

# The 29th Annual Transformation and Healing Conference: NURTURING OUR CHILDREN, HEALING OUR FUTURE Wednesday–Sunday, August 25–29, 2010

## WELCOME TO THIS YEAR'S CONFERENCE:

We are excited that this year's conference focuses on our youth and will serve as an introduction to our new certificate program in Children's Mental Health. You will notice that the workshops and presentations are geared to working with children, adolescents and families. As we've collaborated with area agencies and practitioners, we've become acutely aware of the need for a comprehensive understanding of challenges and solutions related to nurturing our children, issues that are so directly related to our health and the well being of society as a whole.

This year's conference offers both clinical and practical information as well as the support critical for negotiating our times. We invite you to participate in exploring diverse areas related to challenges we are all facing. Whether you are a parent, social worker, mental health practitioner, health care provider or concerned community member, you can benefit from what this conference has to offer.

Eighteen experiential classes will be given by well-known New Mexico practitioners Wednesday through Friday. In addition, we are featuring two weekend keynote presentations: Cathy Malchiodi, Ph.D, LPAT, LPCC will present on Saturday August 28 from 9am–5:30pm and Deborah Harris, M.S.W., LISW will close the conference on Sunday, August 29. from 1–4pm. (See page 5)

## 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 workshops and ONE from the afternoon workshops 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 7 CECs and the Sunday for 3 CECs.
  - 28 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 1-505-471-4071.
  - For directions to the college, visit [www.swc.edu/directions.htm](http://www.swc.edu/directions.htm)



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# TRANSFORMATION AND HEALING CONFERENCE 2010

**WEDNESDAY AUGUST 25, 9am to 12pm**

## ***In and Out of Their Minds: The Impact of the Growing, Changing Brain in Adolescence***

**Kate Cook, M.A., LPCC, TEP**

This workshop will provide a basic overview of the intense growth spurt which occurs in the brain during adolescence. We will then explore the impact of this development through action sociodrama. The practical and clinical implications for working with teens will be discussed.

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



## ***Understanding Your Children's Drawings: An Anthroposophical Approach***

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

According to Strauss (1988) young children's drawings reflect stages of consciousness. All children begin with "I'm one with everything" expansive scribbles. They then proceed to connect lines into forms. The universal forms of circles, squares and triangles are developmentally consecutive. In the creation of form, children move deliberately into their worldly destiny. In this workshop, participants will have an opportunity to understand and experience the connection between these early drawing stages and ourselves as spiritual beings on the earth.



*Deborah John ATR-BC, LPAT is an art therapy faculty member at Southwestern College. Her experience includes working with adults victims of childhood abuse, leading themed elementary school therapy groups, and assisting in a Waldorf kindergarten. Deborah makes drawings continuously, and is an avid promoter of drawing as a means of expressive freedom. No art experience is necessary.*

## ***Lost Boys in the Wild***

**Ernesto Santistevan, Ph.D. and Justin Braham**

Sequoyah Adolescent Treatment Center is a state inpatient, locked facility serving as a safety net for violent, emotionally disturbed adolescents who have not been treated successfully at other treatment centers. The Santa Fe Mountain Center is a nonprofit educational organization that provides experiential and adventure-based programs for children and youth. These two disparate organizations have come together to learn, grow and help boys become stronger. In this workshop they will share experiences they have had and ways they have found that are constructive when working with our troubled youth. Discussion will be invited.

*Ernesto Santistevan, Ph.D., WFR is a staff member at Sequoyah Adolescent Treatment Center, has a small private practice in Santa Fe and is a part time faculty member at Southwestern College.*

*Justin Braham has been working at the Santa Fe Mountain Center for six years. He has a deep passion for work with adolescents and the outdoors. He is currently the Therapeutic Adventure Program Project Coordinator.*



**WEDNESDAY, AUGUST 25, 2 to 5pm**

## ***Separation and Loss in Childhood: Implications of Divorce, Adoption and Other Transitions on Child Development***

**Christopher Alexander, Ph.D.**

Major losses and transitions in childhood--such as parental divorce or adoption--pose a complex set of opportunities and risk factors for young children. How a child copes with this often depends upon the ways in which adults help her to develop context and meaning for what is happening. Drawing from attachment theory and a review of clinical research, this workshop will address the ways in which disruptions in parent-child relationships affect children and their subsequent psychological development.



*Christopher J. Alexander, Ph.D. is a child psychologist in private practice, specializing in the effects of adoption, foster care, and divorce on child development. He frequently serves as an expert witness in child welfare cases, testifying on child abuse, neglect, child custody, termination of parental rights, bonding, and attachment. He is adjunct faculty at SC. [www.alexanderphd.com](http://www.alexanderphd.com)*

## ***Addiction in Society: Healing Generations***

**Daniel Craig, DOM**

Participants will take part in a dialogue which involves defining "addiction" as well as "recovery" and a brief overview of interventions and strategies addressing addiction. We will discuss the impact of addiction on youth, explore the role of the individual in recovery; view recovery from a Systems perspective; discuss the Individuation Process in childhood/adolescent development and relate it to recovery; and discuss the role of Spirituality in recovery. We will also examine the impact of both addiction and recovery on the "Self" and on interpersonal relationships.



*Daniel Craig, DOM, is a licensed Substance Abuse intern at Santa Fe Recovery Center. Daniel has nine years experience in the addiction counseling field in various settings. He spent twelve years in military service and is a Gulf War Veteran. Daniel is the current president of the Joan Duffy Chapter of Veterans For Peace in Santa Fe.*

## ***Programs and Resources for Children with Disabilities and Autism*** **Phyllis Shingle, LMSW**

This presentation will cover resources and information available to New Mexicans with disabilities, including children with autism. We will cover how to use the Disability Resource Directory and the CDD Information Network Library database to find books, DVDs and journals within this specialized library. We will also discuss websites that provide reliable information regarding health information, waivers, autism resources, etc.



*Phyllis Shingle, LMSW is a nationally certified Information and Referral Specialist working at the Center for Development and Disability Information Network at the University of New Mexico Center for Development and Disability (CDD). She brings her perspective as a parent of a child with a disability and as a licensed social worker.*

# TRANSFORMATION AND HEALING CONFERENCE 2010

**THURSDAY, AUGUST 26, 9am to 12pm**

## **Youth Leadership through Spirituality and Service**

**Karey Thorne, M.A., LPCC**

The teen years are a natural time for developing leadership through spiritual awakening. During this session, I will share what I have discovered by developing leadership and spirituality through service and demonstrate how to work with young clientele. Discovering what we have to give to life and that we can have impact is especially empowering for this age group.



*Karey Thorne, M.A., LPCC graduated from Southwestern College in '93. Since then she has worked as an elementary school counselor, created service learning programs throughout Santa Fe schools, taught for 8 years at area high schools and ran PeaceJam New Mexico for 5 years, introducing students to Nobel Peace Laureates. [www.hearttohands.org](http://www.hearttohands.org)*

## **Building Protection and Reconnection: Reducing Youth Suicide Risk**

**Apryl Miller, M.A., LISW and Mikhala Beutler, M.A., LPCC**

This workshop will focus on developing skills needed to reconnect vulnerable youth with their families in order to lower suicide risk and increase protective factors. Issues related to building resiliency within a strengths-based, culturally sensitive family approach will be examined. Problem solving skills such as negotiating age restrictions and privileges, school difficulties, family values around sexuality, substance use and friendships will be practiced. Ways to help youth and their families manage moods and develop lifestyle practices to decrease depression and maintain wellness during stressful times will be offered.



*Apryl Miller, M.A., LISW, is the Clinical Director of the SKY family therapy training center, a program of the New Mexico Suicide Intervention Project. She presents at trainings locally and nationally on issues related to family life cycle adjustments.*



*Mikhala Beutler, M.A., LPCC, is the Clinical Supervisor at the SKY family therapy and training center. She has worked on several research projects measuring the efficacy of interventions with depressed and suicidal adolescents from culturally diverse populations.*

## **Homeless Youth: Trauma and Resiliency**

**Joan Heiden, M.A., LPCC and Toni Kuehn, M.A., LMSW**

This workshop will focus on issues that homeless youth face on a daily basis. It will also address the GLBTQ homeless youth population and reflect on the unique issues that they face living on the streets as they attempt to control their lives, looking for ways to maneuver through the maze of adolescence and achieve healing in the process. Participants will gain a broader understanding of the issues and experiential exercises will help integrate this knowledge.



*Joan Heiden is the Clinical Director for the Youth Shelters agency, which provides services for homeless and at-risk youth. Ms. Heiden was trained at the Institute of Transpersonal Psychology and has practiced in a variety of settings.*

*Toni Kuehn is the Director of the Youth Emergency Shelter in Santa Fe,. Ms. Kuehn has worked with youth in transition for many years. She is an advocate for youth and works diligently to insure that any young person needing services has access to them.*

**THURSDAY, AUGUST 26, 2 to 5pm**

## **Creative Movement as Spiritual Connection for Children**

**Keren Abrams, M.A.**

Our children, especially those being born now, naturally have great spiritual connection. However, many of the formats our society offers them weaken those ties, while their well-being relies on those very connections. In this workshop we explore the theory and practice of the teaching of creative movement in working with children, applicable to school settings, private work, as well as other educational or therapeutic settings, Keren will discuss spiritual experience in relation to creative movement formats. She will lead the group in creative movement and open reflective discussion for the understanding of both the principles of these methods and the various ways to create curriculum in particular settings.



*Keren Khaya Abrams, M.A. has over 20 years experience in designing and implementing creative arts and movement programs with a wide variety of children's populations. She works with transformational ceremony, teaches workshops and is the founder of the "omana'ya" center, as well as founder of a body of work titled "Movement Medicine Arts". [www.ritualartist.net](http://www.ritualartist.net)*

## **Art-Based Genograms**

**Deborah Schroder, M.S., ATR-BC, LPAT**

Many therapists and social workers routinely use genograms to get a clear picture of family relationships. This workshop will show you how to dramatically enhance those family pictures by replacing squares and circles with images. A deeper level of meaning instantly appears when a circle becomes a green dragon who's married to a tornado! No prior art experience 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). Deborah is currently the art therapy representative to the New Mexico Therapy and Practice Board.*



## **A Matter of Identity: Working With GLBT Teens in A Changing World**

**Jim Fickey, Ph.D., LPCC and Gary Grimm, M.A., LPCC**

In this workshop Jim Fickey and Gary Grimm will explore the challenges pertinent to GLBT youth including teen suicide & prevention, bullying & anti-bullying programs, the development of sexual orientation and gender identity variations, and resources available to these youth and the people who care about them.



*Gary Grimm and Jim Fickey have been in private practice in Santa Fe for 25 years. They have worked extensively with the LG-BTQ community in that time. Their book 'Gay Warrior: Transforming Betrayal into Wisdom' has helped gay men to live with greater authenticity and personal power.*



*Gary and Jim are both adjunct faculty at Southwestern College.*

# TRANSFORMATION AND HEALING CONFERENCE 2010

**FRIDAY, AUGUST 27, 9am to 12pm**

## **Child Grief and Bereavement Support in Art Therapy**

**Natalie Carlton, M.A., ATR-BC, LPCC**

This workshop will use art therapy to discuss and review the grief cycle, and how grief comes in many forms to young people. We will explore how art therapy processes, themes and directives can be used to help children, youth and families. Images of artwork by clients will be shared. Participants will have the opportunity to create their own "altar boxes."

*Natalie Carlton, M.A., ATR-BC, LPCC is an art therapist in Taos, NM and adjunct faculty at SC. Lacuna Studio is the name of her private practice space where children, families and adults experience support and advocacy through art therapy and experiential learning. Natalie teaches national and regional workshops. No prior art experience is necessary.*



## **Transpersonal Interventions to Help Children During Challenging Times**

**Claudia Raphael, LPAT, REAT, LMT, RPP, CIMI**

In this workshop participants will be introduced to four cross-cultural techniques to assist in creating a transpersonal environment in the therapeutic setting by employing the following techniques: Opening the Heart: A Preparation; Reading the Field; Sitting for Wisdom; and The Journey: A Call to the Animal Guardian. These techniques are ancient and found in all cross cultural traditions. They are based on the Four Universal Healing Principles. These techniques offer an opportunity to invite the unseen Transpersonal Forces that surround our world today into the therapeutic treatment setting as a means of support and assistance.

*Claudia Raphael, LPAT, REAT, LMT, RPP, CIMI has worked with children and families for over 30 years as both an educator and a therapist, developing many transpersonal programs based on the indigenous wisdoms. Her mission is to help families build strong "arks" so the children can safely find their way "out of the harbor" and into life. Her studio, Create a Story, is located in Santa Fe, NM.*



## **Historical Trauma: Healing Our Past through Culture and Tradition, A Native American Perspective**

**Niccole Toral, M.A., LPCC**

Historical Trauma is a term Native Americans use to describe the impact that cultural decimation has on their traditional ways of life. We will explore what historical trauma is, our role in contributing to it, and ways to transform it. We will learn how Native culture and tradition is the way to honor the children and heal our future.



*Niccole Toral, M.A., LPCC, uses earth-based traditions, including rite of passage rituals, the medicine teachings of the Peruvian shamans and the Native American ceremonies of the Lakota in her healing practice. Currently she is the Social Services Director at Tesuque Pueblo, integrating modern methods of counseling with culturally appropriate treatment for Native populations.*

**FRIDAY, AUGUST 27, 2 to 5pm**

## **Attuning to Youth Through Their Own Language**

**Francesca Bottos, M.A., LMHC**

This workshop will review the workings of the adolescent brain by exploring the music they listen to and the ways they express themselves. The music of focus will be Hip-Hop and how it can be used as a therapeutic tool to create community and creative empowerment. There will be music-based role play activities to bring awareness to the barriers that arise while working with teenage populations, and how to creatively work through them with compassion and attunement.

*Francesca Bottos, M.A., LMHC is the Executive Director of BackTalk, a non-profit that creatively serves youth using the elements of hip-hop. Francesca has over ten years experience working with culturally diverse adolescents and families in a variety of settings. She believes that the deepest healing occurs through the integration of music, mythology, artistic expression and community connectedness.*



## **Telling the Story: Sensory Integration & Art Therapy Interventions With Traumatized Children**

**Laura Lansrud-Lopez, M.A., LPCC, LPAT, ATR-BC, CTS**

Structured Sensory Intervention for Traumatized Children, Adolescents and Parents (SITCAP) is a short-term trauma-focused treatment approach for children 3 to 18 years old developed by William Steele, PsyD. Drawing, art-making, and other creative interventions play a powerful role in clinical work with children, and are essential in this evidence-based treatment. This workshop will provide a brief overview of the SITCAP model and examine art therapy interventions that can be used with traumatized children to safely and effectively facilitate the development of their trauma narrative, experience sensory integration, and cognitively reframe the traumatic event.



*Laura Lansrud-López, LPCC, LPAT, ATR-BC, CTS, is a trauma specialist certified with the National Institute of Trauma and Loss in Children. Laura has over 10 years experience working with people in crisis and survivors of trauma. She specializes in synthesizing art therapy and cognitive-behavioral modalities in her work with children. She is in private practice in Santa Fe.*

## **Why Children Need to be Engaged in Theater**

**Wendy Chapin, M.A.**

The art of drama addresses all the intelligences in Dan Goldman's book called *Emotional Intelligence*, especially the interpersonal and intrapersonal ones, so drama is an art form that is inclusive at its core. This workshop will be experiential, so come dressed in comfortable clothes ready to move around.



*Wendy Chapin has taught theater to all ages for over 25 years. Currently she is teaching at National Dance Institute, Santa Fe Public Schools, Santa Fe Community College and the College of Santa Fe as well as for Southwestern College. She holds a masters degree in Art Therapy.*

**SATURDAY AUGUST 28 and SUNDAY AUGUST 29, 2010**

**THIS YEAR'S KEYNOTE PRESENTERS:**

**SATURDAY, AUGUST 28, 9am–5:30pm**

**Cathy Malchiodi, Ph.D, LPAT, LPCC**

*Working With Traumatized Children:  
Conscious and Mindful Intervention*

Art, play, and creative expression help traumatized children externalize and concretize their experiences. This workshop explores sensory and somatically based creative interventions and demonstrates why they are key to helping children repair, re-enact, and recover from traumatic events. Core principles of “trauma informed practice” will be explained with an emphasis on developmental trauma in children who experience multiple stressful events such as domestic violence, abuse, divorce, natural disaster, and war.

Participants will also learn the signs of posttraumatic stress in children’s art and play and how to address children’s distress through conscious and mindful intervention by way of hands-on activities, film vignettes, and a review of current evidence-based approaches. Finally, the workshop will focus on resilience and posttraumatic growth in children and what helping professionals can do to support children in moving from the perspective of “victim” to that of “survivor.”



**Cathy Malchiodi, Ph.D, LPAT, LPCC** is a leading international expert, syndicated writer and author in the fields of art therapy and art in healthcare. She is a recognized advocate, visionary, change-agent and innovator of art therapy programs for children, adolescents, adults, and families, particularly with survivors of trauma. She has published numerous books, all of which are standards in the field.

Dr. Malchiodi has been involved in a wide variety of community, national, and international agencies, including the National Institute for Trauma and Loss in Children, American Art Therapy Association, and Save the Children Foundation. She has also served on numerous national and international boards in mental health, counseling, arts, and public service. In honor of her clinical and academic contributions, she is the only person to have received all three of the American Art Therapy Association’s highest honors: the Distinguished Service Award, Clinician Award, and Honorary Life Member Award.

**SUNDAY, AUGUST 29, 1–4pm**

**Deborah Harris, MSW, LISW**

*Infant and Early Childhood Mental  
Health: What It Is, Why It Is Important  
and What You Need to Know About It*

This workshop will introduce participants to the field of infant and early childhood mental health in general, and what is happening in New Mexico specifically. Deborah Harris will present a working definition of infant social emotional development with video taped examples. She will provide an overview of brain development; attachment theory and trauma; risk and supportive factors for infants; therapeutic interventions for infant-caregiver relationship problems; the impact of early childhood trauma; and current research regarding long term outcomes for infants and young children who have experienced adverse events.



**Deborah Harris, MSW, LISW, IMH-E®IV**, completed her graduate work at UC Berkeley and is endorsed by the New Mexico Association for Infant Mental Health as a Level IV Infant Mental Health Mentor. She completed post-graduate internships at the Infant-Parent Program at the University of California, Department of Psychiatry, and with the Family Therapy program at the Veterans Hospital in San

Francisco. Deborah is trained in a number of assessment and treatment techniques specific to infant and early childhood mental health. She is a founding member of the New Mexico Association for Infant Mental Health and Director of the Santa Fe CYFD Infant Mental Health Team. Deborah’s professional work focuses on training and consultation in early childhood mental health systems of care, as well as direct mental health service.

**Please note:**

**The Saturday and Sunday Keynote Presentations will be held at the Santa Fe Center for Spiritual Living, 505 Camino de los Marquez, Santa Fe, NM.** Early registration is recommended. Please call the college at 505-471-5756 or toll-free 1-877-471--5756, or FAX your completed registration form to 505-471-4071.

# REGISTRATION FORM

## the 29th Annual Transformation and Healing Conference: NURTURING OUR CHILDREN, HEALING OUR FUTURE

Wednesday–Sunday, August 25–29, 2010  
3960 San Felipe Rd., Santa Fe and 505 Camino de los Marquez, Santa Fe, NM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Phone #: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

IMPORTANT NOTE: Portions of the workshops may be photographed and/or audio/video recorded for use on our web site or in promotions for the College.

I DO  I DO NOT  
 give my permission for my image or words to be used for these purposes.

I am applying for CECs:  YES  NO

If attending the entire conference, please select ONE workshop from the morning and ONE workshop from the afternoon offerings:

**Wednesday, August 25, 9am-12 pm**

- In and Out of Their Minds – Kate Cook
- Understanding Your Children's Drawings– D. John
- Lost Boys in the Wild–E. Santistevan & J. Brahm

**Wednesday, August 25, 2-5 pm**

- Separation and Loss in Childhood–C. Alexander
- Addiction in Society: Healing Generations–D. Craig
- Programs and Resources–P. Shingle

**Thursday, August 26, 9am-12 pm**

- Youth Leadership Thru Spirituality & Service–K. Thorne
- Reducing Youth Suicide Risk–Miller & Beutler
- Homeless Youth–J. Heiden & T. Kuehn

**Thursday, August 26, 2-5 pm**

- Creative Movement as Spiritual Connection–Abrams
- Art-Based Genograms–D. Schroder
- Working with GLBT Teens–G. Grimm & J. Fickey

**Friday, August 27, 9am-12 pm**

- Child Grief & Bereavement Support–N. Carlton
- Transpersonal Interventions–C. Raphael
- Historical Trauma–N. Toral

**Friday, August 27, 2-5 pm**

- Attuning to Youth thru Their Own Language–Bottos
- Telling the Story–AT Based Interventions–L. Lopez
- Children Need to be Engaged in Theater–W. Chapin

**Saturday, August 28, 9am–5:30pm**

- Working with Traumatized Children–Cathy Malchiodi

**Sunday, August 29, 1-4 pm**

- Infant Mental Health–Deborah Harris

_____ Entire Conference	\$350
_____ Entire Conference (If purchased by Aug. 11)	\$325
_____ Entire Conference (Students and Seniors 60+)	\$295
_____ Any One Daytime Event (Wed.-Fri.)	\$40
_____ Any 3 Daytime Events (Wed.-Fri.. 3 CECs each)	\$110
_____ Sat., 9:30am–5:00pm (7 CECs)	\$120
_____ Sunday, 1pm - 4pm (3 CECs)	\$50

**Total Enclosed** \_\_\_\_\_

*Make check or money order payable to:  
Southwestern College*

*Mail to:*

*Southwestern College/ T & H Conf.  
P.O. Box 4788  
Santa Fe, NM 87502-4788*

*Or, if paying by credit card, you may Fax  
completed form to: (505) 471-4071  
for most expedient processing.*

Please charge my:

Visa  MC  Discover

Card #: \_\_\_\_\_

Expires: \_\_\_\_\_ U Code: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

**Money for tickets purchased is non-refundable after August 11.** Cancellations before August 11 will incur a \$25 service charge. We will mail out tickets up until August 18, after which time paid tickets will be held at the door. For questions, directions to either site or a list of local accommodations, please visit our website, [www.swc.edu](http://www.swc.edu)

**Please Note: Saturday and Sunday workshops are at the SF Center for Spiritual Living, 505 Camino de los Marquez. Wednesday through Friday workshops are at the SC campus.**