner of Our Imaginal World, an organization that provides individual and group therapy, arts and somatic based supervision, post graduate education, and community health consultation for agencies. She has been an educator in the art therapy, expressive arts, and counseling fields since 2012, focusing on cultural humility, somatic awareness, ethics, group dynamics, and therapeutic arts techniques. As a supervisor she focuses on power dynamics, personal bias, culturally sensitive ethical practice, self-care, and self-regulation. Magdalena is also a Vital Spaces artist.

FRIDAY, AUGUST 7 | 5:15-6:15PM | 1 CE

## Tierra Nueva Counseling Center Open House

Tierra Nueva Counseling Center’s Denise Moore, MA, LPCC, would like to warmly welcome you to join us for an open house next door to Southwestern College. We would love to share with you our current projects as well as celebrating 43 years of providing service to our beloved community. Visit with fellow participants, connect with past classmates, and enjoy company and gathering after a day of transformational learning.

You are important to us and we are committed to serving our community and supporting your healing and personal growth. Our counseling and art therapy services are responsive to diverse individuals, needs, and perspectives. We take a person-centered approach and are committed to ethical practices. Our services are grounded in our values of empathy, love, and kindness.

### Learning Objectives:

1. Explore innovative partnerships that strengthen local mental health businesses.
2. Identify wellness tools for thriving in today’s complex economic landscape.

You can register for this event, free of charge, using our registration portal.



**SPIRITUAL FINESSE IN A CHANGING WORLD**

General Professional Development | 3 CEs | \$65 In person

Our finesse in navigating events will help us overcome the challenges of these times. The challenge is not about control; it is about cooperation. Even if life seems fixed or chaotic, there is a universal movement. When love leads, truth reveals itself. Embedded within each event, whether negative or positive, are clues to its purpose. The resolution of life issues is ultimately internal. The external metaphor of life reflects our inner journey. Finesse requires awareness of the soul, mind, feelings, and embodying spirit. We will decode the meaning of events in our changing world and shift our identity from external control to deeper understanding and self-liberation.

**Learning Objectives:**

1. Practice orienting in love and truth to shift from external control to self-liberation and cooperation.
2. Analyze and decode the meaning and purpose embedded in life events.
3. Utilize metaphor to reflect the inner journey.



**Robert Waterman**, EdD, LPCC, has been counseling and teaching for over fifty years and is the founder, president emeritus, and trustee of Southwestern College. He is the author of *Eyes Made of Soul: Theory and Practice of Noetic Balancing* (also published in French); *Foot Prints of Eternity: Ancient Wisdom Applied to Modern Psychology*; *Transcendental Leadership: We Bring Love*; *Power of Love: The Ways and Means* (with Karey Thorne, MA, LPCC); *Thin Veil of False Gods: Noetic Practitioner Inquiry*; *Mandala of the Soul: A Spiritual Approach to the Art of Archetypal Psychology*.

**ANCESTRAL ECHOES: TAÍNO WISDOM, CEMÍ, AND THE PATH OF REMATRIATION**

Multicultural | 3 CEs | \$65 In person

This workshop offers an immersive exploration into the indigenous Taíno concepts of cemí—the sacred spirits and energetic forces that bridge the physical and spiritual realms. As mental health professionals navigate the complexities of modern fragmentation, returning to ancestral perspectives provides a profound framework for generational repair and the “rematriation” of the soul and land. Participants will delve into how the Taíno worldview challenges colonial paradigms of individualism, offering instead a relational model of healing that centers on the interconnectedness of all living things. We will examine the role of cemí as a tool for grounding and spiritual regulation, particularly when working with clients from the Caribbean diaspora or those seeking to decolonize their mental health practices. The session includes a mini-altar experiential component, where attendees will learn to create intentional spaces for reflection and connection. By integrating somatic awareness with creative ritual, we will explore how honoring ancestral spirits can serve as an act of resistance and a pathway toward emotional regulation and collective recovery.

**Learning Objectives:**

1. Define and describe the Taíno concept of cemí and its application as a relational framework in multicultural counseling.
2. Analyze the concept of rematriation as both a restorative justice practice and a clinical tool for addressing generational trauma and displacement.
3. Identify three ancestral practices (ceremonial, somatic, or creative) that can be integrated into modern therapeutic settings to support clients in navigating cultural polarization and identity fragmentation.
4. Discuss the utility of sacred space-making through the creation of a mini-altar, facilitating a didactic understanding of how ritual supports nervous system regulation.



**Naja Druva**, LPCC, has spent her career working with New Mexico children and their families. With ten years of experience addressing childhood trauma within family systems, Naja’s training includes dialectical behavioral therapy (DBT), trauma-focused cognitive behavioral therapy (TF-CBT), child-parent psychotherapy (CPP), and trauma resource management (TRM). After the events of May 2020, Naja felt moved to participate in the civil rights movement by parlaying her experience and training to address the trauma inflicted on families of color by inequitable, unjust, and violent systems within society. By applying a trauma-informed lens to her work, Naja hopes to educate those working within systems about how to care for themselves and others while making a positive change in society at large.

**NEURODIVERGENT NETWORKS: CREATIVE UNDERSTANDINGS OF HIGH MASKING AUTISM**

General Professional Development | 3 CEs | \$65 In person

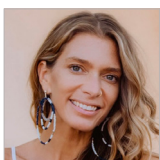
Individuals with autism are often described as canaries in the coal mine: their unique and sensitive systems can be highly attuned to patterns and energies in their environments much sooner than those around them. Their networks are invaluable, unusual, mycelial, magical, and often beyond language. This workshop will present information on the lived experiences of autistic individuals to help attendees build a framework for creative and innovative understandings of high-masking autism. The facilitators will also provide ample time for Q&A. This workshop is best suited for attendees who are seeking to create internal and external environments that affirm and are curious about the nuanced and varied experiences of high-masking autistic individuals.

**Learning Objectives:**

1. Build a framework for creative and innovative understandings of high-masking autism.
2. Cultivate internal and external environments that are affirming and welcoming for autistic individuals.
3. Identify resources for understanding high-masking autism.
4. Explore specific and nuanced layers of autism, to better understand autism and create affirming environments for autistic individuals.



**Katie Gleason** has been a therapist in private practice since 2017 in Tucson, Arizona. She provides individual therapy as well as neurodivergence assessments. Katie specializes in working with people at the intersections of complex trauma, neurodivergence, and historically excluded identities. Prior to her work in private practice, she spent ten years serving clients in case management and therapist roles in inpatient, hospice, residential, outpatient, and resource center settings. Katie operates from an integrative perspective, incorporating neuroscience in her framework and is trained in EMDR, Internal Family Systems, somatic experiencing, and mindfulness-based stress reduction. She often blends a variety of creative and spiritual pathways for healing into her work with clients. Her services are non-pathologizing, neurodivergent and queer affirming, and body and collective liberation oriented. Katie is Korean American and the proud child of an immigrant. A queer and AuDHD identified provider, Katie is currently working on a tarot deck and is a poet and former writing teacher.



**Kelly Wilt** is a facilitator, storyteller, licensed therapist, and a believer in a more beautiful world. She has an integrative psychotherapy and consulting practice in Tucson, Arizona, grounded in curiosity, care, and relentless imagination. Born and raised on the East Coast, Kelly made her way to Tucson in 2017 after leaving a job she loved but was burnt out from. Dreaming of warmer days, gnarly desert trails, and greater balance, she moved west and has been appreciating the desert as a steadfast teacher ever since. As an individual and couple’s therapist, Kelly often works with people desiring more or different out of their relationships, as well as those looking for support related to sex, sexuality, neurocomplexity, developmental trauma, life transitions, and reconnecting with self-trust. Her clients and community are creatives, rabblers, deep feelers and thinkers, environmentalists, organizers, care workers, and educators. They are driven by possibility and guided by authenticity. They are curious about how to cultivate more joy, alignment, and relational

fulfillment. Kelly also works with practitioners, entrepreneurs, and organizations interested in developing tools to work from a place of possibility, care, and intention. As a guide and facilitator, Kelly is interested in exploring what happens when we move away from scarcity-oriented and self-abandonment models toward visions and practices that hold more joy, flexibility, justice, and greater collective care. Equal parts big picture dreamer and deep-in-the-details nerd; Kelly brings warmth and incisiveness to conversations that are nuanced, untidy, and sometimes uncomfortable. She's convinced that in tension there is possibility and is eager to meet others there.

**SATURDAY, AUGUST 8 | 12:30-1:30pm | 1 CE**

### **THE GIFT OF BREATH**

**General Professional Development | 1 CE \$25 | In person**

**“Breath is the voice of the soul.” —Inayat Khan, Sufi Master** In our breathless time it is more important than ever to pause and breathe. (This fast and chaotic world.) Chaos and rapid changes can create anxiety and an overwhelming sense of uncertainty. Stress can make our breathing too quick, shallow, or faint, straining our nervous system. The good news is that we can consciously alter our breath. We can intentionally change our breathing and thus our emotional and physical experience. Conscious breathing slows down the heart rate, reduces stress hormones, and calms the mind. A regulated and resilient nervous system supports creative and self-caring choices and helps co-regulate the greater field, positively influencing those around us. Ancient healing traditions such as yoga, Buddhism, Daoism, and Qi Gong have long recognized and harnessed the transformative power of the breath to support physical, mental, and psychological well-being. In the yogic tradition, pranayama refers to the expansion and conscious regulation of the breath—an expansion of prana, or life force itself. For more than five thousand years yogis have understood through direct experience that by deepening and expanding the breath we expand vitality, awareness, and life itself. Conscious breathing allows us to feel and process our emotions more fully. Increasing oxygen flow to cells and organs supports optimal function across the body, enhancing mental clarity, digestion, and immune resilience. Our breath is also our most intimate connection to the living world. We inhale the oxygen released by plants and trees across land and sea, and they receive the carbon dioxide we exhale—an ongoing cycle of exchange that reminds us we are part of a vast, interconnected web of life. When we recognize the sacred nature of breath, we enrich our own lives and deepen our awareness of this profound interdependence. In this workshop, we will attune to our autonomic nervous system and explore how breath helps to balance, regulate, and soothe it. We will learn practical techniques to consciously engage the breath in ways that support nervous system flexibility and resilience, enabling us to meet life's demands with greater steadiness and adaptability. Together we will strengthen our own conscious breathing practice so we can confidently guide our clients in integrating this powerful tool into their daily lives.

#### **Learning Objectives:**

1. Describe basic functioning of the autonomic nervous system.
2. Practice and apply specific breathing practices to regulate the autonomic nervous system
3. Apply breath awareness in therapy sessions and as homework for clients
4. Integrate breathing practices into personal life and professional work with clients



**Silvia Stenitzer, MA, LPCC**, lives in Santa Fe, New Mexico, and has a private practice. She combines principles of interpersonal neurobiology, attachment theory, and psychodramatic group dynamics to promote personal and relational growth. Her trust in the innate self-healing ability in each of us and the transformative power of relationship form the basis of her work. Silvia has been creating and facilitating experiential workshops since 2005. She uses an eclectic approach with emphasis on experiential therapies such as action methods, psychodrama, embodied mindfulness practice, and principles of C.G. Jung's psychology. Drawing, painting, and embodying our experiences offer insight into our unconscious ways of how we live life. The body serves us beautifully as a source of story, memory, and inspiration. Sensory self-awareness forms the basis for us to know what we feel and how we are. This self-knowledge ultimately can help relieve our suffering and guide us towards personal fulfillment and satisfying meaningful relationships.

### **ANCIENT WISDOM FOR MODERN NERVOUS SYSTEMS: HEALING IN A FRAGMENTED WORLD**

**Multicultural | 1 CE \$25 | In person**

We are living in a time of profound collective strain. Political polarization, technological acceleration, ecological anxiety, social fragmentation, and chronic overstimulation affect not only our minds but also our bodies, our spirit, and our sense of belonging in the world. What we call stress today often carries the weight of collective and existential trauma, unprocessed grief, and a pervasive experience of uncertainty, disorientation, and loss of meaning. Our nervous systems are struggling to find ground in a rapidly changing world. This presentation explores what healing might entail in such a time. Moving beyond models that focus only on symptom reduction or coping skills, it invites a broader understanding of healing as the restoration of connection: to the body, to inner life, to community, to the natural world, and to the sacred dimension of existence. Ancient wisdom traditions have long recognized that human beings do not heal through information alone. In a world increasingly defined by speed, distraction, and disembodiment, older ways of knowing remind us that we need rhythm, ritual, reverence, embodied presence, creative expression, meaning, and practices that help us metabolize change, loss, and uncertainty. By weaving together embodied and spiritual perspectives, this talk reflects on how we might meet modern chaos without becoming further fragmented by it. It invites participants to consider how sacred, somatic, and creative practices can help us hold grief, uncertainty, and transformation, while cultivating grounding, resilience, hope, and a deeper sense of healing. Participants will also be invited to reflect on the impact of collective stress and existential anxiety in their own lives. Rather than offering a quick fix, this presentation creates space for deeper questions: What helps human beings remain whole in times of upheaval? What restores inner ground when the outer world feels unstable? And how might embodied, sacred, and creative practices support healing in an age marked by uncertainty and overwhelm?

#### **Learning Objectives:**

1. Recognize key signs of collective and existential trauma in contemporary life.
2. Describe healing as the restoration of connection to body, meaning, community, and the sacred.
3. Identify how ancient wisdom, ritual, and embodied practices can support resilience in times of fragmentation.
4. Reflect on practical, sacred, somatic, and creative practices that foster grounding, hope, and wholeness.



**Inessa Mil'berg, LPCC**, grew up in Belarus, then part of the Soviet Union, immigrating to the United States in her twenties. After struggling with a mysterious chronic illness for several decades, she developed a deep interest in understanding the nature of healing. A practicing psychotherapist for over twenty years, Inessa integrates extensive clinical knowledge and experience in trauma treatment—including multigenerational trauma and political oppression—with somatic approaches and non-traditional healing modalities. She has been apprenticing with Native South American healers for the past thirteen years and makes frequent pilgrimages to the sacred mountains of the Andes.

**BEYOND THE DSM: CENTERING THE CLIENT'S VOICE IN ASSESSMENT****Multicultural | 3 CEs | \$65 In person**

This experiential workshop invites participants to critically examine dominant assessment practices and reimagine them through a client-centered, psycho-spiritual, and decolonizing lens. Traditional diagnostic frameworks, such as the DSM, often rely on standardized, pathology-based interpretations of distress that may overlook cultural context, lived experience, and the client's own meaning-making systems. This workshop offers an integrative alternative that centers the client as the primary authority in defining and assessing their emotional and symptomatic experiences. Grounded in a psycho-spiritual framework, symptoms are understood as meaningful communications from the psyche—expressions of the mind, body, and spirit that invite attention, awareness, regulation, and transformation, rather than indicators of dysfunction. Within this approach a symptom becomes clinically relevant only when it is defined as distressing or impairing by the client, rather than solely by external diagnostic standards.

Influenced by the SoulCollage process, participants will be guided in creating their own visual Likert scale to reflect their internal emotional, somatic, and energetic landscape based on their personal definitions of distress, regulation, and well-being. Through art-making, somatic awareness, and reflective dialogue, participants will explore how power, culture, and narrative shape both diagnosis and treatment, while practicing more collaborative and culturally responsive approaches to assessment.

**Learning Objectives:**

1. Explain a psycho-spiritual framework in which symptoms are understood as meaningful communications from the psyche rather than indicators of dysfunction.
2. Integrate a client-defined, creative assessment tool into their clinical work to support increased client agency and self-awareness.
3. Describe the limitations of standardized, pathology-based assessment models and their impact on client voice, cultural context, and therapeutic alliance.
4. Apply practical, adaptable art interventions that supports increased client agency, deepened therapeutic attunement, and more equitable, holistic clinical care.



**Maqueita Eleazer**, LPCC, LPAT, is the founder and owner of Black Canvas Wholistic Therapy, where she offers art therapy, sand tray therapy, and spiritual life coaching to adults ages twenty-two and older. Her practice centers on grief, trauma, PTSD, and inner-child work, with a particular commitment to serving adults who identify as BIPOC and/or queer. With over ten years of experience, Maqueita is a non-traditional therapist and spiritual life coach dedicated to supporting clients who are motivated to engage in deep, transformative healing through a psycho-spiritual lens. Maqueita's work is rooted in a wholistic, psycho-spiritual therapeutic modality that understands the soul as the starting point for balance and healing. Her approach integrates Yoruba rituals and ceremonies, universal laws and principles, and metaphysics—wisdom traditions that have profoundly shaped her own healing journey and daily spiritual practice. She believes in “walking her talk,” and the guidance she offers clients is grounded in lived experience rather than abstract theory. Her work attends to the full spectrum of a person's being—physical, emotional, spiritual, intellectual, and cultural—while exploring how lived experiences, systems, and trauma have impacted mental health and identity. Central to Maqueita's practice is the belief that artmaking is a powerful and accessible tool for healing. She views the creative process as an incubator for unconscious material, meaning-making, and insight—whether through intentional art directives or something as simple as scribbling. By compassionately exploring the darker or hidden aspects of one's life, clients are supported in identifying where they may be out of alignment with their soul. This awareness becomes the gateway to integration, self-acceptance, and living more authentically in alignment with one's true essence. Maqueita holds the belief that we are all spiritual beings having a human experience, and that many people need support remembering who they truly are and who they were created to be.

**HEALING BURNOUT IN CHAOTIC TIMES: SHARING A PROBLEM-SOLVING CREATIVE TIME****General Professional Development | 3 CEs | \$65 In person**

This session will define the major components of professional/caregiver burnout and work through how each of these components show up in our lives, systems, and worksites. We will explore concepts such as compassion fatigue (When you are too tired to care.), primary and secondary trauma (What can't you un-see or un-feel?), and complex grief and recurrent grief (Is it your year to be the angel of death? or divorce? or ?). In defining each concept, we will look at how the culture of care can change and evolve to empower both care professionals and our clients. We will review the fact that care is given by human beings who will (and do) make mistakes, become exhausted, have biases and power struggles, family responsibilities, conflicts, and stress. We will then collectively look and work with ideas that are both current and ancient. We are all connected. We are all part of healing and community, each of us will begin the process of connecting to our shared vulnerability. This is the first step to create systems that interrupt and heal the burnout cycle. We will use an individual meditative mandala drawing process to work with complex grief followed by a discussion of how complex and re-current grief affects our lives personally and professionally. This discussion will explore how deep grief is an often-overlooked part of our healthcare and mental health systems' ways of facing burnout. Drawing from diverse healing sources, we will close with the creation of a hands-on learning, problem-solving, interactive, community poem and visual experience that will allow the group to explore their ability to create an interconnected web of support.

**Learning Objectives:**

1. Define major components of burnout and describe signs and symptoms.
2. Explore compassion fatigue, primary and secondary trauma, complex grief, and recurrent grief.
3. Examine how the creation of a culture of care can change and evolve to empower practitioners.
4. Formulate systems that interrupt and heal the burnout cycle.
5. Engage in artmaking as a way to process burnout.



**Ruth Dennis**, LPCC, ATR-BC, is a therapist and author who has dedicated her career to supporting all types of individuals, including those with dementia and developmental disabilities. Ruth offers a wide range of counseling services and specializes in dementia care, including working with people in the early stages of dementia and Alzheimer's, helping them navigate their journey after diagnosis. With over 30,000 hours of hands-on experience, she has developed innovative therapeutic activities and provided crucial support to families facing the challenges of dementia. Her decades of experience make her a respected and valued figure in the field. Ruth's educational journey began at the Kansas City Art Institute, where she earned a bachelor of fine arts with a double major in ceramics and painting. She later obtained a master's degree in ceramics from Cranbrook Academy of Art and a master's degree in art therapy from Southwestern College in Santa Fe. This diverse background has been the foundation for her impactful work in helping others.

## FROM INFORMATION OVERLOAD TO INNER COHERENCE: SACRED SOUND PRACTICES FOR NERVOUS SYSTEM REGULATION AND MENTAL HEALTH RECOVERY

General Professional Development | 3 CE's | \$65 In person

We live in an age of unprecedented pressure. Hyperenergetic activity, nonstop information, and relentless social and professional demands are pushing the human nervous system and consciousness to their limits. Mental rupture, social meltdown, and the emergence of new psychological, emotional, and spiritual disorders are appearing across society. Early ripples are already visible: rising depression, disorientation, identity diffusion, and syndromes of information overload. Many feel fragmented, exhausted, and disconnected, struggling to maintain clarity, focus, and value-driven choices in a world that never stops demanding more. Yet within this turbulence lies extraordinary possibility. The ancient science of sacred sound—the Shabd Guru—offers a practical, transformative path. Through precise patterns of sound, rhythm, breath, and focused awareness, individuals can calm mental overload, restore inner balance, strengthen virtues already cultivated, and regain stamina, motivation, and clarity—even amidst relentless pressure. These practices extend beyond personal stress relief. They awaken awareness, compassion, and integrity in action, creating coherence within ourselves, our relationships, and our communities. In the eye of the storm, inner stillness becomes a source of clarity, conscious choice, and empowered engagement with life. Sacred sound allows individuals to move from reactive overwhelm toward conscious, value-aligned action, building resilience in both personal and collective spheres. In essence, the Shabd Guru offers a pathway from chaos to coherence, from stress reactivity to conscious response, and from fragmentation to spiritual integration. It reminds us that the solution to modern turbulence is not found by escaping the world, but by cultivating inner capacity: awareness, balance, compassion, and hope. Through these practices individuals can access clarity, stamina, and grounded purpose—a foundation for thriving, contribution, and conscious engagement in an ever-shifting world.

### Learning Objectives:

1. Illuminate the impact of modern stress and information overload on the nervous system, mental clarity, and well-being.
2. Apply sacred sound practices of the Shabd Guru as practical tools to restore balance, focus, and resilience.
3. Integrate sound and conscious awareness into daily life for sustainable mental health, clarity, and inner coherence.
4. Describe how sacred sound practices can enhance emotional regulation, intuition, and decision-making under pressure.
5. Cultivate inner resources that foster compassion, integrity, and conscious engagement in personal, social, and professional contexts.



**Mukta Kaur Khalsa, PhD**, Director of SuperHealth®, is a nationally certified addictions counselor and licensed professional mental health, drug, and addictions counselor. She is the chief presidential authority as an NGO in consultative status with the Economic and Social Council of the United Nations. Mukta conducts worldwide trainings on SuperHealth® technology for healthcare professionals and yoga teachers. Her publications include a research article in the *Journal of Ethnicity in Substance Abuse*; her books, *Meditations for Addictive Behavior*, *Healing Addictive Behavior*, *Curb the Urge*, *Parenting with Confidence*, and the SuperHealth® manuals: *SuperHealth: Technology*, and *SuperHealth: Principles and Practices*.

## WHEN THE EMOTIONAL LANDSCAPE IS TREACHEROUS: THE CREATION OF OASIS

General Professional Development | 3 CE's | \$65 In person

As 2026 continues to unfold we are bombarded with “unprecedented” crises and scenes of violence and moral erosion. Using a two-step art process, we will create metaphorical images of layered trauma. World, community, familial, and personal, as we struggle with the question “What fresh hell is this?” Our answers will be found in our art, as will the hope that can come through the creation of a visual, physical, and emotional oasis. A restorative process to take forward into our daily experiences. Let’s gather and externalize our unique anger and outrage using imagery. Once we sit with what shows up in our art and share that anguish with others we can create a new space. We will creatively summon a safe oasis using art to hold a place of peace and tranquility; an oasis shared with one another and potentially with our clients as well. No prior artmaking experience required.

### Learning Objectives:

1. Examine the benefits of expressing anger and outrage safely through imagery.
2. Explore the use of metaphor as a method for processing trauma and building resilience.
3. Practice creating a visual restorative emotional oasis via group process and art making.



**Deborah Montoya, MS, ATR-BC, LPAT**, has been an art therapist for over thirty years and continues to find meaning and joy in the work. She was the chairperson for art therapy/counseling at Southwestern College for many years, and currently is part of a group therapy practice, the Santa Fe Wellness Center. Her most recent book is a children’s book, *Why Would I Tell You? How Louisa Draws out Her Worries*.

**SATURDAY, AUGUST 8 | 5:15-6:15pm**

## New Earth Institute Reception

Please join us as we celebrate Ted Wiard and his many years of service as director of the Trauma, Grief, and Renewal Certificate Program at Southwestern College.

**Light refreshments will be served.**

You can register for this event, free of charge, using our registration portal.



**TENDING THE HEALER: CREATING SACRED SPACE FOR RESTORATION, REGULATION, AND RENEWAL**

Multicultural | 3 CEs | \$65 In person

In a time of collective overwhelm, clinicians are increasingly carrying complex layers of trauma, grief, and uncertainty both personally and professionally. This experiential workshop offers a space for therapists and helping professionals to gently step out of the role of vessel for others' healing and into intentional self-restoration. Rooted in Curanderismo, somatic awareness, and trauma-informed care, this workshop explores how to create safe and sacred spaces for personal healing, regulation, and renewal. Participants will engage in embodied practices, ritual, and reflective processes designed to support nervous system balance, reconnect with inner and ancestral resources, and prevent burnout. This offering emphasizes the importance of tending to the healer through **culturally sustaining** practices, ceremony, and embodied presence, inviting clinicians to reconnect with themselves as whole beings beyond their professional roles.

**Learning Objectives:**

1. Describe the impact of collective stress, vicarious trauma, and burnout on the nervous system and clinician well-being. (Understanding)
2. Apply somatic and mindfulness-based practices to support self-regulation and restoration. (Applying)
3. Engage in ritual and reflective practices to create a sense of safe and sacred space for personal healing. (Applying)
4. Analyze personal patterns of stress, depletion, and resilience within their professional role. (Analyzing)
5. Develop a personalized approach to sustainable self-care incorporating somatic and/or culturally rooted practices. (Creating)



**Diana Garcia**, LPCC, is a graduate of Southwestern College with over fourteen years of clinical experience supporting individuals through trauma, grief, anxiety, and life transitions. Her work is rooted in an integrative, depth-oriented approach that honors the interconnectedness of mind, body, spirit, and culture. Raised within a lineage of Curanderismo and formally apprenticed for seven years, Diana bridges clinical psychotherapy with ancestral healing practices. She weaves together somatic awareness, mindfulness, and ceremonial ways of knowing to support healing that is both grounded and transformative. Her approach is relational and culturally responsive, creating space to reconnect with inner resources, lived experience, and deeper sources of wisdom. Diana's work is informed by a commitment to culturally sustaining and decolonizing approaches to mental health care. She values the integration of traditional knowledge systems with contemporary clinical practice, honoring the importance of identity, community, and belonging in the healing process.

Whether working with individuals or facilitating groups, she emphasizes presence, embodiment, and meaning making as essential pathways toward lasting change. Diana has a private practice based in Albuquerque that is focused on blending modern psychology with ancestral wisdom. She offers a holistic approach to healing, wellness, and self-discovery. She believes true healing honors the mind, body, and spirit, respecting each person's cultural roots, personal journey, and unique needs.

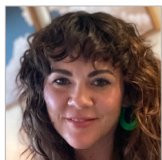
**SPEAKING UP WITHOUT SHUTTING DOWN: STAYING EMBODIED AND CONNECTED IN DIFFICULT CONVERSATIONS**

General Professional Development | 3 CEs | \$65 In Person

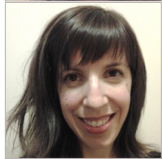
As clients navigate higher levels of stress and uncertainty, clinicians are often met with more moments that test boundaries, more intense relational dynamics, and more opportunities to respond in ways that matter—while also navigating their own nervous systems, histories, and learned ways of relating in moments of conflict. This experiential and didactic workshop integrates somatic awareness, nervous system regulation, and relational skill-building to support participants in staying present, connected, and clear—even in moments of challenge. Together we will explore how to remain connected while recognizing and working with protective responses as they arise. Through guided reflection and structured, scenario-based role play, participants will practice noticing internal cues, supporting regulation in real time, and communicating boundaries with greater clarity and confidence. Scenarios will include both everyday relational challenges (e.g., time boundaries, communication, role clarity) and higher-intensity interactions, supporting application across private practice, organizational, and community settings. Participants will leave with practical, embodied tools and increased capacity to navigate conflict, strengthen therapeutic presence, and engage in boundary-setting and advocacy in ways that are effective, sustainable, and aligned with their values.

**Learning Objectives:**

1. Identify internal cues that signal when a boundary is present and may need to be communicated.
2. Describe how clear, attuned boundaries support safety, trust, and therapeutic alliance in client relationships.
3. Apply somatic awareness and regulation strategies to remain present in moments of challenge.
4. Demonstrate effective verbal boundary-setting and advocacy skills through structured, scenario-based practice.
5. Apply trauma-informed and culturally responsive approaches to navigating conflict with clients, colleagues, and institutions.



**Kaytea Hendricks**, LPCC (she/her), is a queer psychotherapist, speaker, and trauma-informed self-defense instructor based in Santa Fe, New Mexico. Her work blends Internal Family Systems (IFS), polyvagal theory, somatic practices, and nervous system regulation to support clients in reclaiming agency and reconnecting with their authentic selves. Drawing inspiration from Bruce Perry, Gabor Maté, and Stephen Porges, Kaytea integrates creativity, curiosity, and body-centered approaches into both individual and group work. She offers a relational, empowering space for people navigating trauma and anxiety to explore healing in a deeply embodied way.



**Alena Schaim** is the executive director and an instructor at Resolve, a violence prevention organization serving Santa Fe, Albuquerque, and Northern New Mexico. For over twenty years she has led experiential programs that support youth and adults in speaking up for themselves and others, with a focus on boundary-setting, relational dynamics, and nervous system-informed practice, with attention to navigating and speaking up within systems and power dynamics that shape risk, access, and safety. Her work bridges violence prevention and professional skill-building, supporting professionals in education and behavioral health to stay present, connected, and clear during challenging interactions. She also works with organizations and schools to create environments that reduce risk and increase protective factors. Through scenario-based and embodied learning she teaches practical, embodied skills that support sustainable, value-aligned care. She has presented at regional and national conferences on topics including empowerment self-defense, sexual and domestic violence, and disability and neurodivergence in the context of prevention.

**FAMILY CONSTELLATIONS**

General Professional Development | 3 CEs \$65 | In person

Many times we and our clients struggle to cope with the trauma, chaos, and stress of life but are unaware of the deeply unconscious roots of our behavior and life patterns that were birthed not only in the here and now events of our current life but may have been created generations previously in our lineage. In this session we will start with a demonstration constellation circle, followed by a discussion of what occurred in the demonstration. This will be connected to an explanation of the basic ideas, theoretical and underpinning, and structure of family constellation work. This is an extremely powerful method, deeply based in the intuitive abilities that we all share (and don't often realize), that typically, naturalistically, brings to conscious awareness events, people, and histories from the client's lineage that were completely unknown previously. We are touching here on "deep knowledge" that is contained in the "universal mind," which in this work we call the "field." This work helps to deeply contextualize our current lives and dilemmas and offers profound perspectives, not only intellectually, but emotionally and spiritually.

### Learning Objectives:

1. Analyze the unconscious roots of behavior.
2. Practice accessing intuition to bring conscious awareness to deep knowledge contained in the “universal mind.”
3. Examine intergenerational themes that govern coping life choices.



**Michael Dudelczyk** is a psychiatrist with over forty-five years of experience in treating people of all ages from infants to seniors. He has led various inpatient and outpatient facilities in New Mexico for children, adolescents, and adults over the years. His core perspectives and modalities of treatment are a combination of hypnosis, family constellation principles, and incorporation of the wisdom of the “ineffable field” in which we are immersed into a pragmatic treatment.

**SUNDAY, AUGUST 9 | 12:30-1:30pm | 1 CE**

### **FORGIVENESS: THE ART OF SETTING YOURSELF FREE**

**General Professional Development | 1 CE | \$25 In person**

In life we all make mistakes, sometimes intentionally, sometimes completely unaware. We may have hurt others, be hurt ourselves, or carry experiences that leave a quiet heaviness within. Over time this weight can settle into the heart as sadness, shame, or we fall into an amnesic state and we disconnect from the One who gives us the breath of life. Forgiveness offers another way. Forgiveness is the art of setting yourself free. It is a compassionate, conscious choice to release the past and open to a new beginning—within you and in your relationships. It is not about excusing or forgetting, but about allowing healing to take place at a deeper level. Through breath, awareness, and focused intention it is possible to gently release what has been held—without struggle. Even long-standing patterns of hurt, guilt, or regret can begin to dissolve. As you forgive yourself, forgive others, and become open to receiving forgiveness, something shifts. The heart softens. The mind quiets. A sense of lightness and inner space begins to emerge. From this place clarity, connection, and renewed hope naturally arise. Forgiveness meditation is a gift. It is a profound act of courage. It is a powerful, accessible practice that supports this transformation. It helps regulate the nervous system, clear emotional reactivity, and reconnects you to your innate strength, hope, and inner grit. This is an invitation—to release, to heal, and to move forward with compassion and grace. You deserve to feel free, peaceful, and fully alive. Let your forgiveness be vast, without limit. You are humankind—therefore be kind, be loving, and let compassion lead the way.

### Learning Objectives:

1. Practice a guided forgiveness meditation to release anger, guilt, and emotional pain.
2. Cultivate self-forgiveness and deepen compassion for yourself and others.
3. Create space for healing, clarity, and new beginnings.



**Mukta Kaur Khalsa, PhD**, Director of SuperHealth®, is a nationally certified addictions counselor and licensed professional mental health, drug, and addictions counselor. She is the chief presidential authority as an NGO in consultative status with the Economic and Social Council of the United Nations. Mukta conducts worldwide trainings on SuperHealth® technology for healthcare professionals and yoga teachers. Her publications include a research article in the *Journal of Ethnicity in Substance Abuse*; her books, *Meditations for Addictive Behavior*, *Healing Addictive Behavior*, *Curb the Urge*, *Parenting with Confidence*, and the SuperHealth® manuals: *SuperHealth: Technology*, and *SuperHealth: Principles and Practices*.

## MEET THE ARTIST: *Roe LiBretto*

### Artist Statement

My artistic practice investigates the collective unconscious through visionary surrealism. Rather than following a calculated composition, my work serves as a visual record of autonomous imagery that surfaces as an apparition. Central to this exploration is the emergence of archetypes—the foundation of my allegorical narratives. I engage with these motifs as dynamic psychological forces that reveal themselves through the creative act. I capture this imagery as it arises, interpreting its iconography only after the painting is complete.

Drawing from metaphysics, psychology, world religions, medieval manuscripts, and pop culture, the finished work acts as a semiotic bridge, inviting viewers to decode primordial patterns within their own psyche. This dialogue aims to facilitate individuation, guiding the viewer toward their potential through the recognition of shared, universal experiences.

To achieve a texture that mirrors these visions, I apply a topcoat of ink or tempera over finished watercolors and, once dry, wash the surface. This technique creates a grainy finish that resembles a scrim—a veil between the physical world and the characters performing before me. This process of washing each piece is also a ritualized acknowledgment of the painting as a physical manifestation of information from the Jungian collective unconscious. While the technique remains consistent, representing a conscious relinquishing of ego attachment, the final painting texture varies with each surface. Through this synthesis of spontaneous vision and ritualized labor, I seek to transform the private act of creation into a collective journey toward self-discovery.

### Artist Bio:

Based in Albuquerque, Roe LiBretto is a visionary surrealist painter whose allegorical works serve as meditative inquiries into the subconscious. Her iconography synthesizes metaphysics, world religions, and psychology, creating space for viewers to explore their own internal psyches. Formally trained in New York at the Brooklyn Museum, the School of Visual Arts, and City College, LiBretto's career spans publication design, motorcycle customizing, and kinetic installations with commissions from the New York City Cultural Council and the Massachusetts State Council on the Arts. An Albuquerque ArtsHub Fellowship alumna and AABA “Local Treasure,” her work has been featured on PBS's *¡COLORES!*.

Currently represented by galleries in New Mexico and Massachusetts, LiBretto will be in residence at Jen Tough Gallery in June 2026. There, she will develop her Transformation series, exploring experiences that trigger profound personal growth. With an international exhibition record, LiBretto continues to be a significant voice in contemporary surrealist discourse.



**SOMATIC ESSENTIALS FOR NAVIGATING CHAOS**

General Professional Development | 3 CE \$65 | In person

Most would agree that we are living in a rather fragile and unsteady world. When our internal world is also unsteady, we have little to no chance of successfully navigating the challenges of the external world. The world needs centered people now. People that can access strength and wisdom as needed. Whether navigating the chaos of the world, or the chaos in one's personal life, the body can be a great ally. Embodiment is empowerment. When we connect to ourselves through breath and ground through the body we can tap into internal strength and peace. Too often we look for safety and security from external sources. And while a bunker may keep one safe from bombs bursting in air and extreme temperatures, it will do little to calm the storm within. True calm comes from within.

We've all heard this before. Spiritual practitioners including the Buddha, Lao Tzu, Jesus, Thich Nhat Hanh, and others have shared this wisdom with us. But how many actually know how to do this? And of those that know, how often do they remember to practice? And while we can use the body as a resource, we can also use it as a storage facility (or dumping ground). Emotions we don't process get held within. In the cells, the organs, the muscles, and the bones. Getting in touch with sensation supports awareness and release of what's been buried within. As we learn to tap into strength, we often find what isn't serving us can move and dissolve. This presentation will be highly interactive, guiding attendees into their bodies to resource from within, in a multitude of easy ways.

**Learning Objectives:**

1. Explore how to reconnect to the body's wisdom during chaotic times.
2. Describe how to guide their clients into body awareness and gentle movement.
3. Create a plan for implementing at least five somatic practices into their lives and into their therapeutic work.



**Melanie Smithson** is a licensed somatic psychotherapist, business owner, certified spiritual integration hypnotherapist, and the award-winning author of *Stress Free in 30 Seconds: A Slightly Irreverent Approach to Navigating Life's Challenges* and the recently released *Shake Yourself Free: 81 Somatic Practices to Let Go of Limitation*. Dancing since the age of four, Melanie knows firsthand how movement supports letting go. For thirty years she has been sharing the wisdom of the body and the power of movement with her therapy clients and group participants. She has great compassion for, and simultaneously finds comedic relief in, the human condition. With a lighthearted approach she invites judgment to dissolve and wonder and curiosity to become the path to freedom.

**MINING INNER WISDOM: AN INVITATION TO WHOLENESS THROUGH MUSIC, ART, AND SOMATIC AWARENESS**

General Professional Development | 3 CE | \$65 In person

In a time of growing uncertainty and collective overwhelm, many of us—both clients and clinicians—are being asked to meet more than we were ever trained to hold. This experiential workshop offers a grounded, restorative space to return to ourselves, reconnecting with internal resources through creative expression, somatic awareness, mindfulness, and imagination. Rooted in a transpersonal, trauma-informed approach, Mining Inner Wisdom follows the three-phase model of trauma healing: safety, expression, and integration (reconnection). Participants are guided through a carefully paced experience that includes brief psychoeducation, music, visualization, expressive arts, and gentle embodied practices. Rather than learning these concepts only intellectually, participants will experience them directly—moving from grounding, into expression, and toward integration. This workshop is both a professional offering and a space for personal renewal—especially for therapists who are called not only to care for others, but to tend to their own lives. It invites a return to wholeness: to becoming more resourced, more present, and more connected to one's own inner guidance while continuing to serve with integrity. Participants will leave with practical tools they can bring into clinical work, along with a lived sense of how creative, somatic, and imaginative practices can support both their clients and themselves.

**Learning Objectives:**

1. Identify the three phases of trauma-informed treatment (safety, expression, and integration/reconnection) and explain their role in clinical practice.
2. Demonstrate at least two techniques that support nervous system regulation and grounding within the phase of safety.
3. Apply expressive arts, guided imagery, and imagination-based interventions to facilitate emotional expression and access to internal resources.
4. Incorporate somatic awareness and movement-based practices to support embodiment and integration in trauma-informed care.
5. Describe strategies for supporting therapist resilience and well-being through the integration of creative, somatic, and imaginative practices into personal and professional life.



**Carrie T. Ishee**, LPCC, LPAT, is a licensed art therapist, clinical counselor, and life coach with a private practice in Santa Fe, New Mexico. For over thirty years she has walked alongside individuals and couples navigating trauma, life transitions, and the deep longing to come home to themselves. She brings extensive clinical experience across behavioral medicine, residential treatment, intensive outpatient (IOP), and community-based settings, including early work at Johns Hopkins Hospital and the University of Maryland, as well as supporting first responders through the City of Santa Fe and the New Mexico Law Enforcement Academy. Her work is grounded in a transpersonal, integrative trauma model that weaves together creative expression, somatic awareness, mindfulness, and experiential healing. Her clinical perspective is shaped by both professional training and lived experience. In her award-winning memoir, *Seduced into Darkness: Transcending My Psychiatrist's Sexual Abuse*, Carrie shares her journey through profound betrayal and into reclamation, healing, and voice. This path informs her deep commitment to ethical care and advocacy for integrity within the therapeutic relationship. Mining Inner Wisdom arises from this lifelong devotion to healing. It is offered as a work of art and a love letter to humanity—especially to therapists, who are called not only to serve, but to tend to their own lives, to become resourced, whole, and deeply alive while meeting others with presence and integrity. Rooted in the three-phase trauma model of safety, expression, and integration, the program invites participants into an experiential journey through art, music, movement, and guided visualization. Created in collaboration with her husband, professional pianist and music director Chris Ishee, the *Mining Inner Wisdom* album has been recognized by the New Mexico Music Awards, where the song "Becoming" received first place in the Ambient/New Age category, and the album received Best Album Design, with imagery drawn from her decades-long art practice.

**Chris Ishee** is a pianist, composer, producer, recording artist, and music educator based in Santa Fe, New Mexico. Over a four-decade career he has performed nationally and internationally, touring with artists such as Maynard Ferguson, Engelbert Humperdinck, and Alvaro Torres. He has also recorded piano and keyboard tracks for musicians across the United States, including projects in Miami, Los Angeles, New York, Alaska, and New Mexico. With a deep commitment to music education, Chris has served as music director at Santa Fe Preparatory School for over twenty-two years, leading award-winning productions, and was head of the Santa Fe Youth Symphony jazz program for seven years. Since the 1990s he has collaborated with the National Dance Institute as an accompanist and music director, supporting generations of young performers. He maintains a private teaching studio just outside of Santa Fe, where he coaches both youth and adults in improvisation, composition, and finding their unique musical voice. Chris has released three original albums—*Saguaro City*, *Saints and Sinners*, and *Mining Inner Wisdom*. His collaborative work with his wife of thirty years, Carrie Ishee, blends music with therapeutic process. Their song "Presence" was a finalist in the 2024 New Mexico Music Awards, and *Mining Inner Wisdom* received two first place awards in 2025. He currently performs throughout New Mexico. You may also find him at Isotopes Park on any given Sunday, where he has served as organist for the Albuquerque Isotopes since 2004—bringing together two of his great loves: music and baseball.

## EXPLORING STORY AND ETHICS THROUGH AN AFRICAN FOLKTALE: "THE RIVER"

Ethics | 3 CE's | \$65 In person

How do we face our own and others' hidden ugliness? As therapists, how do we fully accept clients as they are, while encouraging new openings and insight? Ethically, can we support without doing either too much or too little? This workshop uses the inspiration of a powerful African folktale, "The River." The story will be shared dramatically, with masks: the jealous village girls, our too innocent heroine, the hungry demon, and, most important, the magical river lady who tests us as she asks to be healed. Then we will explore our responses through inner journeying, art, and sharing. The characters' struggles can stimulate new perspectives within us. Our process leads toward a deeper awareness of our clients. And this workshop, ethically, may awaken new ideas about ugliness and beauty, about when to be brave, and when to pause and reflect. Parallel to its heroine's journey, this story can stimulate us to expand our sense of compassion and of self-care, while becoming more sensitive to the complexity of our relations with others.

### Learning Objectives:

1. Expand our ethical responses to another's suffering.
2. Develop new perspectives about what is considered ugly.
3. Analyze when it is wise to move forward, and when to wait and evaluate.
4. Deepen our compassion for clients, and for ourselves.
5. Increase our ethical awareness of what is too much or too little support for another.



**Anna Katherine, MA**, has been leading story and creative process workshops for over twenty-five years. She believes in the uniqueness of each person's response and creative expression. She is a storyteller, teacher, writer, and counselor. Long ago she graduated from Southwestern College, where she learned that each person must find their own path, and honor where their footsteps lead.

## CEREMONY AND SACRED PRACTICES TO REBALANCE AND STAY CENTERED WITHIN THE CIRCLE OF LIFE IN THESE TIMES OF GREAT CHANGE

Multicultural | 3 CE's | \$65 In person

In the first half of the presentation, shamanic and energy medicine methods will be taught on how to keep one's center and regain balance while learning how to create and sustain sacred space. Through the perspective of various traditions, knowledge will be shared on the many cycles humanity is transiting through. Together in sacred circle and ceremony we will join together to create a field of healing and transformation, including a blessing of sacred teachings and movement designed to bring us together to help humanity and Mother Earth. Many people are already going back to a simpler existence. How do we do this where we are in our lives right now? Participants will experience traditional mindful ceremonial practices that anchor us to all our relations and our place in the circle of life. This will include sacred Aztec dance with its philosophy and sacred rituals to cleanse and renew.

### Learning Objectives:

1. Discuss how to create and keep one's center during challenging times by creating and sustaining sacred spaces.
2. Describe the physiology and nervous system when overwhelmed, and how to follow and track sensations in our bodies.
3. Re-engage our childhood trust, innocence and magic.
4. Connect within a framework of Earth-based healing that addresses the stresses of contemporary life, including depression, addiction, grief, and anxiety through ritual dance and ceremony.



**Michele Rozbitsky, MA, LPCC**, has been a licensed psychotherapist, shamanic practitioner, and teacher for thirty-six years. Michele's book, *Journey to the Fifth World: Coming Full Circle in Healing and Transformation*, is a path through these times. Her sessions, groups, workshops, and apprenticeships offer profound, positive change and deep soul guidance. She has participated in many years of extensive teachings with wisdom keepers from many cultures. Michele has presented five times at the Southwestern College Transformation and Healing Conference and graduated from the college in 1990. [journeytothefifthworld.com](http://journeytothefifthworld.com)



**Conception Garcia Allen, LMHC**, is a Zapotec native from Oaxaca, Mexico, trained to be of service by her four great aunts and Guadalupe de la Cruz Rios, a medicine woman of the Huichol Nation. She is a curandera, licensed mental health counselor, licensed massage therapist, Somatic Experiencing practitioner, and Aztec dance ceremonial leader. Conception is an elder in the community of Santa Fe and has been supporting individuals and families in the community for more than thirty-five years and has walked three ceremonial paths for close to fifty years.

SUNDAY, AUGUST 9 | 5:15-6:15pm

## New Earth Institute Reception

Join us as we celebrate Katherine Ninos, who has been with the college since it's doors opened in 1979, founded the New Earth Institute, and created the consciousness curriculum. She will be officially retiring from her position as executive vice president and director of the Consciousness in Action MA Program.

**Light refreshments will be served.**

You can register for this event, free of charge, using our registration portal.



# Online Conference Sessions

Zoom links for online sessions will be emailed  
the day before the session.

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**FRIDAY, AUGUST 7 | 9am-12pm | 3 CEs**

## **DISINTEGRATION AS TRANSFORMATION: SOMATIC SUPPORT FOR LIMINAL STATES** General Professional Development | 3 CEs | \$65 Online

Periods of profound change can be understood through the life cycle of moths and butterflies. Like the caterpillar sensing it is preparing for transformation, many clients arrive when familiar ways of living are feeling unsustainable. A previous identity, role, or life structure may be dissolving before a new one has fully formed. In a process called histolysis, the caterpillar dissolves before reorganizing itself into a new form. In humans this liminal state, or psychological threshold, is often marked by uncertainty, grief, disorientation, and nervous system dysregulation as narratives of self and patterns of relating begin to shift. Drawing on principles from sensorimotor psychotherapy, this workshop explores how somatic awareness can support clients in navigating these in-between spaces. Participants will learn practical body-based interventions that help stabilize the nervous system which allow new identities, meanings, and directions to gradually emerge. Through reflection, discussion, and experiential practice, we will explore these liminal states together.

### Learning Objectives:

1. Describe liminal states and their role in psychological transformation and transition.
2. Identify common somatic and nervous system responses that occur during liminal states.
3. Practice body-based interventions drawn from sensorimotor psychotherapy to support regulation and stability during periods of transition.



**Cathy Schneider**, LCSW, is in private practice near Vail, Colorado. She has been practicing clinical work for fourteen years in a variety of settings including crisis response, inpatient, residential, outpatient community mental health, integrated medical, and hospice. In her practice Cathy specializes in complex trauma, grief, and medical concerns as well as the transformative growth inherent in those processes. Her clinical work operates from feminist and transpersonal perspectives in using EMDR, sensorimotor psychotherapy, and psychedelic-assisted work.

## **BEYOND PERFORMANCE: CULTIVATING AUTHENTIC PROFESSIONAL IDENTITY IN CLINICAL SUPERVISION** Supervision | 3 CEs | \$65 Online

In a time of growing clinical burnout, systemic pressure, technological change, and increasing demands for productivity, many therapists are navigating professional identities shaped more by performance than authenticity. This workshop holds space for supervisors to explore how to support authentic therapist development that goes beyond evaluative productivity metrics. Supervisors will be guided to reflect on their own professional development and what aspects contributed most (both positive and negative) to their present-day identity and conceptualization of “what is a therapist.” From these reflections, supervisors will explore intrinsic and extrinsic expectations they may have on therapist development and discuss how these shape their approach to supervision. Concepts such as professionalism, productivity, growth, and being perfect will be deconstructed to help identify ways to decolonize practices. Opportunities to reimagine more authentic self-of-the-therapist practices will be provided, and special emphasis will be placed on how the supervisors themselves may be able to be the change they hope to see within the field of therapy.

### Learning Objectives:

1. Explore how to support authentic therapist development beyond evaluative productivity metrics.
2. Reflect on supervisor development, identity, conceptualization, and expectations.
3. Describe a decolonized approach to supervision.



**Alice Nelson** (she/they), LMFT, is a certified clinical adventure therapist, an AAMFT approved clinical supervisor, and a registered clinical supervisor in Oregon, Washington, and New Mexico. Alice identifies as a nature based therapist, collaborating with Nature as a co-therapist when clinically supported. Alice strives to intentionally and ethically collaborate with Nature within all aspects of her life. Alice’s hope is to help others rekindle and deepen their own authentic relationship with Nature, whether through therapy with her clients, as a clinical supervisor, or by teaching professionals. Alice offers nature-based consultation, supervision, and training through her internationally recognized business, Grow With Nature. Clinically, Alice is the co-owner of Wild Peloria, an Oregon based mental health group practice that specializes in offering neurodivergent and sensory affirming mental health therapy to all ages. As a therapist Alice helps people age seven and up through adulthood, including couples and families. Alice specializes in complex systems work, trauma processing, and supporting neurodivergent and queer populations. Professionally, Alice is on the council for the NW Region of the Association of Experiential Education and teaches at several universities.

## **SOUTHWESTERN COLLEGE BOOKSTORE**

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**PATTERNS OF RESURGENCE OF THE LIVING IMAGINATION: EXPLORING DREAMING, ASTROLOGY, AND DIVINATION SYSTEMS FOR PERSONAL AND COLLECTIVE REGENERATION**

General Professional Development | 1 CE | \$25 Online

During a time tending toward confusion and disequilibrium, we can reach out to greater patterns of imagination through visionary practices that return us to center, grounding, and source. In this workshop we connect with support figures, mentors, and allies of imagination. We drop down to the depth dimensions through living association, mythic amplification, all the way to the liveliness of animated imagining. In this way, we access deep imaginings that can companion us and open portals to life-giving sourcing. Vicki Noble has described how the rivers of the treasure traditions at times have had to go underground to survive difficult times. We spelunk and snorkel in this workshop with traditional practices of meaning-sensing and oracular possibility, in the waters of living wisdom. How might dream tending approaches, divination practices, and the deep structures of astrology help us access imaginal doorways for anchoring, self-healing, and mutual compassion? What are shared patterns of sourcing and regeneration as we come more fully alive to both the despair and overwhelm we might carry and the undergirding connective matrix such deep feelings indicate and rebolden? How can we honor the wisdom keepers of the different lineages of I Ching, astrology, and oracular practices without appropriating, culturally mining and extracting, or bring unconscious acquisitiveness from postindustrial consciousness while accessing wisdom? What practices of reciprocity and responsibilities of giveback can we engage in to responsibly journey through illuminative and endarkening practices within the depth realms? How can we create contexts for the difficult or intolerable in the imaginal space to transmute to reveal hidden capacities in the world behind the world? This immersive online workshop builds insight through contexting mini-briefings, experiential framework learning, and creative, hands-on exploration. The workshop also explores ideas about how helping professionals, educators, and coaches can integrate these approaches into their practices. Participants are invited to bring their own divination and dreaming materials as well as art supplies for this multimodal journey.

**Learning Objectives:**

1. Embody ways of being to create conditions for opening up portals to deep imagination.
2. Apply three strategies to decolonize access to archetypal and oracular practices from living wisdom tradition sources.
3. Identify parallels in the deep structures of association, amplification, and animation across both dreaming and at least one oracular practice.
4. Create a visual of an imaginal figure and describe its hidden potency as a regenerative ally.
5. Explore ways to integrate intuitive and living wisdom approaches into their practices.



**Randal Lea, LADAC**, is a licensed addictions counselor with thirty-nine years of clinical and administrative experience. Lea received master's degrees in counseling from Trevecca Nazarene University and in depth psychology from Pacifica Graduate Institute. Mr. Lea has been a frequent presenter on such topics as assessment, sexual behavior in children, ethics, and trauma. He is a certified mentor of Dream Tending and a qualified clinical supervisor in addictions counseling. Lea began his career at Cumberland Heights Foundation where for the better part of seventeen years he led the adolescent programs and administrative roles with quality management and utilization review. He left Cumberland to serve for eight years as assistant commissioner with the Tennessee Department of Children's Services. In 2008 he was recognized by the Praed Foundation as a national Systems Champion for implementing a statewide children's assessment for DCS. He also received the Friend of Children Lifetime Achievement Award in 2010 from Tennessee Voices for Children for approaching child evaluation from a systemic approach as opposed to pathologizing behaviors. Lea left the state in 2011 to operate a treatment center and later an extended care program for women in recovery. He returned to Cumberland Heights in 2015 for ten years, during which time he operated fourteen outpatient centers, a community counseling program, implemented a coaching and outcomes tracking program, and managed opioid abatement grants. For his administrative and clinical work he received a Lifetime Achievement Award from the Tennessee Association of Addiction Professionals in 2021. He currently serves as immediate past board president of the Tennessee Association of Alcohol and Drug Abuse Services, from which he was awarded in 2025 the Sharon Trammell Lifetime Achievement Award.



**Marna Hauk, PhD**, teaches and facilitates dream tending internationally, serving as senior faculty. Her specialties in the field include deep imagination illumination and endarkenment, earth dreaming, virtual dream temples, portal spotting, dream tending as research methodology, establishing Imaginal Wisdom Councils, and cultivating personal and collaborative imaginal intelligence. Dr. Hauk has been studying, developing, and teaching intuitive systems for over thirty-five years. At the convergence of the deep imagination, creative process, and the living wisdom traditions, Marna catalyzes the catalysts. She creates sanctuaries of attention for learning with the creative unfurling of the living universe. Her approach supports sensitive sensing of the poetic, imaginal, and fractal qualities of creative resonance. We deepen to collaborate with the group genius of multiple kinds of provisioning: the minute momentary, the deep indwelling, the expansive nature patterns, the liberatory impulse. Dr. Hauk graduated with honors from Prescott College with a PhD in education, with a focus on sustainability education. She graduated with a master's in culture and spirituality from the Holy Names University Sophia

Program and graduated Phi Beta Kappa from Reed College with a bachelor's in comparative literature. Her scholarship on queer, land-based regenerative educational leadership has been featured in multiple chapters and books. Dr. Hauk serves on the faculty of the doctoral program in Visionary Practice and Regenerative Leadership and the master of arts in Transformative Leadership at Southwestern College. She has designed more than ninety courses of innovation and has published and presented in more than one hundred refereed, international contexts. Dr. Hauk catalyzes adult learning and graduate programs that are experientially immersive, creatively integrative, imaginatively connective, diversity-inclusive, and skills-building for the Great Turning. She serves on the editorial boards of the *Journal of Sustainability Education* and *Artizein: Arts and Teaching Journal*. Marna is a certified spiritual director, certified Dream Tender, experienced Poetic Medicine facilitator, and facilitator of Joanna Macy's Work that Reconnects. Dr. Hauk flourishes near Hood River, Oregon, on the traditional lands of the Chinookan and Wasco Nations, in the Pacific Cascadia bioregion, creating permaculture and regeneratively-designed teaching and learning gardens and food forests for Gaian flourishing.

**BREATHING WITH GAIA: HOLOTROPIC PERSPECTIVES ON THE ECOLOGICAL SELF**

General Professional Development | 3 CEs | \$65 Online

How might our species begin to move out of separation and toward interbeing with the greater Earth community? In this workshop we will begin with an exploration of Stanislav Grof's body of work, while paying particular attention to a specific subset of transpersonal experiences that evoke a felt sense of our ecological self. The word "holotropic," coined by Grof, translates to "moving towards wholeness." Building upon this foundation, we will weave together Grofian psychology, the field of ecopsychology, and the work of some of our world's ecological visionaries, such as Joanna Macy, Thomas Berry, and Arne Naess. We will contemplate what it means to be human during times of great change. Experiential practices will be included.

**Learning Objectives:**

1. Examine Stan Grof's cartography of the human psyche.
2. Describe the foundations of Grof® Breathwork for inducing holotropic states of consciousness.
3. Explore the intersection of transpersonal experience and ecological awakening.
4. Discuss the work of eco-philosophers such as Joanna Macy, Thomas Berry, Arne Naess, and others.



**Andy Chiaraluce, MA, LPCC**, is a psychotherapist in private practice in Taos, New Mexico. With his master's degree in counseling, Andy specialized in ecopsychology/ecotherapy at Prescott College. He is currently training as an apprentice facilitator in the Grof® Breathwork lineage developed by Stan and Christina Grof through the Grof® Legacy Training USA. Andy has a passion for exploring the relationship between Gaia, Cosmos, and the human through the lenses of transpersonal psychology, ecopsychology, and deep ecology.

**SATURDAY, AUGUST 8 | 9am-12pm | 3 CE**

## COMING TO PEACE INNER CONFLICT RESOLUTION: PARTS INTEGRATION

General Professional Development | 3 CE | \$65 Online

This workshop will introduce students to the Coming to Peace conflict resolution method that arises out of the Depth Hypnosis Spiritual Counseling Model created by Dr. Isa Gucciardi. Depth Hypnosis Spiritual Counseling brings ancient understandings of healing into a modern context. Depth Hypnosis utilizes hypnotherapy techniques including suggestion hypnosis and regression and is unique in its integration of Buddhist understandings of the nature of mind and the catalytic processes of healing originating in applied shamanic practice and integrated energy medicine. The Coming to Peace process creates a powerful structure for resolving conflict—between people or within oneself. This workshop will focus on the internal applications of the model, teaching participants how to resolve inner conflict by bringing parts of the self with opposing intentions/beliefs into communication and peaceful resolution. Skilled clinicians will learn new techniques for healing splits by bringing parts of the self that are at odds into a dialogue and into alignment with the client's highest good. In Coming to Peace, techniques from the Ubuntu tradition of Africa, the Iroquois League of North America, and Ho'oponopono from Hawaii are integrated to create a powerful method for healing conflict. This method opens a window into a deeper understanding of suffering: how it is created, and how to access the resources that point the way to peace.

### Learning Objectives:

1. Access internal resourcing through the Depth Hypnosis Model.
2. Describe how to set a powerful container for conflict resolution.
3. Identify strategies for how to bring opposing parts of the self into a peaceful alignment.
4. Apply new methods for aligning clients to their highest good.



**Joanna Adler**, PsyD, is a licensed clinical psychologist, Depth Hypnosis practitioner, and research director and instructor at the Foundation of the Sacred Stream in Berkeley, California. She is also a leadership coach with Leadership Landing, Inc. Joanna completed her doctorate work at the California Institute of Integral Studies with focus on transpersonal psychology and family systems. She has studied at the Foundation of the Sacred Stream for twenty-three years and was the principal investigator for a multi-year efficacy study on Depth Hypnosis Spiritual Counseling which yielded significant positive results in the treatment of depression, anxiety, PTSD, and increase in well-being. Joanna has thirty years of training in Buddhist psychology, contemplative practice, and cross-cultural healing techniques. She teaches nationally and internationally on topics related to Depth Hypnosis Spiritual Counseling, the Coming to Peace Conflict Resolution Method, Applied Shamanism, and Integrated Energy Medicine. Joanna lives in Telluride, Colorado.

**SATURDAY, AUGUST 8 | 12:30-1:30pm | 1 CE**

## THE SPIRIT OF THE NIÑOS SANTOS: ANCESTRAL HEALING, SACRED RELATIONSHIP, AND THE FUTURE OF ANCIENT MEDICINE

Multicultural | 1CE | \$25 Online

Join psychotherapist, educator, and psychedelic advocate Amy Wong Hope in a rare live conversation with Mazatec healer, author, and cultural ambassador Alejandrina Pedro Casteñeda of Huautla de Jiménez, Oaxaca. Rooted in the wisdom of her Mazatecan lineage, Alejandrina carries forward ancestral healing traditions through Auraterapia, medicinal plant knowledge, and the sacred practice of *velada Mazateca* with *ndí xitjo* (psilocybin mushrooms). In this intimate one-hour dialogue, Alejandrina will share teachings passed through family, land, spirit, and direct revelation; exploring the relationship between emotional wounds, ancestral trauma, the body, and spiritual healing. Together Amy and Alejandrina will discuss the responsibilities that arise as global interest in traditional medicines grows, the importance of protecting Indigenous wisdom and sovereignty, and the role sacred relationship plays in true healing. The conversation will also highlight Alejandrina's humanitarian work in Oaxaca, including her vision for Casa Hogar Paraíso, a developing school and orphanage dedicated to serving vulnerable children in the Mazatec region. This is an invitation to listen deeply to a message of healing that is not separate from spirit, ancestry, community, or the Earth itself.

### Learning Objectives:

1. Describe ancestral plant medicine healing traditions
2. Explore the relationship between emotional wounds, ancestral trauma, the body, and spiritual healing.
3. Identify ways of protecting Indigenous wisdom and sovereignty, and the role sacred relationship plays in true healing.



**Amy Wong Hope**, MSW, LCSW, is a licensed clinical social worker in New Mexico and Colorado and a licensed natural medicine clinical facilitator in Colorado working exclusively with psilocybin. She is the director and founder of the Psychedelic Studies Certificate Program at Southwestern College in Santa Fe, New Mexico, where she develops curriculum exploring the intersections of psychedelic studies, psychotherapy, ethics, policy, culture, and social responsibility. Amy completed MDMA-assisted therapist training through MAPS (2018), is certified as a psilocybin facilitator through Innertrek (2024), and was part of the inaugural psychedelic social justice cohort at the Chacruna Institute (2021). She previously worked at The Trauma Center at JRI in Boston under the leadership of Dr. Bessel van der Kolk, where she trained in cutting-edge trauma therapies. Her clinical approach integrates EMDR, Internal Family Systems (IFS), sensorimotor psychotherapy, hypnotherapy, and shame-resilience practices. Amy is also co-author of *Small Doses of Awareness: A Microdosing Companion*, a guided journal supporting intentional and reflective psychedelic practice.



**Alejandrina Pedro Casteñeda** is a Mazatec healer, author, cultural ambassador, and practitioner of Auraterapia from Huautla de Jiménez, Oaxaca, Mexico. Raised within the traditions of her Mazatecan lineage, she carries ancestral knowledge of medicinal plants, spiritual healing, and *velada Mazateca*, a sacred ceremonial practice involving *ndí xitjo* (psilocybin mushrooms). Her work centers on the relationship between emotional, ancestral, spiritual, and physical well-being, helping individuals address disturbances rooted in trauma and intergenerational wounds. Alejandrina's healing path has been shaped through family lineage, cultural tradition, and direct spiritual transmission. Alongside her healing work, she is an advocate for the protection and sovereignty of Indigenous medicine traditions and ancestral wisdom. Formerly a journalist in Mexico City, she returned to her homeland to dedicate herself fully to healing, community care, and the development of Casa Hogar Paraíso, a school and orphanage for vulnerable children in the Mazatec region. Through her teachings, writing, and international work, she serves as a bridge between ancestral knowledge, cultural preservation, and collective healing.

**SATURDAY, AUGUST 8 | 2-5pm | 3 CEs**

## CREATING YOUR SACRED INNER SPACE

General Professional Development | 3 CEs | \$65 Online

As our world becomes more overwhelming because of emotion-filled social media posts, negativity on the news, and fear all around us, the more we are affected by this level of energy. For those who are struggling with anxiety, trauma, or who are sensitive, have psychic abilities, or are just waking up to the fact that they can perceive more than many of their friends, learning to control the flow of energy in and out is essential. Creating your sacred inner space is a method to understanding how these energy flows work, an exploration of the different reasons behind why they affect us, and creates a foundation of practices that can help gain control and boundaries to allow a person to feel safe and comfortable in their environments, even if they are being bombarded on the outside. Learn how to use creative visualization to enhance an internal landscape that can bring comfort, solitude, increase your abilities to discern what is yours and what isn't, as well as begin to explore astral travel, past lives, and other amazing abilities in your own Sacred Inner Space.

### Learning Objectives:

1. Identify the subtle energies that cross our own personal boundaries.
2. Create a place in our minds that brings peace and solace.
3. Utilize Sacred Inner Space to bring discernment with the motives of others and keep ourselves grounded and protected.
4. Release the stressors of the day through energetic clearing.
5. Identify and learn how to begin to understand psychic abilities and how they affect our daily experiences.



**Erin Wilson, LMFT**, works in Roswell, New Mexico, at Behavioral Medicine Associates, Inc. She works with individuals, couples, and families, as well as every age group including children. Learning how to communicate with the subconscious, especially through the beauty of play, has been integral in her understanding of how to help reduce trauma reactions as well as everyday stressors that we all experience. Along with her clinical work, Erin has worked as a psychic for over thirty years and has developed methods in which to help others who are also sensitive to the subtle energies around us—which includes the ability to hear the subconscious and interpret the signs that are generated by ourselves as well as other beings. Along with these abilities, she also works in the UFO field, helping contactees to reduce their trauma symptoms through hypnotic regression.

## ANCIENT TRADITIONS/MODERN APPLICATIONS: STORYTELLING FOR HEALING

General Professional Development | 3 CEs | \$65 Online

Throughout history stories have helped humanity understand existence and purpose, appreciate cultural norms, and give explanation to positive or adverse events as well as creating solidarity and unity. In many societies stories are powerful tools in the healing process. This workshop introduces the experiential applications of creative writing, storytelling, scriptwriting, film, and poetry and their use in healing to facilitate positive identity, connection to ancestors, life purpose, and expression of feelings. In this workshop attendees will learn the types of storytelling modalities and receive prompts to aid their clients. Attendees will also create a personal myth in the workshop and will need to have a pad of writing paper, a pen, crayons, and/or colored pens.

### Learning Objectives:

1. Identify the types of storytelling most useful to the healing process.
2. Explore prompts and templates that can be used in groups for healing.
3. Create a personal myth in the workshop using prompts.
4. Analyze examples of stories and personal myths created by clients (presented with permission and anonymously).



**Mary (Mac) Morrison** is a licensed professional counselor in New Mexico and Montana. She is also a folk artist and creative writer/slam poet and indie filmmaker. Mac was raised in a multicultural and multiracial family where storytelling was a part of forming identity, purpose, and healing. Mac facilitates writing workshops for clients to create personal myths, poetry, and stories that help healing in her practice.

**SUNDAY, AUGUST 9 | 9am-12pm | 3 CEs**

## An Introduction to Eye Movement Desensitization and Transmutation

General Professional Development | 3 CEs | \$65 Online

Bringing more somatic, transpersonal, and holistic experience to EMDR. This workshop is an introduction and discussion about how including alternative visualization, body experiences, and spiritual practices can assist clients in reprocessing their experiences while avoiding the pitfalls of a strictly cognitive exercise. Utilizing ancient techniques such as yoga, traditional Chinese medicine, shamanic practices, and other intuitive tools in the EMDR process creates a more holistic approach to healing. Clients have reported profound experiences and life-changing events with quicker reprocessing times and less reactivity than can be experienced in traditional EMDR practices. A basic understanding of EMDR (or similar) techniques is necessary for the best understanding of this workshop.

### Learning Objectives:

1. Utilize clients' spiritual practices in their healing journey.
2. Apply ancient techniques and modalities into modern EMDR practice.
3. Identify strategies for inter-weaving alternative modalities into EMDR.



**Morrika Wolford, LPC, LCPC**, started working with animals while she was in high school and college. She then pivoted in her career to working with and helping people to heal. She has a master/teacher degree in Reiki and graduated from massage school in 2004. She has been working on and off in the massage field for over twenty years. She understands how our bodies hold our experiences and is knowledgeable in some of the tools that help us release those experiences. She expanded her education and received her master's degree in professional counseling from Naropa University. She specialized in transpersonal and wilderness therapy which brought in mindfulness and how the natural world can be utilized in our healing process. She was trained in EMDR in 2018 and has been specializing in trauma work since. Morrika combines many different modalities, life experiences, observations, client feedback, and intuitive information to assist people in their healing journey.

**SUNDAY, AUGUST 9 | 2-5pm | 3 CEs**

## **HANDS-ON HEALING: INTRO TO EMOTIONAL FREEDOM TECHNIQUE, MINDFULNESS, AND SELF-CARE**

General Professional Development | 3 CEs | \$65 Online

Join us for an interactive and experiential workshop designed to introduce participants to Emotional Freedom Technique (EFT) tapping and other energy psychology practices that support emotional well-being and nervous system regulation. This session is perfect for beginners who are curious about alternative approaches to stress relief, emotional balance, and self-care. EFT tapping is a gentle, evidence-informed method that combines elements of mindfulness, acupressure, and cognitive awareness to help release emotional blocks and reduce stress. Participants will learn the basics of tapping, explore how it can be applied to everyday life, and experience its immediate calming effects. No prior experience is required, just a willingness to engage and experiment with new ways of supporting your emotional health. A highlight of this session is a hands-on mindfulness activity using Play-Doh, where participants will use metaphors to explore their personal journey. They will be invited to create representations where they currently are in life, where they want to be, and how they use their time. They will also connect their past, present, and future in a tangible, creative way. This activity encourages self-reflection, presence, and playful engagement, helping participants externalize their inner experiences and visualize meaningful change.

In addition to EFT tapping and Play-Doh mindfulness, the workshop will introduce participants to other energy psychology techniques and nervous system regulation strategies. These tools are designed to help individuals manage anxiety, release tension, and cultivate resilience in a supportive, accessible way. Attendees will learn practical skills they can integrate into their daily routines, whether for personal growth, self-care, or professional use. This session emphasizes a safe, supportive, and engaging learning environment, where participants are encouraged to experiment, reflect, and connect with the practices in a way that feels authentic to them. Attendees will leave with a deeper understanding of how energy-based approaches can support emotional health, along with practical tools to manage stress, enhance mindfulness, and promote overall well-being. Whether you are new to EFT tapping, curious about mindfulness practices, or seeking hands-on strategies to support self-care, this workshop provides an inviting space to learn, practice, and experience the benefits of energy psychology techniques in a creative and interactive way. EFT tapping is the gift that keeps giving. Once you learn the technique you can teach it to your clients, family, friends, or colleagues. Since it is more active, it is also very supportive to those who have a hard time with meditation.

\*Participants are asked to have a small amount of clay or Play-Doh on hand to use for an experiential activity.

### **Learning Objectives:**

1. Identify and describe the foundational principles of Emotional Freedom Technique (EFT), including the purposes of tapping and the basic acupressure points used to support emotional regulation and stress reduction.
2. Practice and apply a basic EFT tapping sequence to a personal or hypothetical stressor, showing the ability to use the technique as a practical tool for calming the body and shifting emotional states in real time.
3. Analyze their current patterns of time use, emotional focus, and internal experience through participation in the Play-Doh activity, using metaphors to distinguish whether their attention is primarily oriented toward the past, present, or future.
4. Evaluate the alignment between where they currently are in life and where they would like to be, reflecting on how their daily choices, thoughts, and behaviors support or hinder movement toward goals and values.
5. Create a personalized plan for integrating at least one mindfulness or nervous system regulation strategy.



**JoAnn Padilla, LPCC**, brings over fifteen years of experience as an independently licensed behavioral health therapist in New Mexico, and provides a compassionate, holistic approach to supporting emotional well-being and personal growth. She is the founder of Serenity Wellness, LLC, where she works with individual clients in private practice, helping them navigate challenges such as anxiety, stress, trauma, and life transitions. JoAnn specializes in alternative and integrative approaches to therapy, with a strong focus on Emotional Freedom Techniques (EFT) tapping. As a level 3 EFT practitioner she incorporates this evidence-informed method to help clients release emotional blocks, regulate the nervous system, and create lasting change. Her work also integrates additional energy psychology modalities, allowing her to tailor each session to the unique needs of the individual. She is passionate about empowering clients with practical tools they can use beyond the therapy room to support ongoing healing and resilience. Before becoming a therapist, JoAnn spent ten years in education as a kindergarten, third grade, and fourth grade teacher. This background gives her a deep understanding of developmental stages, learning styles, and the importance of creating safe, supportive environments for growth. Her experience in both education and mental health allows her to connect with clients in a grounded, approachable, and nurturing way. JoAnn's work is rooted in the belief that healing is possible when individuals feel seen, heard, and supported. She strives to create a warm and collaborative space where clients can explore their experiences, build self-awareness, and move toward greater balance and fulfillment. Outside of her professional life JoAnn enjoys spending time in nature, yoga, karaoke, attending concerts, traveling, and relaxing with her beloved dog, Sassy. JoAnn is always open to new adventures and understands the importance of a good work/life balance. She stays involved in a classroom setting by volunteering at her church where she is a youth mentor, teacher, and helps lead retreats. She enjoys teaching workshops in community centers where she helps people learn about EFT tapping, mindfulness, and self-care.

## **A MESSAGE FROM THE NEW EARTH INSTITUTE DIRECTOR**

*Kate Latimer, MA, LPCC*

I would like to take a moment to offer my gratitude and deep appreciation to the people who have dedicated their time and energy to making this year's Transformation & Healing Conference happen!

First, to Katherine Ninos, Transformation & Healing Conference founder, who continues to offer me her mentorship, guidance, and support every step of the way. Next, to the Transformation & Healing Conference planning team for their countless hours of preparation and collaboration in bringing the conference to life and ensuring that everything runs as smoothly as possible. I would also like to thank our presenters for donating their valuable time in offering their expertise, wisdom, and experience in service to the conference theme and this uniquely intimate experiential learning environment. Finally, I would like to thank all our conference participants for their interest, enthusiasm, and engagement, which creates an amazing opportunity to learn from each other and take that learning out into the world as a light action for transformational healing!

This year, we are holding two special events honoring important members of the Southwestern College & New Earth Institute community. Saturday evening we will celebrate New Earth Institute Trauma, Grief, and Renewal Certificate Program Director, Dr. Ted Wiard, for his many years of service and leadership. Sunday we will hold a ceremony for Katherine Ninos, who will be retiring from her decades long position as executive vice president. You can register for both of these events, free of charge, using our registration portal.

