

The 28th Annual Transformation and Healing Conference: CONSCIOUSNESS IN THE AGE OF AQUARIUS Wednesday–Sunday, August 26–30, 2009

WELCOME TO THIS YEAR'S CONFERENCE:

Prophecies as well as ancient wisdom traditions have anticipated great changes as we move from the Piscean to the Aquarian Age. The original dedication of Southwestern College called it a 'light action' intended to serve as a bridge between these Ages. The critical challenge is to expand our consciousness from egocentricity to the experience of unity in which love and support for all of life without exception will prevail on Earth.

This year's conference offers information and support for this time of great change and invites you to participate in diverse ways of viewing and working with consciousness.

Eighteen experiential classes will be given by well-known New Mexico practitioners. In addition, we are featuring two weekend Keynote Presentations: James O'Dea will present on Saturday August 29 from 9am–5:30pm and Bill O'Hanlon will close the conference on Sunday, August 30. from 1–4pm.

LOCATIONS OF CLASSES AND PRESENTATIONS:

- Wednesday–Friday morning and afternoon workshops are held at the Southwestern College campus, 3960 San Felipe Rd. Santa Fe.
- The Saturday and Sunday keynote presentations are at the Santa Fe Center for Spiritual Living, 505 Camino de los Marquez, Santa Fe.
- If attending the entire conference, select ONE from the morning and ONE from the afternoon offerings each day.

EARN CECs – ADVANCE YOUR CAREER

Board approved Continuing Education Credits (CECs) are available for counselors, art therapists and social workers.

- The Wednesday through Friday morning and afternoon classes are 3 CECs each.
 - The Saturday workshop counts for 6 CECs and the Sunday for 3 CECs.
 - 27 CECs are available for attending the entire conference.
- Please call Southwestern College if you have any questions, 505-471-5756 or toll-free 1-877-471-5756.
 - You may Fax your completed registration form to 505-471-4071.
 - For directions to the college, visit www.swc.edu/directions.htm



Southwestern College
Transforming Consciousness Through Education

www.swc.edu

TRANSFORMATION AND HEALING CONFERENCE 2009

WEDNESDAY AUGUST 26, 9am to 12pm

Our Aquarius Toolbox

Robert Waterman, Ed.D., LPCC

Aquarius is a consciousness of responsibility and a promise of grace. In this presentation we will open the "box of tools" embedded in the wisdom of our soul. Our "Aquarius toolbox" will enable us to access our spiritual resources, bridge heaven and earth, transform our shadow, expand into the quantum field in which we live and breathe, and correctly read the signs of the times. Aquarius is an internal event in which we resource our original impulse out of Source and, by so doing, realign and transform the experiences and beliefs that we evolved through the ages. It can be an opportunity to dissolve the illusion of who we think we are and restore our kinship with the Living Love that is God.



Robert Waterman, Ed.D., LPCC has been teaching ancient wisdom applied to modern living for over thirty years, conducting classes throughout the U.S. and Europe. He is founder and president emeritus of Southwestern College, and founding president of the Quimby Amenti Foundation. He is the author of *Footprints of Eternity (Infinity 2006)* www.mystery-school.com.

Creating Your Personal Altar as a Gateway to the Fifth World

Debra Carroll, M.A., C.E.T.

According to Mayan and Hopi prophecies, the Earth has been created and destroyed three times before. We are now in the Fourth World, but the process of Emergence to the future Fifth World has already begun. A very important part of Emergence this time is the re-awakening of the conscious relationship between plants and humans. In this workshop each participant will use a precious object brought from home to begin creating a personal altar as a place to focus on preparing for Emergence into a radical transformation of the consciousness of sentient beings.

Debra D. Carroll, M.A., C.E.T. was the founding Editor of *Shaman's Drum Magazine*, and currently serves as editorial advisor. She is a pioneer in the application of shamanic techniques in Western clinical and educational settings.



The Medicine Wheel: A Map for Healing

Carol Parker, Ph.D., LPCC

This workshop will teach participants how to use the Medicine Wheel to find balance in ordinary life as well as healing during times of transition and crisis. Using the Medicine Wheel as a 'map of life,' we will see how this ancient knowledge provides strategies for coping with everyday problems as well as chronic dysfunctional patterns. Participants will have an opportunity to apply the teachings to a personal situation during an outdoor experiential 'Medicine Walk.' Please come prepared to spend about 45 minutes outdoors. Sunhat and water recommended.



Carol Parker, Ph.D. is the Chair of the Counseling Program and director of the Transformational Ecopsychology Certificate program at SWC. She is trained as a wilderness guide with the School of Lost Boarders and has studied with indigenous healers in the Amazon and the Andes. She has led groups to sacred sites in the Southwestern US, India and Peru.

WEDNESDAY, AUGUST 26, 2 to 5pm

Resolving Early Life Trauma Through the Primitive Reflexes

Lee Cartwright, M.A.

Primitive reflexes represent the range of physical movements available to an infant. Under ideal conditions these reflexes relax into the background as higher brain functioning evolves to allow advanced movements such as crawling and walking. Birth trauma, and trauma during the first few months of life, can prevent the brain stem from fully surrendering control of the body to the developing cerebrum and cerebellum resulting in "retained primitive reflexes." These can contribute to problems such as fearfulness, helplessness, anger issues, difficulty focusing and physical timidity. This workshop introduces basic neuro-anatomy, testing for retained primitive reflexes and includes a demonstration of a strategy for resolving a retained primitive reflex.



Lee Cartwright, M.A. developed *Shifting Consciousness through Dimensions (SCTd)*, a neurological system for transforming trauma and personal limitations. He has written three books on SCTd.

Sanity and Nourishment in a Cyber Age: Ayurvedic Self Care

Amadea Morningstar, MA, RPP, RPE

This is a major time of recalibration. Are we going to reset our internal awareness to be able to meet our challenges and connect with our deepest core, physically, emotionally and spiritually with love? Ayurveda offers us so many practical ways to be whole in a time when all that we once knew no longer fits. Yet all that we need to access to go forward resides in our core. We will be re-affirming our ability to work from this deep core place. We will integrate simple ways to ground and heal in daily life, including breath, nourishment, meditation, sound vibration, deep listening and caring for self from this ancient East Indian tradition.

Amadea Morningstar, MA, RPP, RPE, is the founder of the *Ayurveda Polarity and Yoga Therapy Institute* in Santa Fe. She has been teaching Ayurvedic self care since 1983. She is the author of *Ayurvedic Cooking for Westerners* (Lotus 1995). www.AyurvedaPolarityYoga.com

Creating a Culture of Peace Consciousness

Wind Eagle and Rainbow Hawk

From ancient earth wisdom come eight sequential steps—doorways to the "being and becoming the consciousness of peace" within the self. In this workshop, 8 Universal Principles and Practices will be shared and experienced, as practical steps to creating peace in the self. Creating a culture of peace that can bridge our collective wisdom ways, leading us to collaboration, understanding and respect of all cultures, is at the heart of the World Foundation for the Discipline of Peace and is the topic of this workshop.

WindEagle and RainbowHawk are co-founders of the *Ehama Institute* in Abiquiu, NM, and the *World Foundation for the Discipline of Peace*. They have worked internationally with individuals, groups and organizations for over two decades. www.disciplineofpeace.org



TRANSFORMATION AND HEALING CONFERENCE 2009

THURSDAY, AUGUST 27, 9am to 12pm

Yoga of the Voice™

Madi Sato

Yoga of the Voice™ (www.voxmundiproject.com) is an integrative, East meets West approach using indigenous music and the natural voice for spiritual transformation and healing. In this session we will work with ancient knowledge of sound and song to liberate the mind, free the voice and tap into the divine nature of the universe. From the medicine melodies of the Shaman, to the practice of seed syllables from Tibet to the Raga tradition of India, Yoga of the Voice™ will take you on a journey around the globe, as well as the infinite landscapes of the inner world, working with the magical qualities of sound. Free your true voice, experience the ancient knowledge of sound and allow yourself to be 'sung through' in an effortless way, raising your voice in the spirit of devotion and active group participation.

Madi Sato is a world music singer and songwriter with over 15 years experience recording and touring internationally. She has collaborated with traditional musicians from Japan to Tibet, Native America to Brazil. Madi is a facilitator for a sound healing and vocal method called Yoga of the Voice™ created by music pioneer, Silvia Nakkach. www.voxmundiproject.com



Behavioral Iridology: Assessing Personality From Your Eyes

Jim Verghis

In this presentation, participants will learn the two basic structural components interpreted from the iris of the eye. Several audience members will be asked to volunteer, have their eyes photographed and projected for a mini-evaluation. Topics of discussion will include traits associated with personality typing, careers, intimate relationships and their variations. Practical applications of how Behavioral Iridology can improve all aspects of your life will be presented.



Jim Verghis operates the Institute of Behavioral Iridology. He has been studying, lecturing and teaching personality as interpreted from the iris of the eye, nationally and internationally, for 21 years. www.irismates.com

The Living Newspaper

Kate Cook, M.A., LPCC, TEP

The Living Newspaper is an experiential process called sociodrama that can be used to safely investigate difficult topics while fostering greater awareness, attunement, empathy and healing. This process allows for the collective exploration of conscious and non-conscious cultural, archetypal, and/or ancestral influences constellated within a particular current event. A brief overview will orient participants to key concepts drawn primarily from the traditions of Psychodrama and Interpersonal Neurobiology. We will then experience how the sociodrama process can strengthen a sense of community and deepen interpersonal understanding while safely investigating difficult topics in action.

Kate Cook, M.A., LPCC, TEP is a nationally certified practitioner and trainer in Psychodrama, sociometry and group psychotherapy. She joined the faculty of SWC in 1990 and is the director of the Psychodrama and Action Methods Certificate Program. She is a fellow with the ASGPP.



THURSDAY, AUGUST 27, 2 to 5pm

Far Out! Traveling Safely with Uranus, Neptune and Pluto

Jason Holley, M.A., LMHC

Uranus, keynote planet of the Aquarian Age, burst into view in 1762 and opened our eyes to a universe beyond the 'outer limits' as they appeared before. Now Uranus and its neighbors Neptune and Pluto are arriving into consciousness, sounding the call to experience ourselves beyond the 'outer limits' of the personality. In this workshop we will examine the very different vehicles these planets offer for transpersonal encounter: revolution (Uranus), dissolution (Neptune), and transformation (Pluto). Through words, music, images, and action we will explore how to recognize these forces active in a person or group – creatively and destructively – and how to respond consciously and imaginatively to the adventures they invite. No astrological experience required.

Jason Holley, M.A., LMHC, is a psychotherapist in private practice in Santa Fe, and an astrologer with over 20 years of experience, including study of the Vedic system during five years spent in India. He is on the faculty of Southwestern College. www.jasonholley.net



The Healing Potential of Non-Ordinary States of Consciousness

Diane Haug, M.A., LPCC

Informed by the work of transpersonal pioneer Stanislav Grof, MD, this workshop will explore the healing potential of non-ordinary states of consciousness. In addition to introducing Grof's work, the workshop will include an experiential component representing a contemporary expression of time-honored, cross-cultural practices. Through the use of sound and breath participants will experience the possibility of an expanded state of awareness and a deeper felt sense of the physical and emotional body.



Diane Haug, M.A., LPCC is a Certified Practitioner and Trainer of Holotropic Breathwork™ and has been involved with Transpersonal Psychology and breathwork since 1986. She is the Executive Director of the Ocamora Retreat Center in Ocamora, NM.

At the Crossroads: Ancient Movement and Modern Healing

Amber Gray, M.A., LPCC, MPH, ADTR, NCC

This workshop will bridge the ancient healing practice of Vaudou and the cutting edge movement practice of Continuum. Vaudou, as it is practiced in Haiti today, still reflects its ancient, ancestral roots and wisdom. Continuum is a profound movement practice pioneered by Emile Conrad after she spent five years living, and dancing, in Haiti. Both Vaudou and Continuum offer possibilities for healing sourced through the wisdom of our own bodies' watery, primordial histories as well as our bio-informed capacity to transform, shapeshift and connect to ancestral and cosmic realms. This is a movement workshop; dress comfortably.

Amber Gray, M.A., LPCC, MPH, ADTR, NCC provides training and consultation internationally on the application of somatic and movement therapy to work with survivors of severe, interpersonal trauma. She has 16 years experience working with refugees and survivors of human rights abuses.



TRANSFORMATION AND HEALING CONFERENCE 2009

FRIDAY, AUGUST 28, 9am to 12pm

Brainspotting: The Breakthrough

Treatment Approach Robert Weisz, Ph.D.

Brainspotting is a powerful, focused treatment method that works by identifying, processing, and releasing core neurophysiological sources of emotional and physical pain, trauma, dissociation and other challenging conditions. Brainspotting is also an effective approach to develop and enhance internal resources. Workshop participants will receive an overview of Brainspotting, a demonstration of its clinical application, and the opportunity to personally experience its effects.



Robert Weisz, Ph.D., is a clinical psychologist, consultant and life coach. He is Director of the Brainspotting and Hypnotherapy Clinic as well as the Milton Erickson Institute of NM. Robert has a special interest in the nature of consciousness, shamanism and the healing process. He has been in practice as a clinician for 40 years.

Creativity and Transpersonal States

Rosvita Botkin, Ph.D. ATR, LPAT, DAPA

At this pivotal time of major change we are called upon to live our fullest potential as individuals, as a society and as members of a global community. Change and shifts of consciousness are happening at such a rapid pace that we are profoundly challenged to connect to the limitless potential within and engage in the process of personal and global transformation with vision and creativity. We can get a sense of that potential through connecting to our creative self and transpersonal nature as revealed in visions, dreams and the imagination.



Rosvita Botkin, Ph.D., ATR, LPAT, DAPA is a Jungian psychotherapist, licensed art therapist, certified expressive therapist and diplomat of the American Psychotherapy Association. She has studied at the Jung Institute in Zurich and trained in Process Oriented Psychology with Jungian analyst Dr. Arnold Mindell.

Non-Judgment Day is Near: A New Paradigm for Peace

Leslie Nathanson, M.A., LMT, LPCC

In this workshop we will examine both the positive and negative characteristics of the archetypes of Pisces (the Age out of which we are transitioning) and Aquarius (the Age into which we are fully growing.) Through discussion, group exercises and guided meditations we will explore how to step out of the remnants of the victim-perpetrator-rescuer paradigm (negative Pisces) into the egalitarian, mind-expanding, truth-speaking consciousness of Aquarius. We will experience how we can use compassion and forgiveness (positive Pisces) to reel in our projections, own our shadows and our emotional bodies (a challenge for idealistic, mental Aquarius), and know ourselves and each other as free, peaceful, authentic extensions of the One Light (Aquarius at its best.)



Leslie Nathanson, M.A., LMT, LPCC is a psychotherapist, astrologer, workshop leader and veteran of the revolutionary political and spiritual upheavals of the sixties. For over 30 years, she has been integrating her understanding of spiritual principles with astrological wisdom grounded in psychotherapeutic theory and practice.

FRIDAY, AUGUST 28, 2 to 5pm

Today, I Am....

Deborah Schroder, M.A., ATR-BC, LPAT

Who are you? In this workshop we will play with intentional creations of self – welcoming any form of self that shows up, including realistic images, abstract, 2-D, 3-D. Transformation asks for a starting place, and we will create one. Participants are encouraged to bring found objects, pictures, mementos – anything that wants to be included in this art-based exploration of self. No prior art experience is necessary.

Deborah Schroder, M.S., ATR-BC, LPAT is the Chair of the Art Therapy Program at Southwestern College. She is a member of the American Art Therapy Association and is the author of the book *Little Windows Into Art Therapy: Small Openings for Beginning Therapists* (Jessica Kingsley 2005).



Songs of the Ancestors: The Family Constellation as a Healing Tool

Hella Neumann, M.A.

This workshop provides an opportunity to experience the Family Constellation Work and come to understand the hidden Orders of Love operating in personal and professional relationship systems. Family Constellations typically go back several generations in the ancestral line. Movements of the Soul guide the representatives to reveal trans-generational entanglements and conflicts in the Family Soul. These may manifest as physical illness, depression, panic attacks, relationship or professional problems, etc. Resolution evolves in the loving field of the circle and profound healing happens as the entanglements are embraced by the Spirit Mind field of the Greater Soul.



Hella Neumann, M.A. began intensive study in Systemic Constellation Work in 1994 with founder Bert Hellinger. She established "Songs of the Ancestors" 12 years ago. She leads Family Constellation workshops, training facilitators in Europe and the U.S. as well as researching indigenous ancestral wisdom throughout the world.

Drawing From the Imagination

Deborah John, M.A., ATR-BC, LPAT

Accessing the mysterious images that emerge in drawings can give voice to aspects of ourselves that want to be seen and heard. Through the use of 'scribble drawings' participants will develop multi-media images that depict less conscious areas of the self. This contemplative process allows cathartic expression and deepening self-understanding. No drawing experience necessary. All are welcome.



Deborah John, M.A., ATR-BC, LPAT is a faculty member in the Art Therapy Department at SWC. She has worked with a wide range of populations using art as a means of expression and healing. Deborah loves to draw and promote the experience of the drawing process for self-understanding.

As an eco-conscious college, we invite you to receive future schedules by e-mail rather than snail mail. Please contact officemgr@swc.edu or 1-877-471-5756, ex. 10 to sign up for e-mail.

SATURDAY AUGUST 29 and SUNDAY AUGUST 30

THIS YEAR'S KEYNOTE PRESENTERS:

SATURDAY, AUGUST 29, 9am–5:30pm

James O'Dea:
***You Were Born To Live
in The Fire of Change***

We live in times of rapid and accelerating change; systems are failing and everywhere beliefs are being challenged as never before. Planet Earth faces unprecedented species decline, climate imbalance and pollution. At the same time, science and spirituality are engaged in a deeper conversation that offers hope of significant breakthroughs in changing outmoded beliefs and behaviors. There is a new dynamic that empowers social change agents to reignite truly sustainable communities and re-conceive our models of justice.

In the presentation and workshop with James he will help us examine:

- What is the great exodus from worldviews that no longer serve us?
- How do these end of era changes affect you?
- What are the 'Fires of Change'...and why are we evolution's answer to the multiple crises that face us?
- How do we help 'midwife' a more healing and compassionate future?
- What is your role as a conscious leader in creating a better future?
- How do we transform negative stress into 'creative stress'?
- How can stress prompt us to deeper spiritual insight?



James O'Dea's career spans senior leadership in such organizations as Amnesty International, the Seva Foundation and the Institute of Noetic Sciences. He is involved in international social healing and reconciliation work, global systems initiatives and lectures widely internationally and in the US. He is a member of The Evolutionary Leaders group founded by Deepak Chopra.

SUNDAY, AUGUST 30, 1–4pm

Bill O'Hanlon:
***Let Your Soul Be Your Pilot:
The Four Signals That Tell You What to Do
With The Rest of Your Life***

This presentation will offer an in-depth look at the four soul signals that provide a compass for people to determine what direction is next for you. Through audio clips, movie clips, poetry and stories, you will leave energized and inspired. Bill O'Hanlon is one of the top speakers in the mental health field.

Learning Objectives

1. Identify the four energies that give direction and renewal.
2. Use these four energies with yourself to decrease burnout.
3. Use these four energies with people in change situations such as counseling, coaching and spiritual direction.

Bill O'Hanlon, M.S., LMFT, is a psychotherapist, prolific author and popular workshop presenter. He co-developed *Solution-Oriented Therapy*, a form of Solution-focused brief therapy and has authored or co-authored over 29 books. He has given over two thousand workshop presentations in the United States and abroad. Mr. O'Hanlon's 1999 book, *Do One Thing Different: Ten Simple Ways to Change Your Life*, resulted in an appearance on *The Oprah Show*. He is the founder of *Possibility Therapy* and *Inclusive Therapy*.



Please note:

The Saturday and Sunday Keynote Presentations will be held at the Santa Fe Center for Spiritual Living, 505 Camino de los Marquez.

Early registration is recommended.

Please call the college at 505-471-5756 or toll-free 1-877-471--5756.