



# HEARTLINK

*Winter 2018*

**Changing, Growing,**

*and* **Still Grounded** *in our*

## Vision

We see a kinder more compassionate world in which the core values of interconnectedness, heart-based collaboration, mutual respect and acceptance guide our work together.

## Mission

To transform consciousness through education.

## Values

Partnership \* Empowerment \* Mindfulness \* Service \* Love





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Front cover: Vision - Mission - Values

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# News and Updates

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

**Dear Friends and Colleagues,**

This Heartlink finds Southwestern College/New Earth Institute with a new strategic plan, two new programs, new faces, new positions, a new promotional video, new board members, a new organizational chart, and fifty-some new students who arrived for fall quarter, 2017.

Other than that, everything's pretty much the same.

### New Programs

We have been approved to offer a certificate in Addictions, Abuse, & Recovery, and a master's degree in Art Therapy for Clinical Professionals, for practitioners who are already licensed or practicing in other related helping professions, and want to add art therapy to their professional armamentarium. Brian Serna, longtime adjunct faculty member at Southwestern College, created and is the director of the addictions certificate, while the Art Therapy for Clinical Professionals program is comprised of existing courses custom-packaged for current practitioners.

These programs launched in the fall of 2017.

### Strategic Plan

The strategic plan includes a M.A. in Earth-Based Healing Practices and a Ph.D. in Visionary Practice as low residency graduate programs, a significant fundraising initiative and the expansion of Tierra Nueva Counseling Center. More about that will be available on our website.

### Social Media

The Southwestern College social media presence is as robust as ever. If you've never seen our Facebook, Pinterest, Instagram, or Linked In profiles, you would have a limited sense of how the school interfaces with the world.

Interesting facts: Four of the top seven referring sites to the Southwestern College web site pages are social media sites (Facebook, Pinterest, & Linked In). Three of the most visited pages on our web site are blog posts (many of which get shared in social media). In other words, that is how a lot of people find and become familiar with Southwestern College and its culture. Indeed, Facebook is second only to Google in terms of how many visitors it sends to the SWC web site (over 58,000)!

We will be launching an updated social media strategy this fall to gain even greater benefits from the tremendous networking power it offers. We will also be revamping our blog categories, and making them easier to search and enjoy. Southwestern College is mentioned as an exemplary educational institution in its use of social media in Gretchen Miller's new book "The Art Therapist's Guide to Social Media: Connection, Community, and Creativity." Gretchen has been a valued member of Southwestern College's Board of Advisors for many years.

To visit any of our social media pages, just go to [swc.edu](http://swc.edu) and click on the social media buttons on the right hand side of the home page (or any page).

### Tierra Nueva Counseling Center

We continue to move forward with our plan to expand Tierra Nueva into a full community mental/behavioral health center, accepting Medicaid and other insurances. These services will be provided by licensed professionals (mostly SWC graduates, we envision), employed (at least initially) as contract therapists at the center. This move will allow us to serve a

greater population, provide opportunities and training for both our current students and our alumni, and eventually create a positive income stream where now we operate at a deficit of over \$100,000.00 per year. This development is both bold and exciting, and indicates the visionary and innovative directions Southwestern College/New Earth Institute is moving toward. .

As you might guess, a lot of attorneys and accrediting bodies are involved, which slows the process and puts it somewhat outside of our immediate control, for now. Bob Deane (Director of Clinical Services), Michelle Lynn (Manager of Operations), Debbie Schroder (Chair of Art Therapy/Counseling), Rahima Schmall (Chair of Counseling) and I are working together closely to move this initiative forward into full manifestation. I would love for us to see our first Medicaid clients during the first quarter of 2018, but we shall see.

### Adios, Laura!

We wish to salute Laura Lansrud-Lopez, who has moved (for now) to other opportunities for her and her husband Brian, to the Washington, D.C. area. Laura served as both the Clinical Director of Tierra Nueva Counseling Center and the Chair of the Counseling program.

## New Faces & Positions

### Director of Student Services

I want to highlight here that we created a new position, Director of Student Services, to significantly expand services for both our students and alumni. Very exciting! Emilah DeToro (formerly in Enrollment Services) is the director of this new initiative.



### Counseling Chair & Clinical Director

We split the previously blended position (held by Laura Lansrud-Lopez) into two separate positions. **Bob Deane**, a longtime practitioner and program leader in northern New Mexico, is now serving as the Clinical Director of Tierra Nueva Counseling Center.



**Dr. Rahima Schmall**, who was the Chair of the Counseling Department back in the 1990's, is once again the Chair of that program. (See more on page 7)

### Counseling as a Gateway Career To Greater Opportunities

The deep skills one develops in a transformational counseling program such as that offered at Southwestern College/New Earth Institute, are not only transferable to other professional fields, but arguably the most valuable and important skills one can learn in life.

So it's not surprising that a significant percentage of graduates from Southwestern College have branched out into other career areas, using their consciousness-centered thinking, relational and communicational skills as the foundation for a vast array of professional endeavors.

### What skills are we talking about?

Well, there's the obvious: Active and compassionate listening, effective verbal and non-verbal communications, clean and clear writing skills, non-judgmental curiosity and respect toward others.

Then there's the deep exposure to diversity and multicultural issues, the ability to hold space for complex and charged situations, giving (and receiving) effective feedback, mirroring and reflecting.

Counselors learn the great power of skilled questioning to open up, expand, and bring light to complex, difficult, or as yet unexplored territory, without jumping to conclusions, premature answers or dogmatic positions. These skills are incredibly valuable, and rarer than any of us might wish. They are not only relevant, but game-changing skills for any business that involves people, communication or service.

### Some Alternative Career Directions Chosen by SWC Alumni

Many people who study counseling cultivate a holistic understanding of human functioning, and the interconnectedness of mind, body and spirit. Yoga, massage, and somatic therapeutic modalities can all awaken emotional, historical, and traumatic material that requires skilled clinical training to manage, and steer toward healing and personal growth. Thus, many people with training in counseling find themselves in some kind of bodywork profession, using their counseling skills, though not formally practicing as a counselor.



**Lee Cartwright** comes to mind. Lee graduated from Southwestern in **2002** with a M.A. in Counseling and practices his own unique variation of energy and somatic work. He is working as a Spiritual Healer, helping people recover from all forms of trauma.

**Claudia Escareno-Clark** graduated in **2016** with a M.A. in Counseling. She works for Homewise, using her counseling skills to walk people through the emotionally complex territories around buying a home, working intimately with finances, life goals and dreams, and helping people manage their fears and concerns surrounding these impactful life decisions.



**Aimee Gregory** graduated from the Art Therapy/Counseling Program in **2013**. In her current work she helps homeowners purchase and finance the right solar systems for their homes, as well as helping individuals select the best insurance policies to protect their personal and professional assets. She is licensed to sell insurance in the state of California where she lives, and was recently appointed with Farmers Insurance. Therapeutic art-making is still a part of her experience and she is preparing for an annual art exhibition.

# Academic Program Updates *from* *your VPAA & Dean, Ann Filemyr, Ph.D.*



In 2016-2017, the Academic Leadership Team took steps to prepare for our 2020-2021 Reaccreditation visit from the Higher Learning Commission.

We re-committed to and revised the school's mission documents, including the values, mission, vision, purpose and practices of transformational teaching and learning at Southwestern College.

We held a half-day retreat at Sunrise Springs in November and another one-day retreat at the IAIA Museum of Contemporary Native Arts in June.

We conducted formal Program Reviews for Counseling and Art Therapy/Counseling.

## Outcomes included the following key decisions:

1. Pursue the new CAHEP accreditation which will be a more formal step than the former AATA recognition for the M.A. in Art Therapy/Counseling (AT/CN) and the new M.A. in Art Therapy for Clinical Professionals.
2. Develop new one-credit and .5 credit courses to help our students and alumni meet the ever-changing demands of state licensing boards.
3. Revise our two degree programs upward from 91 credits to 96 credits for Counseling and 97 credits for Art Therapy/Counseling for the 2018-2019 school year to better meet requirements of state licensing boards. All continuing students will be given an option to move into the new degree programs or not.
4. Pursue the development and approval of new graduate degree programs to include a M.A. in Earth-Based Healing Practices and a Ph.D. in Visionary Practice as low residency graduate programs.
5. Pursue approval for distance courses as we research and design our new low residency graduate programs.
6. At this time, we will not pursue formal CACREP approval due to the demands of CACREP. CACREP requirements include the rule that Counseling programs employ a minimum of three fulltime faculty with a Ph.D. in Counseling Education (or equivalent) and who must deliver 50% of the curriculum, whereas our educational model focuses on hiring a diverse group of reflective practitioners who work in the field of counseling and are committed to experiential and transformational education. Our faculty are not professional academics but are professional counselors and art therapists. However, all course syllabi will be revised to better meet the articulated learning outcomes of CACREP programs.
7. Created a new TRANSFORMATIONAL TEACHING rubric to support our on-going new faculty mentoring program.
8. Created a new office of Student Services with its own Director, Emilah DeToro, which officially launched July 1, 2017.
9. Created a new Student Success Coaching Initiative to support student success.
10. Create a meditative walkway on the land behind and beside the Counseling Center for slow walking, benches for sitting, a Zen garden, etc. to make a unique outside space for all of us to receive the healing benefits of time in nature.

## Vision Statement

We see a kinder more compassionate world in which the core values of interconnectedness, heart-based collaboration, mutual respect and acceptance guide our work together.

## Statement of Purpose

Our purpose is to engage in transformational teaching, learning and service in order to activate innate human potential and creativity, increase conscious awareness, embrace the unique life path of each one, and enhance the synergy among all beings.

## Mission Statement

To transform consciousness through education.

## Goals

1. To be a nationally-recognized school fostering personal growth and transformation through adult classes, workshops and conferences.
2. To prepare and support clinical professionals who are reflective practitioners in the fields of Counseling and Art Therapy.
3. To promote transformational consciousness through high-quality experiential graduate study and continuing education for service professionals.

## Values

- **Partnership** – We welcome all voices in an atmosphere of inclusiveness; cooperation; and respect; we promote active engagement with and promotion of relationships that serve the whole.
- **Empowerment** – We support each one to be centered within and act from one's own light and wisdom in relationship with outer circumstances or conditions.
- **Mindfulness** – We support deepening our awareness so we can be fully present with all that is.
- **Service** – We offer our gifts, knowledge and energy to responsibly serve our communities with integrity, sensitivity and gratitude.
- **Love** – We seek to express love as unconditional peace, joy, compassion and gratitude.



## Welcome New Board of Trustees Members



**Marie Krebs**, M.S., LPC, LCDC, holds an M.S. in Counseling from Southern Methodist University and an M.S. in Organizational Leadership and Ethics from St. Edwards University. She lives in Dallas, TX and works in private practice as an LPC-Supervisor and LCDC. She is a therapist, interventionist and treatment consultant.

Marie has served on numerous boards over the years, and most recently as the President of the Texas Association of Addiction Professionals, and the Treasurer for the Association of Partners of Sex Addicts Trauma Specialists. Ms. Krebs has an extensive background in organizational leadership, board development and governance, as well as public speaking, "friendraising" and fundraising.



**Mónica Ontiveros**, J.D., LL.M., is an attorney in Santa Fe who has primarily practiced in the areas of tax and administrative law. She received a BA from Whittier College, a J.D. from UNM School of Law and her LL.M. in taxation from Washington University. She currently serves as a Hearing Officer for a number of state

agencies. She also serves on the Interfaith Shelter Board, the Santa Maria de La Paz Finance Committee, the Santo Niño Finance Committee and the Desert Academy Parent Association.



**Leon Lopez**, M.B.A., LMSW, has a wealth of expertise and experience in both finance and behavioral health. Leon has worked for Christus-St. Vincent, the State of New Mexico Behavioral Health Services Division as their Quality Improvement Manager, as well as their Deputy Director of Finance and Contracts. He has also served as Chief Financial Officer of the Behavioral Health Collaborative. A native Santa Fean, Leon holds undergraduate degrees in Business Management and Economics, as well as Master's Degrees in both Social Work and Business Administration.



**Janet Lamon Smith**, B.F.A., M.S., graduated from Northeastern State University in Oklahoma with a B.F.A. and from Emporia State University in Kansas with a M.S. in Psychology with an art therapy emphasis. Ms. Smith initiated the first art therapy program for the Cherokee Nation at the Jack Brown Regional Treatment Center in 1991. Additionally, she provided contract art therapy services for Indian Health Services in Arizona from 2005-2009. At present she provides art therapy services from her studio, Turtle Art Works. Ms. Smith taught art therapy coursework at Northeastern State University from 1992-2012. She has been an art therapy advocate for American Indian tribes throughout her career.



**Gabriella Tafoya-Torrez**, B.A., is a native New Mexican with a love and passion for her culture. She received her Bachelor's degree in Human Development and

Family Relations from UNM. She is motivated by the challenges she faces, inspired by courageous vulnerability and ardent about making a difference here at SWC and in the larger community. She is determined to increase multicultural awareness and competency, and plans on advocating for those who feel that their voice is unheard. She believes in the students of this school, and in the ideals SWC represents. We are artists, conscious learners, compassionate listeners, mindful practitioners and so much more. Each of us has the ability to create positive change in this world.



**Heather Leigh**, M.A., ATR-BC, LPAT, LPCC, joined Southwestern College as Core Faculty for Art Therapy/Counseling in June 2015. She is currently a doctoral candidate in the Professional Doctorate of Art Therapy program at Mount Mary University in Milwaukee, WI. Her doctoral research is on pedagogy

for art therapy education. Prior to becoming an art therapist, Heather worked in corporate and non-profit communications. She brings to the Board skills of communications, systems thinking, leadership and project management.

## Welcome New Faculty Members



### Dan Best

B.A. Ancient Greek & Biology, College of William and Mary; M.Ed. & Ed.S. Counseling, University of Virginia; LPCC, LMFT



### Francesca Bottos

B.A. Family Studies, University of New Mexico; M.A. Counseling, Southwestern College; LPCC



### Arlene Burke

B.A. Art Education, University of New Mexico; M.A. Art Therapy/Counseling, Southwestern College; LMHC, ATR



### Tonia Caselman

B.A. English Literature, Oral Roberts University; M.S.W. Social Work, University of Oklahoma; Ph.D. Child Development, Oklahoma State University



### Carlos Gonzalez

B.A. University of Miami, Psychology; M.A. University of Miami, Clinical Psychology; Ph.D., University of Miami, Clinical Psychology; Licensed Psychologist



### Natascha Holmes

B.S. Fine Arts from Florida A&M University; M.A. Art Therapy/Counseling Southwestern College; LMHC

## Welcome New Faculty Members (cont'd)



### **Amber Johnson**

B.F.A. Sculpture, Institute of American Indian Arts; M.A. Art Therapy/Counseling, Southwestern College; LPCC, ATR



### **Charmayne Kilcup**

B.A. Psychology, University of Puget Sound; M.A. Counseling, Southwestern College; Ph.D. Transpersonal Psychology, Sofia University



### **Michelle Lynn**

B.A. Elementary Education, University of New Mexico; M.A. Counseling, Southwestern College; LMHC



### **Craig McAdams**

B.A. Political Science: Peace and Conflict Studies, Bowling Green State University; M.A. Counseling, Southwestern College; LPCC



### **Lyndsey McAdams**

B.A. Social Work, Bowling Green State University; M.A. Counseling, Southwestern College; LPCC



### **Tejal Murray**

M.F.A. Sculpture, University of Pennsylvania; M.A. Art Therapy/Counseling, Southwestern College; LPCC, ATR



### **Natalie Paynter**

B.A. Environment, Population, Organismic Biology, University of Colorado at Boulder; M.A. Counseling Psychology and Counselor Education, University of Colorado at Denver and Health Sciences Center; LPCC



### **Susanne Stockman**

B.A. Humanistic Psychology, University of Massachusetts; M.A. Counseling, Southwestern College; Ph.D. Depth Psychology, Pacifica Graduate Institute; LPCC

*(Please visit [www.swc.edu](http://www.swc.edu) for full bios of our faculty)*

## Welcome New Staff Members



**Kelly Engle**, *Executive Assistant/Office Manager*, has five years of administrative experience in higher education. She strives to make a difference in this world by sharing some of her light with everyone she meets. She believes that smiles and hugs are some of God's best medicine.



**Jennifer Britt**, *Admissions Associate in Enrollment Services*, earned her B.A. in Communication from Regis University. Jennifer feels blessed to work here in

admissions, where her passion for education and consciousness provide the opportunity for her to help future students navigate a decision that will ultimately empower them to make the positive impact they are here to contribute.



### **Allison Frank**, *Chief Financial Officer*, joined

Southwestern College in October 2016. She is new to higher education but has been serving the nonprofit community since 1993. She is also a graduate student with 6 hours remaining to complete a M.B.A.



### **Laura Aguiar**, *Financial Aid Administrator*, recently

relocated to New Mexico from Central Washington State. She had been working in Financial Aid for over 2.5 years when she joined the SWC team as our Financial Aid Administrator. She is completely student-oriented and is excited to bring about new and improved changes to the financial aid process at SWC.

## Dr. Rahima Schmall Returns to SWC as Counseling Chair!



Rahima Schmall, Ph.D., R.N. received her Ph.D. in psychology from California Institute of Integral Studies and her BSN from University of Wisconsin. She is a former teacher in the Buddhist tradition and currently a master healer and teacher in the Sufi tradition. For over thirty years, she has blended psychology, spirituality and medical knowledge to help people grow and change. Rahima shares:

"I left Santa Fe in the year 2000, and moved to California to help start and run a Sufi retreat center. I came back to Santa Fe in 2016, more grounded and spiritually wise. Hopefully this will guide me into once again contributing to the school.

In stepping back in as the Counseling Chair, the changes are both challenging and exciting. I have a formation in my astrological chart commanding me to fuse science and spirituality and bring this out into the world. I believe this is what is needed now to take the school into the next many years.

The first thing I noticed on returning to Southwestern College was the landscaping. The second was Tierra Nueva Counseling Center where I now have my office. Much has changed since I was here as the Department Chair for Counseling in the 90's. I knew all the students and only one faculty taught each course. The job is more complex as the student body has grown and the field of mental health is changing. The challenge is to keep our mission of Transforming Consciousness through

Education, and prepare students for a field that values science."



"Illness as a Path to Spiritual Completion" is the name of the chapter written by Rahima Schmall, Ph.D. in the newly published anthology, *A Drop in the Ocean of Love: Ancient Wisdom for Living a Divinely Guided Life*

# ALUMNI PROFILES



**Trixie Pujol, MA**

I graduated from SWC in 2004 with a Masters in Counseling and a Certificate in Grief Counseling. I currently work in Nairobi, Kenya. I reside outside of the city on a tea farm. I am the proud mother of a wonderful 4-year-old daughter. I run a business called Kipepeo Therapies that specializes in

providing services to children with autism and other children with special needs and their families. I am currently working on an exciting project called ECHO Autism Pilot Project Kenya. ECHO is a framework developed at the University of New Mexico that uses video technology to supply local providers with the expertise required to serve clients in their home communities, rather than having to refer out to specialists. I am collaborating with a colleague in Santa Fe, UNM and a children's hospital in Nairobi among other organizations. It is very exciting as it has the potential to bring current, best practice techniques to doctors, practitioners and parents across Kenya and other parts of Africa.



**Andrea Verswijver, MA, LMHC**

I graduated in **2013** with a M.A. in Counseling. I am working as the Violence Intervention Specialist at Solace Crisis Treatment Center for Christus St. Vincent Hospital in Santa Fe. I am working to assist Domestic Violence Victims and am designing a system wide trauma-informed

hospital response to violence. I still dabble in Equine therapy with my two beautiful horses and enjoy the Santa Fe wilderness with my husband and children.



**Gale P. Davis, MA, RN, LMHC**

I graduated in **2015** with a M.A. in Art Therapy/Counseling. My role as art therapist/counselor in the IRU, (Inpatient Rehab Unit) was highly praised at the Christus-St. Vincent hospital in Santa Fe. By being present at daily 9am 'huddles', interviewing patients, and/or staff

requesting counsel for patients, I felt very much a part of this professional caregiving team. My work included assessing, interviewing, and always "explaining" my role as art therapist. Persons come into rehab psychologically overwhelmed from their injuries, needing to adapt to necessary treatments, the staff, food and the IRU environs. My role was to offer counsel about how art could promote their spirits and thus promote their physical healing. It felt special to witness how presenting art in a hospital setting expressed a 'happy event'. It was palpable to see the benefit for patients, their relatives, and even the Rehab staff. Art therapy and medicine are a winning combination!



**Rosemary Eads, MA, LMHC**

I graduated in **2005**, with a M.A. in Counseling with a concentration in Grief and Loss. I am currently in private practice in western Massachusetts, drawing from trainings in EMDR, EFT, Hypnotherapy, Gestalt therapy and Life Coaching. I recently learned the

Emotion Code, which uses kinesiology and magnets for emotional healing. I recently completed a six month course in dissociative disorders, learning techniques that are remarkably effective with this population by combining hypnotherapy, Gestalt therapy and adapted EMDR. My focus in recent years has been on the personality trait of high sensitivity, and I am now an approved therapist with Elaine Aron, author of "The Highly Sensitive Person". I continue to deeply appreciate the education I received at Southwestern College and the wonderfully fulfilling career it has empowered me to create.



**Lon Rankin, MA, LPCC**

I graduated in **2002** with a M.A. in Counseling. I'm an attachment and neuroscience-based couple therapist and a faculty member of the PACT Institute (A Psychobiological Approach to Couple Therapy, developed by Dr. Stan Tatkin). I've been

teaching PACT in the US for the last three years. I also provide supervision and consultation with other PACT couple therapists. I feel very fortunate to have graduated from Southwestern College, and to be part of this community. Working with the PACT Institute is a dream come true, as it truly helps couples, the basis of our society, function more securely. Focusing on the safety/security system in the brain and reducing threat within the relationship helps love grow, so the warring parts of the brain find better options.



**Rick Cotroneo, MA**

I graduated in **1985** with a M.A. in Counseling.

I entered my 21st year as Director of HIV Education and Training for the New York State Department of Health. In NYS, HIV disproportionately affects people of color, those affected by poverty, trauma, homelessness,

incarceration or substance use. In the last two years, I led a team that developed the first in the nation statewide certification program for HIV peer workers. Peer workers share their personal experience of HIV as they assist others with prevention, testing, linkage to care, patient navigation, support groups and counseling services. As co-director of the House of Mica Peace Chamber, I lead sweat lodges, fire ceremonies and sacred dance. This year we observed the 20th anniversary of holding the four day, dry fast, Sun-Moon Dance on our land in upstate NY. Blessings to the SWC Community in Santa Fe and beyond!



Please visit our website at [www.swc.edu](http://www.swc.edu) to read more the many beautiful write-ups submitted by our SWC alumni working across the USA.



### Christina Calderon, MA, LMHC

I graduated from the Art Therapy/Counseling program in **2015**. I'm working toward an LPCC and LPAT. I live in Nambe, NM and work for the Eight Northern Pueblos as a primary therapist for New Moon Lodge. New Moon is a residential treatment center for Native American

men suffering from addictions. It is located on the Ohkay Owingeh Pueblo. My private practice is called Wild Bird Medicine, LLC and is still in it's infancy. I provide a wide range of services, spanning from addictions counseling and historical trauma to dream work and photo therapy.

### Wendy Goodman, MA, LPCC, LADAC, GC-C



I graduated from the Counseling program in **2007**. I am currently in Okinawa Japan on my 19th assignment and 8th year serving our Military population. My experiences have included all branches of service, adults, families and child populations. With a few exceptions, the base locations

have been overseas. I am grateful for being welcomed into the military life experience where my education and awareness has expanded my understanding of the intensive sacrifices and stressors that Military Members as well as their families make in their service to our world. I believe their diligence, resilience and commitment is to be admired, respected and an inspiration within our own life journeys.



### Gretchen Wachs, MA, LPCC

I graduated from the Art Therapy program in 1998. I have a private practice in Santa Fe and Tesuque. I am licensed as an LPCC and integrate art therapy, depth psychology and trauma work. I am trained in EMDR and brain spotting. I work with individuals with complex

trauma, depression, anxiety and attachment issues. I also work with graduate students from SWC. The knowledge that therapy works through love and empathic connection and that change and transformation is a deeply creative process are guiding principles in my work. I bring decades of experience as a visual artist to my work with clients, offering art materials to deepen and concretize the process.



### Jani L. Drewfs, MA, LPCC

I graduated from the Counseling program in 2006. I was hired at Rancho Valmora where I completed my internship and worked there as a therapist until it closed in 2009. I was hired at TeamBuilders

Counseling services (TBCS) in 2009 as an Multi-Systemic Therapy Supervisor. I stayed in that program for two years. I then worked as an outpatient therapist with TBCS in Las Vegas, Espanola and Santa Fe until TBCS was closed in 2013. When Agave Health took over TBCS I stayed on as an outpatient therapist for three years until Agave Health pulled out and went back to Arizona. I now work at PMS Santa Fe Family Wellness Center since they absorbed Agave Health a year ago. I have worked with all populations including adults, children, families and couples. Currently I am mostly focused on teens and adults. I have worked closely with the juvenile justice system and am often asked to do court ordered Level II and IV Behavioral Health Assessments for youth who have a chronological offense history.



### Allegra Borghese, MA

I graduated in 2014 from the Art Therapy/Counseling program. During my last quarter at SWC, my mom died of the cancer she'd been battling for 15 months, and a week later my dad died in a head-on collision. My world shattered, and I remember feeling utterly useless as a

person, let alone a therapist who is supposed to listen to others. I look back on that time and have no idea how I decided to stick with my internship or graduate, but think I must have had one hell of a strong community around helping me. After graduating, I stepped up in the family business to keep it alive, and started, very slowly, to put myself back together. It started small: I began volunteering at a VA hospital, I taught a yoga class here and there, I attended healing and wellness workshops and hid in the back. Over time, I learned that grief is universal, and something that connects all of us. With help, I was able to remember my purpose, hear the call to serve, and believe in myself again.

I am now entering my second year as a doctoral student in Counseling Psychology at Fordham University and proud to be researching the intersection between food and culture in counseling. I just returned from a project in Mongolia and Siberia that looked at how the diet of communities along the Trans-Siberian Railway is changing as a result of globalization. The summer has been filled with writing up the research's results and teaching yoga classes, and in the fall I will begin seeing clients at John Jay College of Criminal Justice as part of my first doctoral externship. I miss Santa Fe and the wonderful people of SWC who helped me create the person I am today... thank you!

# ALUMNI Profiles (Cont.)



**Jennifer G. Albright, Ph.D., DAT, ATRL, LPC/AODA**

I graduated in **2003** with a M.A. in Art Therapy. I am living in Milwaukee, Wisconsin. I have been here about 2 years and completed my Doctorate in Art Therapy from Mount Mary University. My research focused on using art therapy as an intervention in the framework of the Neurosequential Model of Therapeutics to treat cumulative trauma. I work in private practice, seeing children, teens, and women to address trauma and the many ways that trauma impacts individuals. I am also adjunct faculty at Mount Mary University and St.-Mary-of-the-Woods College in the art therapy graduate programs.



**Maud Séjournant, MA**

I graduated in **1989** in the Creative Expressive Therapy Program. After 10 years of working in NM, I chose to work with people in France, offering numerous trainings, one of them called "Écothérapie" for health professionals. I created a program for women, "La voie du féminin". I have presented numerous workshops on Native ways, the Medicine Wheel, power animals and shamanism. I wrote two books in French, one of them is available in English under the title: *Entering the Shaman's Eye*. In 1999 I introduced my friend Don Miguel Ruiz, author of the Four agreements, for whom I prefaced his books in France. I became a coach rather than a therapist, working mainly with the Toltec approach. I have been deeply inspired by my studies at SWC to create my own programs.



**Marika Dillon, LPCC, ART-BC**

I graduated with a M.A. in Art Therapy in **2005**. I have recently transitioned from working as a military counselor in various locations into a full time private practice. I am excited to be offering both online and in-person counseling. My practice, Coastal Counseling & Therapy, focuses on teens, college students, adults and families dealing with anxiety, depression, trauma resiliency, and life transitions. I am intrigued by the latest marketing, technology, and online options that are now available to reach clients in innovative ways.



**Erin Pomerantz-Castillo, MA, LPCC**

I graduated with a M.A. in Art Therapy/Counseling in **2009**. I work in Western New York with Family Counseling Services of the Finger Lakes. I am Supervisor of Counseling and Trauma programs, running four offices over two counties. In addition to my role as supervisor, I serve as the lead forensic interviewer for our local County Child Protective Services. Our offices specialize in work with victims of crime, sexual trauma and domestic violence. We provide community education on the impact of trauma on development, as well as provide co-located trauma counseling in several local schools. I continue to use art therapy with my individual clients and am currently working with other art therapists on developing a collection of trauma-informed art therapy directives that will be published on our company's website and available for use by others working in the field of trauma by the start of 2018.



**Meira Petersen, MA**

I graduated from Southwestern College in **2008** with a M.A. in Counseling. I am currently living in Galisteo, NM and work mostly out of my private practice, Eldorado Behavioral Health, in Eldorado at Santa Fe where I serve adults and couples. I also work as an independent contractor with Elevation Counseling Services in Albuquerque at an elementary school one day a week. I love my work and am grateful for my chosen path. I enjoy the flexibility of my schedule and working close to home most days.



**Camille Grec, MA, LCAT**

I graduated in **2014** with a M.A. in Art Therapy/Counseling. I live in Saratoga Springs, New York with my wife Naiya and daughter Kaiden Wren. I am in private practice and have my LCAT (Licensed Creative Arts Therapist) in New York State. I work mostly with teenagers and adults struggling with identity and attachment issues, codependency, and LGBTQ issues, with a focus on resolving discordant reality-structures, locating/reconnecting/embodiment the self on a soul level, and recalibrating perception and perspective. I'm a co-founder of C.R.E.A.T.E. Community Studios, a 501(c)(3) non-profit dedicated to providing a space where the benefits of art-making impact both the individual and the community as a whole.



## Community-Based Ecotherapy

I am a Master's degree student at Southwestern College working toward the Transformational Ecopsychology certificate.

by Rene Tricou

I was the first student to enroll in the new course, Community-Based Ecopsychology Project. My project became the Rio Chama mindfulness-based nature retreat, where we engaged in mindfulness practices and intentionality to resurrect and re-establish our connections by Being in the Wild.

Thanks to those who assisted my own exploration of Being-ness and who helped me accomplish this experience: Ann Filemyr, who supported me step-by-step as my faculty mentor; the New Mexico Wilderness Alliance, who offered a platform for me to do the project; to my Mother, who would take me out as a small child into the natural world to explore at my leisure; and to the Divine Mother, the underpinning of All Life in Her Totality. Thank you, Thank you, Thank you.



# THE NEW EARTH INSTITUTE

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

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- Children's Mental Health
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- Infant Mental Health
- Transformational Eco-Psychology
- Trauma, Grief and Renewal



Brian Serna, LPCC, LADAC Certificate Program Director

**Introducing our new certificate, launched Fall 2017:**

## Addictions, Abuse and Recovery

This Certificate program aims to provide practitioners with an integrated approach in the treatment of addictions within individuals, families and communities, implementing evidence-based practices. This certificate will provide hours that will pertain to the achievement of either the LSAA or LADAC license.



Robert Waterman

Brian Miller

Holly Finlay

Carol Parker

Jason Holley

Valerie Valentine

Michael Hock

Alisha Shelbourn

Scott Thomas

Alice K. Ladas

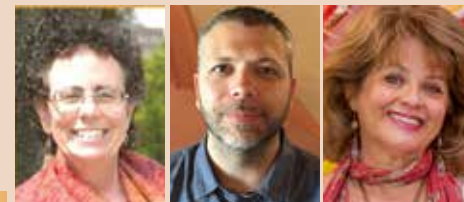


Ann Filemyr

Robert Weisz

Ginna Clark

*Pictorial Reflections on the 2017*  
**TRANSFORMATION AND HEALING CONFERENCE**  
*Wellness in a Culture of Addiction*



Rahima Schmall

Brian Serna

Carrie Ishee



Emma Simmons

Lee Cartwright



Gabor Mate



Robin Duda

# The Arts in Society Conference in Paris

by Deborah Schroder, Art Therapy Program Chair



In July, through the college's support, I had the delightful opportunity to present a workshop at the Arts in Society conference in Paris. In addition to the sheer joy of being in Paris and being able to finally see art in person that I'd only known through textbooks, the conference itself was an expansive, enriching opportunity. The annual conference is built upon four key features: Internationalism, Interdisciplinarity, Inclusiveness, and Interaction. The conference creators seek to identify current ideas and challenges in the contexts of sustainability, diversity, learning, the nature of interdisciplinarity, and the place of arts in society.



It was inspiring to interact with emerging artists, scholars, community advocates, philosophers and educators. My workshop was another opportunity to explore the global relevance of art-based genograms, and was titled "Expressing Multicultural Identities and Healing Intergenerational Themes through the Creation of Art-Based Genograms." I find it extremely rewarding to share art therapy concepts with people outside of the field itself, and to be a voice that expands the knowledge of art therapy. My participants enthusiastically created some family symbols that brought deep sharing, memories and tears into the room.

## Capstone Presentation Evenings

by Deborah Schroder

Twice a year we continue to enjoy the Capstone Presentations given by our interns. The Capstone projects that they share really tell the stories of their internship experiences. It is a joy to connect with the interns again – some haven't been on campus much and some have been out-of-state. You can feel the happy energy in the room when we watch the films sent in and see the faces of interns who have been working far away.



We continue to encourage students in Part One or in the beginning of Part Two, to attend these lively evenings. Much good information is shared concerning potential internship ideas and places.

## Capstone Murals Continue to Grow!

by Deborah Schroder

As part of the Capstone class in Art Therapy/Counseling, we offer students an opportunity to participate in a group art making experience as a way to explore that process as a possible future project during internship. The dynamics of group mural making come alive as the wall explodes with color. Here are some pictures from this year's murals, created in February and August, 2017.



# Wild Heart Gallery *by Heather Leigh, Art Therapy Core Faculty*



Wildheart Gallery had an outstanding year, thanks to the gallery expertise offered by Art therapy student and gallery assistant, Jessica Morris. Jessica crafted conceptually rich shows that invited the Southwestern College community to respond to intriguing themes.

We began an annual tradition of a show titled "Lead In" where students entering the program could share their artwork as a way to get to know each other and express their individual artistic style. During the opening gala for this show, students shared performance artwork and stories of their art.

The second annual show was held in October, 2017. The show titled "Manifold" invited participants to explore personal narratives of the sacred pieces that formed their journey to know self, community, and other through visual art expression. Our annual faculty and staff exhibit titled Prime Movers, revealed the artistic spirit of our entire community. And we celebrated the hard work of our gallery assistant, Jessica Morris, with her solo multimedia exhibition "Vicissitudes".

We also had two shows—"Moment of Truth" and "Living Dreams"—in which art therapy/counseling students entering the internship part of the program shared art they had created in classes throughout the program. In addition, two art therapy Capstone project exhibits highlighted the hard work of students completing internship. Two class-based exhibits ended the year. One for students to share the art-based genograms created in the Family Art Therapy course and another show for artwork created in Art Therapy Techniques class.

We have a variety of Wild Heart shows planned for the 2018 academic year. Opening nights are open to all. Watch the SWC website for details and join us!



# 2016 Graduation

Southwestern College awarded 53 Master's degrees during the 35th annual graduation ceremony on Saturday, November 5, 2016 at the James A. Little Theater.

Art Therapy/Counseling Chair, Deborah Schroder and Art Therapy faculty member, Heather Leigh awarded 37 Master of Arts in Art Therapy/Counseling degrees.

Master of Arts in Counseling degrees were awarded to 18 graduates by Counseling Program Chair, Laura Lansrud-Lopez and Vice-President of Academic Affairs and Dean, Ann Filemyr.



Graduation invocation led by Natascha Holmes



Graduation Keynote Speaker, Kate Cook



**Counseling graduates**, from left: Program Chair Laura Lansrud-Lopez, Amory Winn, Rosanna Timmer, Kevin Clarke, Kumara Hampton, Chad Erickson, Sylvan Schneider, Diana Torres, Anna Tarnoff, Anabella St. Peter, Michelle Harkey, Gene Dennehy, Dustin McGowan



**Art Therapy/Counseling graduates**, top row, starting left: Val Jones, Ellen Patterson, Natascha Holmes, Laura Fischer, Program Chair Deborah Schroder, Katherine Monroe, Bethany Moore-Garrison, Allison Schauman, Hannah Rapp, Holly Sanborn, Laura Schoff, Laurie Larimer, Julia Hoffman, Cynthia Davis-Hubler, Christina Villarreal, Art Therapy Faculty Heather Leigh, Angelica Restrepo; Bottom row, starting left: Allison Janes, Christina Miller, Crystal Cardoza, Hannah Bocan, Dru Phoenix, Adrianna Anderson, Jessica Cook, Alyssa Glover, Hannah Hyman

# 2017 Graduation



Dr. Ann Filemyr, VPAA/Dean, Katherine Ninos, Exec. VP, and Jim Nolan, President

Southwestern College awarded 46 Master's degrees during the 36th annual graduation ceremony on Saturday, November 4, 2017 at the Institute of American Indian Arts.

Art Therapy/Counseling Chair, Deborah Schroder and Art Therapy faculty member, Heather Leigh awarded 35 Master of Arts in Art Therapy/Counseling degrees.

Master of Arts in Counseling degrees were awarded to 11 graduates by Counseling Program Chair, Rahima Schmall and Vice-President of Academic Affairs and Dean, Ann Filemyr.



**Counseling graduates**, starting left: Randall Browning, Nicole Ortiz, Lauren Martell, Bryce Downey, VPAA/Dean Ann Filemyr, Counseling Chair Rahima Schmall, Traci McMinn-Joubert, Karen Waldrip, Amanda Watercolor Golightly, Scott Van Note



Graduation Keynote Speaker, Brian Serna



**Art Therapy/Counseling graduates**, back rows, starting left: Daniel Grenchik, Sanda Sandoval, Hope Clifford, Madge Duus, Hilary Clausen, Bridget Steed, Monica Dick, Ellen Njus, Ruth Marshburn, Kate LeTourneau, Anna Ingraham, LaTausha Cotner, Rebecca LaPera, Elijah Chong, Sarah Ehle, Katie Roerman; Bottom row, starting left: Meghan DeGemmis, Art Therapy Faculty Heather Leigh, Art Therapy Chair Deborah Schroder, Alyssa Blinder



Graduation invocation given by Dr. Scott Thomas

## In Memoriam



### Barbara Lee Brown

Sept. 7, 1942 – Feb. 25, 2017

Barbara Lee Brown was born in Washington D.C. on September 7, 1942 and left this earth on February 25, 2017. She became involved in many philanthropic endeavors and always helped people when she could. She grew into herself while living

in Santa Fe. Barbara is survived by her daughter, Laura Cat Engel-Brown, Cat's significant other, Jeremy Lydon, her two granddaughters, Laila Rose Kiley and Ameile Paige Lydon, her sisters Patricia Anne Brown and daughter Sage, Donna Brown Capizzi, Donna's husband Mark Capizzi, her son Gabe Gunther-Brown and his wife Lin, her first cousin, Jay Rosenbaum, her soul sister, Carrie McCarthy, and her business manager and close friend, Facundo Garcia.

Barbara graduated from SWC in 2004 with a M.A. in Counseling. She served on SWC's Board of Trustees from 2006 until she passed. During that time, she was a major benefactor, contributing significantly to the building of the Art Therapy complex as well as the Tierra Nueva Counseling Center. Barbara was dearly beloved in this community and is remembered in all of our hearts.



### Hannah Crosbie Metzger

September 30, 2017

Hannah Crosbie Metzger, age 25, Taos, New Mexico and Delray Beach, Florida, was killed by a drunk driver on Saturday, September 30, 2017. Hannah Crosbie was a nurturer, artist, and adventurer. She had uninterrupted sweetness with a wild edge. Her soft soul could be

both light and heavy. She had a truly selfless heart, and her overflowing, loving spirit brought people together. They called her the 'connector of humans'. She had an infectious joy and presence, and her trademark giggle would always put a smile on your face. She loved and nested in nature, and was a lover of animals, her favorite being the manatee. She was a shining light in the darkness, transforming people's lives. In her final months, she did what she loved, leading others down the Rio Grande on her raft of adventure.

Her studies took her to Saint Andrew's School for high school, Mercyhurst University for undergraduate, and Southwestern College for her M.A. in Art Therapy/Counseling, which was awarded posthumously at SWC's graduation ceremony, November 4, 2017. Hannah Crosbie was laid to rest at Woodlawn Cemetery in Blowing Rock, NC on October 11, 2017.

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