

The New Earth Institute of Southwestern College presents the 41st Annual

TRANSFORMATION & HEALING

*Creativity & Embodiment:
Ancient, Alternative, and Emerging Pathways*

Conference

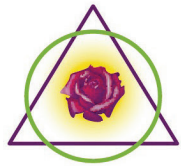
Friday, August 8 - Sunday, August 10, 2025



SOUTHWESTERN COLLEGE
& **NEW EARTH INSTITUTE**



**TRANSDIMENSIONAL TEACHINGS FOR THE
WORLD COMMUNITY**
Santa Fe, New Mexico | www.tandh.org



2025 CONFERENCE THEME:

Creativity & Embodiment: Ancient, Alternative, and Emerging Pathways

Expressive arts and body-centered practices have provided pathways to transformational healing for individuals, families, and communities from the dawn of humanity, with new and innovative approaches emerging throughout history. This year's Transformation & Healing Conference is dedicated to exploring how ancient wisdom traditions, creative expressions, and somatic arts provide alternatives to conventional modern medical models, and contribute to emergent theories and models that support health and wellbeing.

REGISTRATION INFORMATION

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

In Person | Pages 4-13

Online Sessions | Pages 14-16

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

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

To register visit tandh.org
or scan our QR code.



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.

MEET THE ARTIST: *Taylor Harold*



Hi, my name is Taylor, and I grew up in southern California while maintaining roots in New Mexico. I am an interdisciplinary artist and enjoy playing with textures and mixed media to expand upon themes of resilience, earth/body connections, and heart-centered observations. I graduated from the University of New Mexico in December 2020 with a Bachelor of Arts in Art Studio. I am a mother of two children and currently live in Albuquerque, New Mexico, with my husband and our dog and two cats. I am currently working towards a Master's in Art Therapy and Counseling from Southwestern College and New Earth Institute in Santa Fe, New Mexico.

I believe in the healing power of creativity and feel nature is our ally. I hold the belief that soulful intention partnered with conscious action holds the power to transform heart, mind, and body. When I lean into compassionate curiosity I believe I can find regenerative solutions that serve our community.

Roots Uplifted

March 2025

11 x 14in

Mixed media: watercolor, acrylic pen, ink, gel pen.



MEET THE NEW EARTH INSTITUTE DIRECTOR



Kate Latimer, MA, LPCC: After graduating from Southwestern College (SWC) in 2007, Kate worked as a trauma recovery specialist and then as a college counselor in Santa Fe for over a decade before returning to Southwestern as the Chair of the Counseling Program in 2018. She now directs the New Earth Institute (NEI), the branch of the college that offers continuing education for mental health professionals. She oversees NEI's seven certificate programs, quarterly community lectures, and the annual Transformation & Healing Conference. Kate is also faculty at Southwestern, teaching the Consciousness series and other counseling courses in the MA Programs. Kate is a somatically oriented, mindfulness-based practitioner who operates from a trauma informed, culturally sustaining, humanistic, transpersonal, feminist lens. She places high value on humor, humility, partnership, and compassionate dialogue in her work with clients and students. Kate presents nationally and locally on various topics, and most recently offered the keynote at the New Mexico Counseling Association's annual conference in Albuquerque. For more information about Kate and her background, please visit the MA Faculty page on SWC's website.

In Person Conference Sessions

FRIDAY, AUGUST 8 | 8-9:30am | 1.5 CEs

COFFEE & BIZ-CONNECTIONS: A COLLABORATIVE APPROACH TO MENTAL HEALTH & SMALL BUSINESS SUCCESS
HOSTED BY SOUTHWESTERN COLLEGE AND THE SANTA FE CHAMBER OF COMMERCE



Join us for this high impact opening session designed to connect and empower mental health professionals and small business leaders across Northern New Mexico. We'll explore innovative partnerships that strengthen local businesses, especially in the mental health and wellness sectors, and provide practical tools for thriving in today's complex landscape. Breakfast will be provided, and interactive roundtable breakouts will offer space to network, exchange best practices, and develop collaborative solutions. Whether you're a clinician, entrepreneur, or advocate for community resilience, this session will deliver actionable insights and lasting connections.

Category: General Professional Development | **CEs:** 1.5 | **\$25** | In person only

FRIDAY, AUGUST 8 | 10am-12pm | 2CEs

DREAM EMBODIMENT WITH GESTALT DREAMWORK

This workshop will provide participants with an overview of Gestalt theory and a focus on how our dreams can provide opportunities for insight and integration. The workshop will include at least one demonstration that will allow 1-2 participants to "work" or embody their dream in a safe and supportive atmosphere.

Learning Objectives:

1. Describe the theoretical framework for Gestalt Therapy.
2. Articulate the process and technique in assisting clients to work with their dreams using an embodied approach.
3. Facilitate a dream work session with clients to assist them in integrating fragmented pieces of their personality.



Brian Serna, LPCC, LADAC, is the CEO/Founder of Serna Solutions and is a well sought after trainer and consultant in behavioral health issues related to Evidence Based Practices, Cultural Considerations, and Ethical Issues. He has a BA in Psychology from New Mexico State University and an MA in Counseling from the University of New Mexico. Mr. Serna has trained and consulted with programs in over twenty different states, five different countries, and sixteen different tribal communities. In addition to his role as the CEO of Serna Solutions, he is also the current president of the New Mexico Association of Addiction Professionals (NMAAP), a member of Senator Ben Ray Lujan's Mental Health Consortium, and he has been appointed to serve on Governor Michelle Lujan Grisham's Council on Racial Justice in the Health Subcommittee.

Category: General Professional Development | **CEs:** 2 | **\$40** | In person only

FRIDAY, AUGUST 8 | 9am-12pm | 3CEs

TEACHINGS OF OMETEOTL AND HUNABKU, THE GIVER OF MOVEMENT AND MEASURE AND HARMONY WORKSHOP A FIRST NATIONS WAY

We always begin with prayer, offering to the four directions so that we know our place, our anchor, and we mark our place to Creator, our ancestors, those yet to come, and all our Relations. **Measurement** - Through this workshop we will be making relations with the measurement of our physical bodies. This is not a mediation. This is a very conscious exercise of connecting, putting aside your mind and breathing, feeling heartbeat, pulses, trembling of your skin, listening to the beautifully created measurement of your own body. When you begin to make relations with the measurement of your physical body it is a novelty and we tend to let ourselves go to extremes, yet with slow, measured holding we feel the sweetness, places of softness, allowing the sigh to release and we feel the shadow places of hardness and maybe pain and allow the tears. Using very small degrees of movement and listening to all of our senses to remember our authentic self. **Movement** - Through our movement, our breath, thoughts, energy, we merge with the universe and all nations and creation. First finding your place within our four directions so we are anchored and balanced by offering the Nahui Ollin, the four directions prayer. Then, through intricate dance steps, we let go of our measurement and become movement, one with our breath, thought, prayer, and all of the cosmos. We might dance the eagle dance, and be an eagle flying, a horse prancing, or the rain pitter pattering on the earth to nourish our corn. We become, we feel, we are, the power and the grace of All our Relations.

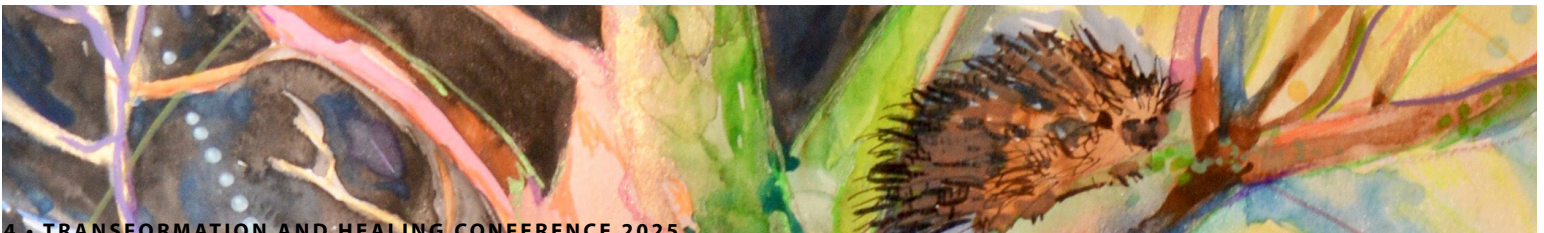
Learning Objectives:

1. Reconnect 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.
2. Identify and track physiological sensations in our bodies when overwhelmed so we can be more anchored and resilient.



Concepcion Garcia Allen is a Zapotec native from Oaxaca, Mexico, trained to be of service by my 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. She is an elder in the community of Santa Fe, and have been supporting individuals and families in the community for more than 35 years. She has walked three ceremonial paths for close to 50 years and I have lived in Santa Fe for 54 years.

Category: Multicultural | **CEs:** 3 | **\$60** | In person only



In Person Conference Sessions

FRIDAY, AUGUST 8 | 9am-12pm | 3CEs

APPLICATIONS OF MINDFULNESS IN BEHAVIORAL HEALTH

Mindfulness is often used as a general term to represent an intentional pacing of experience and is considered a skill most people possess and can naturally flow in and out of. However, mindfulness can be utilized with different applications for alternative experiences. The use of mindfulness as a skill is strengthening our attention regulation ability. When we put earnest effort into strengthening our mindfulness skills, we typically experience insight: what sort of thoughts we have, our urges, what we are feeling, sensations in our body, our patterns, and how we interact with/engage with the world. In a therapy setting mindfulness also at times will need special consideration of its application to mitigate possibly negative experiences. In this learning session, we will address the use of mindfulness in behavioral health as a skill set, as connection points, and with modifications for trauma-informed care.

Learning Objectives:

1. Design a mindfulness framework to utilize in therapy sessions with a variety of patients.
2. Determine when to utilize mindfulness approaches with modifications necessary to increase positive utilization experience.
3. Differentiate how to utilize mindfulness as a skill, a connection point, or alternative applications in therapy sessions.
4. Model and perform 2/5 specific mindfulness skills taught in the session.
5. Describe the difference between using mindfulness as a skill and using it as a connection point.



Kate Bunch, a Licensed Professional Clinical Counselor (LPCC) in New Mexico, is a passionate entrepreneur. She is a Registered Play Therapist Supervisor (RPT-S), an Endorsed Infant Mental Health specialist, Endorsed Reflective Supervisor (IMHE-III RS/C), and an EMDRIA-approved consultant. Kate has developed a clinic, Trauma Treatment Center, in New Mexico and has had her model of therapy published in the Journal of Counselor Practice, the Journal of Trauma Studies in Education, and The Journal of Trauma Studies in Education. Kate is a contributing author and editor for Professional's Guide to Trauma-Informed Decision Making (2024). Kate owns Mind Body Trauma Institute. The institute's primary focus is to support the training and development of providers across genres from a holistic and trauma-focused approach. It offers training that focuses on developing an understanding of trauma and the lasting effect of trauma on providers themselves. Kate is the founder of The Jackie Project, a non-profit started in honor of her Grandmother. The Jackie Project is developing ways to increase access to treatment for underserved areas in New Mexico and working to support continued efforts in complex trauma research. Kate was awarded the George R. Keppler 2019 Outstanding Counselor of the Year from the New Mexico Counseling Association and the Behavioral Health Worker—Child Welfare and Juvenile Justice Excellence Award for 2023 from The Children's Law Institute.



Sarah Ayoub is a Masters of Social Work student from the University of Central Florida in her final year. She graduated from the University of Central Florida with a Bachelor's degree in psychology and since then has worked to integrate her yoga and mindfulness background within the psychology field. She has experience creating and facilitating groups in recreational therapy, trauma informed yoga, and mindfulness-based stress reduction with certifications from Jack Kornfield, Tara Brach, and Palouse Mindfulness. Utilizing these skills, Sarah has worked with a variety of populations including the incarcerated, veterans, at-risk youth, inpatient mental health, intensive outpatient, and those in recovery. Through this experience, Sarah has learned how to meet people where they are with respect, warmth, and empowerment.

Category: Ethics | CEs: 3 | \$60 | In person only

In Person Conference Sessions

FRIDAY, AUGUST 8 | 12:30-1:30pm | 1 CE

TREATING CORE SHAME USING POLYVAGAL THEORY'S FOUR THERAPEUTIC "R'S"

This one-hour workshop will explore how Polyvagal Theory can be applied to treat core shame, a deep-seated sense of unworthiness that impacts emotional, psychological, and physical well-being. Attendees will gain an understanding of the four therapeutic "R's" of Polyvagal Theory: recognize, respect, regulate, and restore, and how they can be used to rewire the nervous system to tame the feelings of core shame. The presentation will provide practical tools for addressing core shame in therapeutic settings, using the Polyvagal Theory framework to promote healing and self-acceptance. Participants will leave with actionable insights on how to integrate these concepts into their practice or personal healing journey.

Learning objectives:

1. Understand the concept of core shame and its impact on emotional and physical well-being, including how it relates to the autonomic nervous system.
2. Learn how Polyvagal Theory informs an effective therapeutic approach to healing shame.
3. Explore how the four therapeutic "R's"—Recognize, Respect, Regulate, and Restore can help clinicians manage emotional dysregulation associated with core shame.
4. Implement strategies that facilitate cognitive shifts and deeper emotional resolution, allowing for the transformation of core shame into self-compassion.



Dr. Patti Ashley has integrated 40+ years of experience in special education, child development, and psychology into her wholehearted work as a psychotherapist, author, TEDx speaker, podcast host, professional development trainer, and authenticity architect coach. Patti brings unique insights into the identification and treatment of shame, trauma, grief, and dysfunctional family patterns. Dr. Ashley owns and operates her Heart-Centered Psychotherapy practice in Boulder, Colorado. Her unique psychotherapy model facilitates long-term changes in the brain and nervous system, helping clients break through unconscious barriers and rediscover a sense of self-love, belonging, and connection. Patti has counseled a myriad of individuals, couples, families, and groups in mental health agencies, psychiatric hospitals, and private practice settings. She also creates and presents continuing education courses for clinicians, physicians, nurses, hospital wellness programs, universities, and other organizations. Dr. Ashley holds a Doctor of Philosophy Degree in psychology from the Union Institute and University, a Master of Education Degree in early childhood from Old Dominion University, and a Bachelor of Science Degree in special education from James Madison University. She is the author of Living in the Shadow of the Too-Good Mother Archetype (2014), Letters to Freedom: From Fear to Love to Grace (2019), and Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self (2020). Patti is also the host of The Inner Space Project Podcast which is on Spotify and other major podcast platforms. Her TEDxCU talk on April 2, 2022 has over 173,000 views and is steadily increasing. For more information, please visit www.pattiashtley.com

Category: General Professional Development | CEs: 1 | \$20 | In person only

In Person Conference Sessions

FRIDAY, AUGUST 8 | 2-5pm | 3CEs

ADDRESSING SEXUAL DYSFUNCTION & TRAUMA TROUGH POLYVAGAL AND SOMATIC METHODS

Trauma makes lasting changes to the mind and body. The intersection of past sexual trauma and current-day relationships and sexual expectations in our clients can make a confusing presentation in therapy and stymie typical interventions. Learn how to use the lens of Polyvagal Theory to address sexual trauma and sexual dysfunction. Experience somatic and high-tech Polyvagal interventions which can be used in your therapy sessions to help clients regulate their nervous systems and enhance outcomes.

Learning Objectives:

1. Recall and review the DSM 5 diagnoses related to sexuality and trauma.
2. Understand the basic tenets of Polyvagal Theory and how it applies to sexual trauma and sexual dysfunction.
3. Participate in somatic interventions for different stages of nervous system dysregulation.
4. Apply the concepts of Polyvagal Theory and somatic interventions to sex therapy case studies.



Michelle Wilde specializes in trauma remediation and sex therapy for individuals and couples. She has training in EMDR, Safe & Sound Protocol (R), Tension & Trauma Releasing Exercises (R), somatic methods, and more. Michelle enjoys combining education and entertainment in her presentations and workshops.

Category: General Professional Development | CE: 3 | \$60 | In person only

TAROT AS A NON-PREDICTIVE SUPPORT FOR HEALING & GROWTH

Rather than using tarot to predict the future, what if the cards can be used to connect to the support we need and help us enter into a more healed and compassionate relationship with self? This workshop will present a framework for using tarot to foster wisdom and healing, which allows each card to be a loving guide for the reader. Participants will be given information about the general structure of tarot decks and frameworks for meanings of individual cards. There will also be the opportunity to work with a variety of decks, asking questions that are oriented toward understanding, healing, and supporting the self.

Learning Objectives:

1. Present principles that help participants understand tarot as a support for growth and healing rather than a predictive tool.
2. Provide information on the three lines of the Major Arcana and how this relates to using tarot for guidance in our life arcs and spirals.
3. Teach the general themes of the four suits of the Minor Arcana as well as themes around numbers.
4. Provide context for understanding the court cards.
5. Teach people how to develop questions for tarot decks that are non-predictive and foster growth and healing in our relationship with ourselves.



Katie Gleason graduated in 2012 from Portland State University with a Master of Social Work. She has been a therapist in private practice since 2017 in Tucson, Arizona. She specializes in working with people at the intersections of complex trauma, neurodivergence (neurocomplexity) and historically excluded identities. Prior to her work as a therapist, she spent ten years serving clients in case management and counselor 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, neurocomplex and queer affirming, and body and collective liberation oriented. Katie is first generation Korean-American and is a queer and autistic identified provider. She is currently working on a tarot deck and guidebook and is a poet and former writing teacher.

Category: General Professional Development | CE: 3 | \$60 | In person only

NAVIGATING SPIRITUAL EMERGENCIES IN CLINICAL PRACTICE

Mental health professionals engage deeply with clients' emotions and energies, often without training in energetic boundaries. This experiential workshop explores spiritual energetics to help therapists protect their own energy, maintain presence, and deepen their connection to spiritual guidance. Participants will learn practical techniques for energetic protection, clearing, and boundary setting while tapping into spiritual resources such as the Earth, spiritual guides, ancestors, etc. Through guided practices and discussion, attendees will gain tools to enhance resilience, clarity, and sacred attunement in their therapeutic work. Especially helpful for clinicians and students seeking to integrate spiritual awareness into practice while maintaining professional integrity.

Learning Objectives:

1. Spiritual Protection – Shielding from clients' emotional and energetic imprints while maintaining compassionate attunement.
2. Energetic Hygiene – Releasing and clearing accumulated energy to prevent burnout and emotional residue.
3. Sacred Connection – Tapping into spiritual sources of wisdom for insight and resilience.
4. Boundaries Beyond the Physical – Balancing compassion with self-preservation, recognizing when personal needs or energetic entanglements interfere with clinical work.



Cathy Schneider, LCSW is a licensed clinical social worker in private practice near Vail, Colorado. She has been practicing clinical work for 13 years in a variety of settings including inpatient, outpatient, crisis, integrated medical, hospice, and private practice. Her clinical work pulls from a feminist and transpersonal perspective for using EMDR, sensorimotor psychotherapy, and psychedelic-assisted work with clients. Cathy is spiritually-centered in both work and personal life, and regularly relies on energetic and spiritual connecting/connections to best support herself in her work.

Category: General Professional Development | CE: 3 | \$60 | In person only

SATURDAY, AUGUST 9 | 9am-12pm | 3CEs

ABAYOMI DOLL MAKING: EXPLORING THE ARCHETYPE OF MOTHERHOOD

“Abayomi” is a word in Yoruba meaning “precious meeting.” Over time, it has also come to mean “doll” or “precious thing.” The Abayomi doll is a traditional cloth doll, crafted without the use of needles or thread, born out of necessity, love, and ancestral care. The Abayomi doll-making tradition arrived in the Americas—particularly in the Southern United States, the Caribbean, and Brazil—through the transatlantic slave trade. It emerged as an act of resistance and protection, a way for enslaved African women to create toys for their children from scraps of cloth, offering comfort, identity, and presence in a time of dehumanization and displacement. In this experiential workshop, participants will learn the history and significance of the Abayomi doll as both a cultural artifact and a spiritual symbol. We will explore the archetype of motherhood, its shadow and its light, through storytelling, guided reflection, and hands-on creation. Together, we will ask: What does it mean to mother? Who has mothered us, and whom do we mother? How do we carry the maternal lineage, and where do we need to heal or reclaim it? Participants will create their own Abayomi dolls as a practice of ancestral remembrance, personal reflection, and communal honoring. This workshop is ideal for those interested in ancestral healing, African diasporic traditions, embodied art-making, and the deep emotional terrain of the mother archetype in all its forms. (Fabric will be provided, but participants are encouraged to bring scraps of cloth, ribbons, etc. that have personal significance to add extra personal touches to their Abayomi Dolls.)

Learning Objectives:

1. Learn the historical and cultural origins of the Abayomi doll-making tradition within the African diaspora, including its significance as an act of resistance, care, and ancestral continuity.
2. Explore the archetype of motherhood through guided reflection and group discussion, examining personal, collective, and ancestral narratives related to mothering, nurturance, and protection.
3. Create their own Abayomi doll as a means of embodied expression, engaging with the doll-making process as a tool for healing, storytelling, and connection to heritage.



Naja Druva is a licensed therapist who 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 positive change in society at large.

Category: Multicultural | CE: 3 | \$60 | In person only

BEING BODYWISE: CREATIVE PRACTICES TO JOIN BODY AND MIND IN THERAPY

Sensation is the language of the body. Sensory awareness forms the basis of our subjective reality—our felt-sense of who we are. The creative process of uniting body wisdom with thoughtfulness opens regenerative ways in therapy to realize desired long-lasting change. In this workshop, we will engage in somatic awareness and embodiment practices to foster body-mind integration and learn how to weave these body-based approaches into existing therapy modalities. We will study the basic functions and structures of the major body systems and the significance of their emotional and spiritual intelligence in our daily lives. Interoception, breath, sound, and movement help nudge buried memories and habitual autonomic patterns into conscious awareness. Listening to the body's natural intelligence provides us with novel insights for cognitive processing and helps re-story our experiences from the past. Being Bodywise recovers our capacity for full self-expression, belonging, and a connected sense of being—our true nature that lies underneath the conditioned or traumatized self.

Learning Objectives:

1. Implement somatic awareness and embodiment practices in existing working therapy models.
2. Apply mindfulness and somatic interventions for affect regulation and personal growth in clinical settings.
3. Describe the anatomical structure and function of the major body systems.
4. Understand how body systems are inter-connected with physical, emotional, and mental well-being.



Silvia Stenitzer, M.A., LMT, LPCC, has a private psychotherapy practice in Santa Fe, New Mexico. She has been exploring the body-mind-soul connection for the past four decades. Her therapy approach draws on principles of interpersonal neurobiology, mindfulness, somatics, psychodrama, and action methods. Her trust in the innate self-healing ability in each of us and the transformative power of relationship form the basis of her work. Since 2006, Silvia has taught and created experiential workshops, women's gatherings, and continuing education courses on ethics, polyvagal theory, and embodiment practices.

Category: General Professional Development | CE: 3 | \$60 | In person only



In Person Conference Sessions

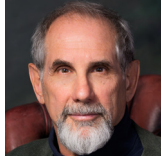
SATURDAY, AUGUST 9 | 9am-12pm | 3CEs

DIMENSIONS OF HEALING PRESENCE

This presentation will introduce the presence of the therapist as an essential factor in psychological healing. Participants will be invited to access their own lived experience of presence through reflective exercises and group sharing. A conceptual framework for integrating presence with therapeutic skill will be presented. The concept of presence has gained increasing attention in both popular and academic literature in recent years. Research reveals that presence includes subjective, relational, and transpersonal qualities that transcend the ordinary boundaries of spatio-temporal dimensions and the limitations of acquired identity. Spiritual practice supports the cultivation of therapist presence with implications for being, knowing, and providing healing influence.

Learning Objectives:

1. Locate the felt sense of presence within their own lived experience.
2. Describe the relevance of practitioner presence for effective psychotherapy.
3. Conceptually differentiate the relational and transpersonal dimensions of presence, and describe their interaction.
4. Differentiate the concepts of instrumental vs. incidental healing, and describe the implications for psychotherapy practice.



Jamal Lawrence Granick, PhD, is a psychotherapist, licensed in New Mexico and California. He obtained his doctorate at the Institute of Transpersonal Psychology in 2011, his dissertation focusing on the presence of the therapist in effective psychotherapy. Dr. Granick has taught counseling and psychology at the graduate level. He is a senior student of Uwayisi Sufism, under the guidance of Seyyedeh Nahid Angha, PhD and Shah Nazar Seyyed Ali Kianfar, PhD. He has also been a longtime student of internal martial arts and holds a 5th degree black belt in Aikido.

Category: General Professional Development | CEs: 3 | \$60 | In person only

SATURDAY, AUGUST 9 | 12:30-1:30pm | 1 CE

THE HEART CENTER IN PSYCHOTHERAPY

This presentation will address the importance of working with the heart center in psychotherapy. It will explore the opening of a client's heart center when it is closed or highly guarded and the role of the therapist's heart center in the therapeutic process. It will also examine the role of the heart center in early infant attachment and personality development, as well as including in a theory of personality the heart center and other energy centers for purposes of treating and healing the whole person.

Learning Objectives:

1. Identify the different types of trauma and how they affect one's life.
2. Understand how trauma is often somatically held and stored in the body.
3. Explain techniques that can release and then transform trauma into joyful resiliency.
4. Identify the five prongs of trauma and how they affect one's life.
5. Explore the models of transformation and resiliency and the modalities that engage alpha brain waves, including a powerful and unique form of movement called Movement For The Mind to transform trauma and stress into healing, joyful wisdom.



Kevin Hennely earned his degrees from Pacifica Graduate Institute and the Fielding Institute. Over 30 years of experience as a counselor and psychotherapist in private practice and agency work. Founder and executive director of the Institute for the Treatment of Hearing Voices. Co-author of several books, including Mary's Way: Romantic Love as a Path to God.

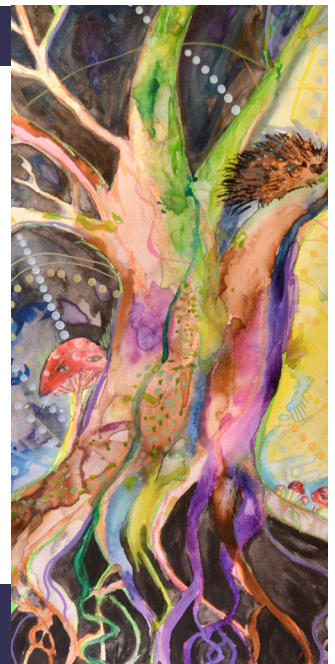
Category: General Professional Development | CEs: 1 | \$20 | In person only

PhD in Visionary Practice and Regenerative Leadership

This unique trans-disciplinary doctoral program is designed to prepare you as a regenerative leader to navigate the complexities of changing the old story of separation, domination, competition and control into the emerging story of cooperation, compassion, connection and capacity to regenerate broken social systems and struggling ecosystems. Relationships based on authentic partnership are key to our future. This program responds to the question of "how shall we shape these relationships of mutuality in order for individuals, families and communities to live in good relationship with each other and with the plants, animals, soils, waterways, weather systems, oceans and atmosphere upon which we depend for our lives?" Responding to these challenges requires "change agents" capable of honoring wisdom traditions and creating new knowledge to envision and enact a new paradigm.

***It begins with the questions "Do you have a vision?" and
"Can your vision make a difference for the world?"***

**If you would like more details on the PhD program
contact our Director of Enrollment Services at admissions@swc.edu.**



In Person Conference Sessions

SATURDAY, AUGUST 9 | 2-5PM | 3CEs

USING MANDALAS TO HEAL SHAME AND TRAUMA

The word mandala (pronunciation mon- dah- lah) means “circle.” A mandala represents wholeness and appears to us in all aspects of life. The Earth, the sun, the moon, and the circles of life made up of our friends, family, and communities, are all common mandalas. The circle represents the infinite nature of our essence. The Hindus, Buddhists, Native Americans, and other spiritual teachers use the mandala as a mediation tool. Psychotherapist Carl Jung used mandalas daily in his personal and professional life as a way to access the inner self. I often compare the mandala to a telescope. What appears in the mandala drawing offers magnified glimpses into the soul, and subconscious aspects needed for healing. In this workshop you will learn various ways to use mandalas for healing shame and trauma in your therapy practice. You will have the opportunity to draw a healing mandala using techniques based on the work of mandala artists, Paul Heussenstamm, Judith Cornell, PhD, and others.

Learning Objectives:

1. Gain an understanding of the history, symbolism, and therapeutic uses of mandalas in various cultures and healing practices.
2. Explore the connection between mandalas and emotional healing.
3. Learn how creating and coloring mandalas can help individuals process emotions, particularly shame and trauma, by engaging in mindfulness and creative expression.
4. Engage in guided exercises to create a personal mandala, exploring how the process can help release emotional blockages associated with shame and trauma.



Dr. Patti Ashley has integrated 40+ years of experience in special education, child development, and psychology into her wholehearted work as a psychotherapist, author, TEDx speaker, podcast host, professional development trainer, and authenticity architect coach. Patti brings unique insights into the identification and treatment of shame, trauma, grief, and dysfunctional family patterns. Dr. Ashley owns and operates her Heart-Centered Psychotherapy practice in Boulder, Colorado. Her unique psychotherapy model facilitates long-term changes in the brain and nervous system, helping clients break through unconscious barriers and rediscover a sense of self-love, belonging, and connection. Patti has counseled a myriad of individuals, couples, families, and groups in mental health agencies, psychiatric hospitals, and private practice settings. She also creates and presents continuing education courses for clinicians, physicians, nurses, hospital wellness programs, universities, and other organizations. Dr. Ashley holds a Doctor of Philosophy Degree in psychology from the Union Institute and University, a Master of Education Degree in early childhood from Old Dominion University, and a Bachelor of Science Degree in special education from James Madison University. She is the author of Living in the Shadow of the Too-Good Mother Archetype (2014), Letters to Freedom: From Fear to Love to Grace (2019), and Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self (2020). Patti is also the host of The Inner Space Project Podcast which is on Spotify and other major podcast platforms. Her TEDxCU talk on April 2, 2022 has over 173,000 views and is steadily increasing. For more information, please visit www.pattiashtley.com

Category: General Professional Development | CEs: 3 | \$60 | In person only

REGARD: AN INVITATION TO EXPLORE THE MESSIEST PARTS OF RELATING

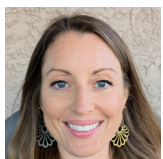
We have a universal need for connection. Many of us have fumbled our way through relationships, making choices and attempting to connect based on models of relating that we experienced early in life or alternatively, models of relating we adopted in reaction to early attachment aches. We might long for more or different in our relationships, but struggle with unmet desires and are unsure of how to participate in relationships in ways that feel fulfilling. This workshop will explore the art, gift, and messiness of relating. We will examine dominant societal norms that may shape how we relate to ourselves and others, our true relational desires, and practices we can choose to enact to embody greater relational competency. Through both didactic and experiential learning, we will explore intersections of relating and attachment theory, nervous system tending, loneliness, pleasure, boundaries, and integrity-aligned action. Additionally, we will explore the parallels that exist intra and interpersonally with the sociopolitical landscape.

Learning Objectives:

1. Identify cultural and developmental factors that influence relational patterns and skills.
2. Describe common gaps in relational skills.
3. Identify at least one of their own relational desires.
4. Explore tools and resources, both internal and external, that support greater relational competency.
5. Use relational desires to inform integrity-aligned choices.



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. As an individual and couples' 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 a 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.



Katie Gleason graduated in 2012 from Portland State University with a Master of Social Work. She has been a therapist in private practice since 2017 in Tucson, Arizona. She specializes in working with people at the intersections of complex trauma, neurodivergence (neurocomplexity) and historically excluded identities. Prior to her work as a therapist, she spent ten years serving clients in case management and counselor 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, neurocomplex and queer affirming, and body and collective liberation oriented. Katie is first generation Korean-American and is a queer and autistic identified provider. She is currently working on a tarot deck and guidebook and is a poet and former writing teacher.

Category: General Professional Development | CEs: 3 | \$60 | In person only

In Person Conference Sessions

SATURDAY, AUGUST 9 | 2-5PM | 3CEs

HEALING FROM THE ROOTS: ANCESTRAL PSYCHOTHERAPY & EMBODIED HEALING FOR INTERGENERATIONAL TRAUMA

This immersive three-hour workshop explores the intersection of ancestral psychotherapy, expressive arts, and embodied healing as pathways for addressing intergenerational trauma. Designed for mental health professionals and healing practitioners, it provides culturally responsive techniques that help clients reconnect with their ancestral lineage, process inherited trauma, and reclaim resilience. Participants will engage in experiential exercises incorporating creative expression, guided visualization, and systemic healing approaches to deepen their understanding of ancestral wisdom as a therapeutic resource. Through a balance of theory, interactive activities, and reflective dialogue, attendees will gain practical strategies for integrating these methods into their professional practices.

Learning Objectives:

1. Understand the theoretical foundations of Ancestral Psychotherapy and its relevance to diverse communities.
2. Explore creative and embodied healing modalities that support ancestral connection and trauma resolution.
3. Experience a selection of experiential practices that can be adapted to individual, group, and community settings.
4. Develop culturally responsive, trauma-informed approaches to integrating ancestral healing into psychotherapy, coaching, or group facilitation.
5. Reflect on their own ancestral connections to deepen self-awareness and therapeutic presence.



Camara Meri Rajabari is an arts-based, psychedelic-assisted, ancestral psychotherapist and spiritual practitioner based in Oakland, California (ancestral lands of the Chochenyo and Ohlone peoples), and Santa Fe, New Mexico (ancestral lands of the Pueblo and Tiwa peoples). Her practice specializes in anxiety, depression, and intergenerational trauma, integrating non-ordinary states of consciousness with ancestral wisdom, ancient archetypes, dreams, and imagination. Camara weaves together community care, reverence for the earth and all sentient beings, ancestral lineage healing, and liberation consciousness into a global movement for mental health restoration. Rooted in honoring ancestral traditions while embracing the possibilities of the future, she bridges cross-cultural indigenous principles with contemporary post-humanist mental health theories, creating pathways that awaken human potential and redefine the landscape of healing and wellness. Camara is the co-author of the pivotal chapter "Invoking the Numinous" in the psychedelic textbook Integral Psychedelic Therapy and a featured voice on NPR's Life Kit. Beyond therapy, she is a spiritualist, AfroFuturist, and artist, facilitating healing and ancestral connection for Black, Indigenous, People of the Global Majority, and People of Marginalized Identities. From the sacred lands of the San Francisco Bay area and New Mexico, her work reflects a deep commitment to ancestral wisdom, environmental stewardship, and the evolution of collective consciousness.

Category: General Professional Development | **CEs:** 3 | **\$60** | In person only

TIERRA NUEVA COUNSELING CENTER OPEN HOUSE

SATURDAY, AUGUST 9 | 5PM | 1 CE

Tierra Nueva Counseling Center 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 42 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.



**For further information visit
tierranuevacounseling.org
or scan our QR Code.**



**505.471.8575
3952 San Felipe Rd
Santa Fe, New Mexico 87507**

In Person Conference Sessions

SUNDAY, AUGUST 10 | 9am-12pm | 3CEs

TEACHINGS FROM THE ANDES: CLEARING HEAVY ENERGIES IN STRESSFUL TIMES

Participants will experience five traditional ceremonies for clearing hucha (heavy energies) and restoring sami (light energies). These simple ceremonies connect us with Pachamama (Mother Earth) and allow us to receive her help in restoring balance and equilibrium in stressful situations. Participants will find it easy to incorporate these methods into everyday life. Participants should bring a crystal (1-3 inches), a rattle, and a small blanket, and should be comfortable with various forms of incense and Agua Florida.

Learning Objectives:

1. Experience five traditional Andean ceremonies for clearing hucha (heavy energy) and restoring sami (light energy).
2. Be able to describe changes they experience in energy or emotions from engaging in these ceremonies.
3. Be able to incorporate these ceremonies into their everyday lives.



Carol Parker PhD, LPCC has been facilitating traditional wilderness fasts in New Mexico, Death Valley, and Canyon de Chelly and organizing healing pilgrimages to the Peruvian Andes since 2006. She founded the Eco Psychology (now Eco Therapy) Certificate Program at Southwestern College and continues to lead wilderness fasts for that program. From 2002-2015 she served as SWC Counseling Chair. Before that, she ran counseling centers and taught in graduate programs in Fairbanks, Alaska, Bozeman, Montana, and Denver, Colorado. She was eco-therapy faculty at Prescott College from 2006-2012 and provided assistance with rites of passage for at-risk teens at Pacific Quest, Big Island, Hawaii. Currently she has a part-time psychotherapy practice in Santa Fe and organizes healing ceremonies for individuals and groups when requested.

Category: Multi-cultural | CEs: 3 | \$60 | In person only

YOGIC SCIENCE FOR MENTAL HEALTH & ADDICTION RECOVERY

For centuries, ancient wisdom traditions have provided pathways to healing and transformation. SuperHealth® integrates the science of Kundalini Yoga, meditation, breathwork, and mindfulness as powerful tools to support mental health and addiction recovery. This experiential and didactic workshop will explore how these practices influence neurobiology, emotional regulation, and overall well-being, offering an alternative to conventional medical models. Participants will engage in meditation, specific breath control techniques, and yogic exercises to experience firsthand how these modalities can release trauma, regulate the nervous system, and create sustainable behavior change. The session will also highlight the impact of stress on addictive tendencies and mental health, as well as provide practical strategies for integrating these techniques into personal and professional practice. SuperHealth has been at the forefront of blending ancient yogic science with modern approaches to addiction recovery since 1973, offering CEU-accredited trainings to healthcare professionals and individuals seeking holistic healing solutions. This session will provide a comprehensive introduction to these methodologies and their applications for practitioners, therapists, and anyone interested in alternative pathways to mental well-being.

Learning Objectives:

1. Understand the physiological and psychological effects of breathwork, meditation, and yogic practices on addiction recovery and mental health.
2. Identify specific meditation and breathing techniques that reduce stress, regulate emotions, and promote neuroplasticity.
3. Experience how Kundalini Yoga strengthens the nervous and glandular systems, supporting resilience against trauma and addictive behaviors.
4. Explore the connection between diet, consciousness, and addiction recovery, including food-based healing strategies.
5. Learn practical strategies for integrating yogic tools into clinical settings or personal practice to enhance emotional and mental well-being.



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 and 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.

Category: General Professional Development | CEs: 3 | \$60 | In person only

ARCHETYPES OF WHOLENESS: EMBODIMENT OF THE HUMANITY OF SELF & DIVINITY OF SOUL

Within the Sufi mystical tradition there exists a special language of Creation referred to as the Beautiful Names (Asma ul Husna, in Arabic). These names or mysteries of our existence beckon us to mature beyond conceptual knowing of ourselves and the world in order to gain a direct visceral realization of the music of life, self, and soul. These constellations of light and love are an ancient vocabulary of origin and being that call us to discover our wholeness and innate wisdom through our sensing, feeling, and intuitive body intelligence. In this workshop we will engage with these names of living archetypal energies through guided meditations, singing these sacred phrases, and through simple body-centered prayers to live music.

Learning Objectives:

1. To gain an understanding of how several of these names/archetypes of wholeness and how they are used in the Sufi tradition.
2. Participants will experience methods to utilize these names for personal and professional growth.
3. Attendees will learn how these methods aid a person/client to access their potential for wholeness and transformation through mindfully embracing their wounded and limited self.
4. To develop a clear perspective on how these qualities (names) of wholeness can be useful in therapeutic settings.
5. To experience a non-verbal, non-conceptual somatic knowing of these archetypal energies and their presence in the physical body.



Maboud Swierkosz has worked in the field of behavioral health for over 40 years. He has served as a psychotherapist with Psychotherapy & Pastoral Counseling Associates for the past 20 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 through various practices.

Category: Multicultural | CEs: 3 | \$60 | In person only

In Person Conference Sessions

SATURDAY, AUGUST 10 | 12:30-1:30pm | 1 CE

UNDERSTANDING & SUPPORTING INDIVIDUALS WITH HIGH MASKING AUTISM

High masking autism is a term and conceptualization that is new to many clinicians, reflecting the gap in services and understanding necessary to better support high masking autistic individuals that may be seeking our care. This workshop seeks to bridge the gap and will assist clinicians in understanding the range of experiences and presentations of high masking autism, as well as how community and neurodivergent-affirming therapy can support autistic individuals. This workshop will provide an expanded framework for understanding autism, using a neurocomplexity lens, and will explore common challenges and needs of individuals with high masking autism. Taught by high-masking autistic clinicians, this workshop will provide space for Q & A.

Learning Objectives:

1. Expand their context for understanding the growing dialogue and expanded diagnosis of autism.
2. Name gaps of research, bias, and current limitations contributing to the missed and misdiagnosis of highly masked autism.
3. Describe an expanded framework for understanding the experiences, traits, and presentations of autism.
4. Identify common needs, challenges, and health implications.
5. Describe at least two benefits of therapy and other supports to high masking autistic individuals.



Kelly Wilt, LPCC, 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. As an individual and couples' 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 a 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.



Katie Gleason, LCSW, graduated in 2012 from Portland State University with a Master of Social Work. She has been a therapist in private practice since 2017 in Tucson, Arizona. She specializes in working with people at the intersections of complex trauma, neurodivergence (neurocomplexity) and historically excluded identities. Prior to her work as a therapist, she spent ten years serving clients in case management and counselor 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, neurocomplex and queer affirming, and body and collective liberation oriented. Katie is first generation Korean-American and is a queer and autistic identified provider. She is currently working on a tarot deck and guidebook and is a poet and former writing teacher.

Category: General Professional Development | CEs: 1 | \$20 | In person only

SOUTHWESTERN COLLEGE BOOKSTORE

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*Receive 20% off selected
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In Person Conference Sessions

SUNDAY, AUGUST 10 | 2-5pm | 3CEs

INTENSATI: COMBINING MOVEMENT WITH MANTRAS AND MINDFULNESS

Participants will learn about the neuroscience behind intenSati: a physical activity combining spoken word with body movement to create a change in one's emotional state. Participants will be presented with a set of concepts associated with movements, and the leader will provide a call and response pattern to embody the ideas with their own voice and movement. By combining the thought, word with action the participants will create new neural pathways that facilitate changes in thought, emotion, and action. This activity is infinitely adaptable for all body types, and the best way to understand it is to experience it.

Learning Objectives:

1. Deepen knowledge of Earth-based mindfulness.
2. Learn ancient practices backed by neuroscience.
3. Explore rationally and empirically why we're wired for connection.



Lisa J. Johnson, PhD, LMFT: Certified intenSati Leader since 2019 and family psychotherapist since 1990 in private practice. She helps people overcome the impact of trauma on their relationships.

Category: General Professional Development | CEs: 3 | \$60 | In person only

EXPLORING CURANDERISMO: BRIDGING TRADITIONAL HEALING & WESTERN CLINICAL PRACTICES

Curanderismo is a traditional system of healing deeply rooted in Latin American culture, particularly within Mexican, Indigenous, and Afro-Latinx communities. This workshop aims to provide an insightful presentation on Curanderismo, its historical and cultural context, core concepts, and its potential applications in clinical mental health settings. Participants will gain a foundational understanding of Curanderismo and learn practical techniques that can be applied in everyday life and clinical practice. By embracing the wisdom of Curanderismo, we can offer more inclusive and diverse healing options in mental health care, promoting overall wellness for mind, body, and spirit.

In this workshop participants will have the opportunity to experience traditional ceremonial practices that they can take and use in their personal or clinical practice. These will include energetic cleansing (Limpia), a no-sweat Mesoamerican sweat lodge (Temescal), herbal remedies, and prayer/meditations. Please note for those that are sensitive to smoke and smells, I will be burning incense/smudge sticks, and floral waters will also be used during the workshop.

Learning Objectives:

1. Describe the origins, cultural significance, and foundational ideas of Curanderismo.
2. Compare and contrast culturally bound symptoms to DSM 5 diagnoses.
3. Explore the challenges and benefits of integrating culturally rooted practices like Curanderismo into clinical settings, including ethical implications.
4. Assess the benefits and limitations of combining traditional practices with culturally sensitive mental health approaches.



Diana Garcia, LPCC, has 14 years of clinical therapeutic experience and 15 years of dedicated practice in Curanderismo. Diana is from Socorro, New Mexico, and was introduced at an early age to ancestral healing through her great-grandmother, Lugardita Santillanes, a curandera who helped all who came to her. Diana also learned from her grandmother, Rebecca Garcia, who crafted herbal remedies for the family. Diana later deepened her knowledge through a seven-year apprenticeship under Maestra Laura Alonzo de Franklin (Maestra CC). In 2011 Diana graduated from Southwestern College with a Masters in Counseling and has built a career in Albuquerque integrating clinical therapy with the rich, ancestral wisdom of Curanderismo, Reiki (Usui and Kona), and other holistic modalities. She has developed specialized group curricula utilizing these practices to support individuals in substance use recovery. Diana is currently establishing a private practice focused on blending clinical psychology with ancestral wisdom, offering 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.

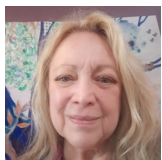
Category: Multicultural | CEs: 3 | \$60 | In person only

PARTNERING ARTFULLY WITH CHILDREN

This workshop will feature art experiences designed to help therapists create trusting relationships with young clients. Being serious about decolonizing therapy can positively impact the quality of our interactions with children. Making art together offers a playful way to engage children in relationships that offer partnerships based on trust and respect. Adults can easily fall back into relationships with children that emphasize our place of authority, or power over, children. Art can provide a space where authenticity blossoms through creativity.

Learning Objectives:

1. Learn one creative process to use during a first session with a child.
2. Create two images that explore their own playful childhood experiences.
3. Be able to describe their understanding of artmaking as a process that promotes partnership in relationship.



Deborah Montoya is an art therapist in private practice in Santa Fe. She was the chairperson of the Art Therapy/Counseling Program at Southwestern College for many years, and is the author of three books: Little Windows Into Art Therapy, Exploring and Developing the Use of Art-Based Genograms, and Building Better Therapeutic Relationships with Children.

Category: Multicultural | CEs: 3 | \$60 | In person only



Online Conference Sessions

FRIDAY, AUGUST 8 | 9am-12pm | 3CEs

INFORMING PERCEPTION, IMAGINATION, AND CREATIVITY THROUGH ART THERAPY FOR CUMULATIVE TRAUMA REPAIR



Participants will practice one experiential process utilizing found objects, a container of their selection, and ephemera that they bring to the Zoom space. There will be movement between the different levels of the Expressive Therapies Continuum and an explanation of the corresponding movement through the four functional domains central to the Neurosequential Model. As a collective and in dyads, we will experience discussion and practice by building the group collective container, the physical container, the spiritual container, and the conceptual/ ideological container in order to foster creativity and imagination that relate to the repair process. Lastly, participants will leave with a transitional art object that is indicative of the collective experience and potentially a bridge to future regulatory experiences.

Learning Objectives:

1. Participants will experience the levels of the Expressive Therapies Continuum and the four functional domains of the Neurosequential Model through a creative/ imaginative experiential process.
2. The group will embark upon creating on a layered collective, physical, conceptual/ ideological container to embrace healing and repair and to encourage creativity and imagination.
3. Participants will practice creating narratives in order to enhance their 3-D, visual creations and will leave the session with transitional objects/ symbols.



Jennifer Albright Knash, DAT, ATRLC-BC, LPAT, LPC/AODA, LPCC, CCTP, RYT 200, received her doctorate from Mount Mary University where she completed research regarding trauma repair in the framework of the Neurosequential Model of Therapeutics (NMT). She currently operates a community practice in Cudahy, Wisconsin, with a focus on cumulative trauma repair. Dr. Albright Knash enjoys reconnecting individuals with their love of creating and the healing properties of art. She maintains her own art practice as well as a deep connection to nature and spirituality. Dr. Albright Knash is the Clinical Academic Programs Director at Southwestern College in Santa Fe, New Mexico where she received her master's degree. She has created the Trauma Concentration for the Counseling and Art Therapy and Counseling programs and recently authored the book, Art Therapy as Cumulative Trauma Repair: Expressive Therapies Continuum, Perry's Neurosequential Model, and Using Art Therapy Techniques to Inform Perception and Imagination.

Category: General Professional Development | CEs: 3 | \$60 | Online only

FRIDAY, AUGUST 8 | 12:30-1:30pm | 1 CE

THE MICRO-COSMIC ORBIT AND CENTRAL EQUILIBRIUM: ALCHEMY IN PRACTICE



The Micro-Cosmic Orbit is a meditation and chi gong technique that alchemically transforms vital essence (Jing, Chi, & Shen) through the elixir fields (dantians) of the body. We will practice both a simplified and traditional chi gong that you can use for your own cultivation and as a technique that you can share with clients. While there are myriad traditional Chinese medicine benefits of this technique, we will focus on the cultivation of Central Equilibrium (Zhang-din) in addition to the core practice of the micro-cosmic orbit. Building an awareness of central equilibrium helps the practitioner to remain centered in a dynamic way. Physical centering is a means by which to build emotional, mental, and spiritual centering. As practitioners, when we can hold our internal space, we hold an alignment that serves as an External Unifying Center in Roberto Assagioli's Psychosynthesis model.

Learning Objectives:

1. Identify the three Dan Tians, the governing, conception, and the central meridian.
2. Practice the micro-cosmic orbit.
3. Understand central equilibrium and its application to the therapeutic encounter.
4. Have the foundation to develop therapeutic presence.



Greg Guerin, MA, LPC-S (LA), is a 2002 graduate of Southwestern College with an undergraduate degree in Chemistry from LSU-Shreveport. He worked in environmental chemistry for a decade before deciding on a career change to counseling. He has been in private practice since 2011 and prior to that worked at Brentwood Behavioral Health Hospital and the LSU-Shreveport Counseling Center. He has been an adjunct instructor at Southwestern College, Bossier Parish Community College, and in the LSU-Shreveport Counseling Psychology Program. He has made numerous presentations to the local and state counseling associations ranging from "The Use of Mandala's in Transformation" to body centered and mindfulness-based approaches to psychotherapy. He has practiced Wu Style Tai Chi Chuan and Fu Style Ba Gua since 1988 with Lee Kwong Ming who was a student of Fu Zheng Song and Ma Yueh Liang. He is an instructor at Lee's Kung Fu and Tai Chi Center, Shreveport, and is a 5th degree master with the World Organization of Wushu and Kung Fu Masters. Drawing from these arts, he brings body centered mindfulness to his practice. These "internal martial arts" develop the notion of zhang-din or central equilibrium, which is a dynamic practice of balancing Yin and Yang. This body focused practice forms a container to cultivate chi and is the alchemical vessel of transformation from a Jungian approach. Greg's approach to psychotherapy helps a client to find their own balance.

Category: General Professional Development | CEs: 1 | \$20 | Online only



Online Conference Sessions

FRIDAY, AUGUST 8 | 2-5pm | 3CEs

REIMAGINING DEMETER: A SOMATIC MOVEMENT AND EXPRESSIVE ARTS EXPLORATION OF THE JOURNEY BACK TO SELF

Demeter is a Greek mother goddess; and her story offers an archetypal template of a multifaceted transformative and healing journey that delivers an empowering message: Radical mothering begins with oneself. Demeter models and guides the way back home to self after a loss, when at a crossroads in life, and while facing an unexpected event. Her struggles illustrate common human life experiences: bliss, loss, grief, despair, contempt, anger, victimhood, and empowerment. This workshop introduces a mythosomatic theoretical framework and features the Tamalpa Life/Art Process® to reimagine Demeter's story through a multimodal expressive arts approach.



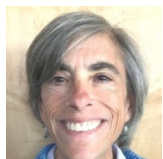
Learning objectives:

1. Recognize mythosomatic and mythopoetic sensitivities in working with reimagining fictional, personal, and clinical narratives.
2. Perform somatic movement practices inherent to the Tamalpa Life/Art work with "postures in life" as a decentering practice to utilize in their personal and professional work as therapists or coaches.
3. Discuss reimagining as a creative, healing, emancipatory process.
4. Create symbolic and meaningful art to support in giving shape to and expressing resonances to Demeter's journey; and use them to find meaning in one's own life's journey.



Marialuisa Diaz de Leon Zuologa is a Mexican-American therapist, movement specialist, mythologist, educator, researcher, and performer. Marialuisa's professional experience in somatic movement, dance, and psychology spans over twenty-five years and includes work in education, private practice, and community intervention. Marialuisa is the creator of Mythic Life (mythiclife.net) where she brings her expertise on facilitating meaningful and transformational experiences to women from all over the globe. She has developed a mythosomatic theoretical framework; a forward thinking integration of myth, arts, somatic movement, and archetypal psychology which informs her philosophy of practice. Marialuisa is adjunct faculty at Southwestern College and associate teacher at Tamalpa Institute. Marialuisa is a registered Master

Somatic Movement Therapist and Educator from ISMETA; and a registered Expressive Arts Therapist through the International Expressive Arts Therapy Association (IEATA).



Dr. April Vogel has a PhD in clinical psychology with a specialization in children, adolescents, and families. Her professional career as a licensed psychologist over the past thirty years has combined a devotion to counseling children, families, and adults, with a commitment to publishing scientific research papers and conducting program evaluations. As an adjunct faculty member at Southwestern College since 2017, she has been gifted with the opportunity to expand herself to new avenues beyond her more traditional Ph.D. training background. She finds it fascinating to consider the multitude of "ways of knowing" and has actively sought training in somatic movement, expressive arts therapy, meditation, and dance art/life therapy. She received her BA in psychology at Stanford University, her PhD in clinical psychology from the University of Miami, her internship training at Franciscan Children's Hospital (Boston University), and her post-doctoral training at Johns Hopkins University. During her career, she has worked in a variety of settings including private practice, universities, schools ranging from preschool through high school, and her own program evaluation business. She moved to Santa Fe ten years ago from Miami, Florida, where she had spent 25 years.

Category: General Professional Development | CEs: 3 | \$60 | Online only

SATURDAY, AUGUST 9 | 12:30-1:30pm | 1 CE

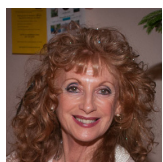
RELEASING TRAUMA, ACTIVATING JOY: FROM WOUNDS TO RESILIENCY

We will explore the five prongs of Trauma and how to heal them through accessing four keys to resiliency and transformation. In this presentation we will look at the models of transformation and resiliency and the modalities that engage alpha brain waves, including a powerful and unique form of movement called Movement For The Mind to transform trauma and stress into healing, joyful wisdom. Some of the topics we will touch on are: How to release trauma from your body and mind; how to feel and release wounds and negative emotions in a safe environment; and how to reduce and manage the stress that often accompanies trauma.



Learning Objectives:

1. Identify the different types of trauma and how they affect one's life.
2. Understand how trauma is often somatically held and stored in the body.
3. Explain techniques that can release and then transform trauma into joyful resiliency.
4. Identify the five prongs of trauma and how they affect one's life.
5. Explore the models of transformation and resiliency and the modalities that engage alpha brain waves, including a powerful and unique form of movement called movement for the mind to transform trauma and stress into healing, joyful wisdom.



Françoise E. Netter, M.A., has been a leading innovator in the fields of Yoga, Dance Therapy, Creativity, Resiliency, Trauma and Stress Management for over forty-five years. She has taught at numerous Universities including Stanford University, Santa Clara University, JFK University, Antioch College, University of Phoenix, University of Colorado, and Naropa University. Françoise has trained teachers, therapists, and medical professionals in her field of expertise. She has been featured on television and radio, You Tube, on several CDs and in magazine and newspaper articles including The New York Times, San Francisco Chronicle, The San Jose Mercury News, The Boulder Camera, Health Club Magazine, Science and Spirit Magazine and numerous podcasts and online venues. Her book, Movement For The Mind: Dance That Awakens

Inspiration, Wisdom And Healing, offers individuals of all walks of life an opportunity to integrate their creativity physically, mentally, and spiritually and apply it practically both professionally and personally. Her current work focuses on the subject of resiliency and trauma in a unique and powerful format and is the subject of her next book and TEDx talk.

Category: General Professional Development | CEs: 1 | \$20 | Online only

Online Conference Sessions

SUNDAY, AUGUST 10 | 9am-12pm | 3CEs

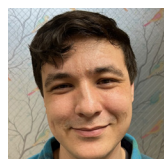
CHILDHOOD BEREAVEMENT: TOOLS AND UNDERSTANDING FOR SUPPORTING CHILDREN THROUGH GRIEF

Our society is often identified as grief phobic, where people struggle with talking about grief or being with people who are experiencing a loss. Children are often times seen as the forgotten grievers, which can pose an issue in their peer relationships, emotion regulation, academic lives, and a felt sense of safety. Having a better tool set to identify and manage children's grief can provide a better foundation for our children to be able to live healthy and effective lives.



Learning Objectives:

1. Identify typical grief responses that children exhibit.
2. Identify tools and activities that support processing grief in supportive ways.
3. Develop awareness around language that is supportive vs harmful while working with grief.



AJ Knittel, LPC, resides in Dillingham Alaska, a rural community in southwestern Alaska located in Bristol Bay. AJ currently owns Counseling With AJ, LLC, and has developed a partnership with the Curyung tribe to provide counseling services to tribal members. AJ has five years of experience co-facilitating children's grief groups and six years of Camp Erin (grief camp for children) experience. AJ is a grief and loss specialist through ASCAU and a certified grief educator from David Kessler's grief educator program. AJ strives to provide quality service and seeks out opportunities to continue his education to do so. AJ has been able to partner with community organizations to provide a group for people who have been impacted by suicide loss in Dillingham. In his free time, AJ spends time drawing, learning to read music/play keyboard, spend time with friends, play games, and learn.

Category: General Professional Development | CE: 3 | \$60 | Online only

SUNDAY, AUGUST 10 | 2-5pm | 3CEs

HEALING WITH NATURE: THE POWER OF EARTH-BASED MINDFULNESS

Consider these questions . . .

Does your spirit yearn to deepen connection – with self, others, and nature?

Could you use insights to heal body, mind, or heart?

Would you like to (re)discover a nature-mindfulness practice?

Would you like deeper layers of insights to emerge?

If any of these questions resonate for you, join us for a transformative gathering designed to melt away the stresses of daily life, promote deep healing, and reconnect you with the joy, wonder, and sacredness of nature. Sylvie Rokab, a seasoned guide at the intersection of mindfulness, heartfulness, forest bathing, and storytelling will lead you through a series of enriching activities. You'll participate in meditation, guided nature contemplation, and reflective exercises. Sylvie will also offer a talk on Earth-based mindfulness, followed by questions and reflections (Q&R). This is a unique opportunity to join a community of like-hearted individuals online and rediscover the beauty of belonging together with the more-than-human world.



Learning Objectives:

1. Deepen knowledge of Earth-based mindfulness.
2. Learn ancient practices backed by neuroscience.
3. Explore rationally and empirically why we're wired for connection.

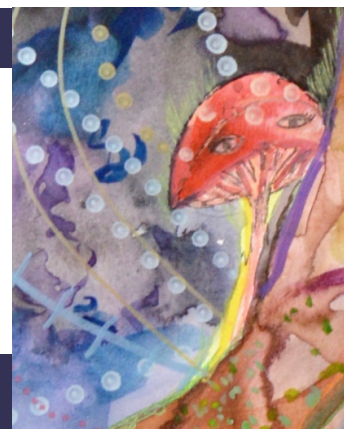


Sylvie Rokab was born in Rio and raised by French and Italian parents born in Egypt. Sylvie is a certified mindfulness teacher, forest therapy guide, ecodharma advisor, and the director of the award-winning film Love Thy Nature. Through her workshops, courses, and retreats, Sylvie combines mindfulness practices with nature's wisdom to help participants cultivate loving awareness and reconnect with their soul purpose. Sylvie has taught at Esalen Institute, 1440 Multiversity, and the Rocky Mountains EcoDharma Retreat Center, and has served as an advisor to the UCLA Ecological Medicine Initiative. When she's not guiding others, you can find her drumming in Afro-Brazilian music circles, boogie boarding with kids, or chatting with trees - in Portuguese!

Category: General Professional Development | CE: 3 | \$60 | In person only

Post Master's Degree in Art Therapy for Clinical Professionals

This master's degree is available to clinical professionals who already have at least a master's degree in social work, counseling, clinical psychology degree. The MA in Art Therapy/Counseling is for those who have not yet earned a master's degree in this field. This program is being offered as a distance program or it can alternatively be taken on the ground in Santa Fe. Classes are offered during weekly day hours with changes each quarter and so it necessitates flexibility with ones work schedule.



For further information contact Enrollment Services:
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