

SOUTHWESTERN COLLEGE

CONSCIOUSNESS-CENTERED GRADUATE SCHOOL FOR COUNSELING AND ART THERAPY



HEARTLINK

Fall 2014

Consciousness, Authenticity and Clinical Wisdom:
The Heart of Southwestern College's Counseling Program





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News and Updates

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

Dear Friends and Colleagues,

"Transformation" has always been central to Southwestern College's mission, so it is probably no surprise that it also shows up in the everyday operations of the school. Here are some of the most recent transformations:

Dr. Webb Garrison, Academic Dean for the past two years, decided to move back to New York to be closer to family, and to his son, who will begin college at Boston University. We wish Webb all the best, and will miss his smiling countenance, booming voice and deep well of energy.

Southwestern College has decided to build a new Counseling Center on our own campus, which increased by four and a half acres when we purchased the open lot next door. Praxis Architecture and Gabriel Browne are working on the plans, and we will be launching a capital campaign in the fall of 2014 to help support the construction. The design is already very interesting and we hope to open the center in January of 2016.

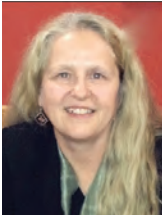
The New Mexico Counseling and Therapy Practice Board has approved Southwestern College's curriculum as "meeting the educational requirement for eligibility to sit for the Licensed Alcohol and Drug Abuse Counselor (LADAC) designation." Graduates must also complete an appropriate internship that deals with related clinical presentations. SWC also added three elective courses to its curriculum to further prepare our students for work in the addictions field. These are Motivational Interviewing, the Psychopharmacology of Drug Abuse and Adolescents and Addiction: Treatment and Prevention.

The Higher Learning Commission recently approved Southwestern College's six certificate programs, all of which are either new, or newly re-configured. All certificates require fewer total classes with a lowered cost per class. (See article on page 9 for details.)

The 2014 Transformation and Healing Conference was a great success, with the highest attendance in many years. Twenty-one presenters shared wisdom and offered experiential learning opportunities on topics related to sexuality and addictions. The keynote presenter, Dr. John Bradshaw, stole the audience's heart with his authenticity, deep personal sharing, sense of humor and hard-won clinical wisdom.

Lee Cartwright closed the conference Sunday with his signature Lee style on the topic "Breaking Free of Addictive Relationships." As always, Lee filled the house and left attendees with new clinical approaches and insights into breaking old patterns and trances.

New Vice President of Academic Affairs and Dean



Dear Friends and Colleagues,

We are honored and excited to announce that Dr. Ann Filemyr has accepted a position as the Vice President of Academic Affairs and Dean of Southwestern College!

Dr. Filemyr most recently served as the Dean and Chief Academic Officer at the Institute of American Indian Arts in Santa Fe, New Mexico. Prior to that, she held the position of Vice President and Dean of Faculty at storied Antioch College in Yellow Springs, Ohio.

Dr. Filemyr received her Bachelor of Philosophy in the Creative & Performing Arts from Thomas Jefferson College of Grand Valley, Michigan, in 1979, her Master of Arts in English (emphasis Poetry), from the University of Wisconsin-Milwaukee, in 1984. Her doctorate is in Communications and Environmental Studies from the Union Institute & University in Ohio.

She served for two decades, from 1979-1999, as a helper (apprentice or *oshkibewis*) to the late Keewayinoquay (Kee) Peschel.

As part of her duties, Ann assisted with traditional healings, teachings, and life ceremonies. Kee was a culture-bearer, medicine woman, and ethnobotanist grounded in the philosophical traditions of the Great Lakes Anishinaabeg (Ojibwe).

Dr. Filemyr is also a poet and a writer. Her two recent books of poetry include *Love Enough* (Red Mountain Press, 2014) and *The Healer's Diary* (Sunstone Press, 2012). She won an honorable mention for the poem "Love Enough" in the Robinson Jeffers 2012 Tor House Award.

Dr. Filemyr has been teaching Consciousness courses at Southwestern for the past two years. Her Light Figure presentation can be viewed on our website (look on the Videos/Light Figure Presentations page). She has also served as a member of the SWC Board of Trustees since 2009 and assisted the College with its re-accreditation process.

I am sure you will join me in welcoming Dr. Ann Filemyr to Southwestern College!

Historic VISIT

Earlier this year, Drs. Ron and Mary Hulnick, president and vice president of Santa Monica University, visited Southwestern College. They were both part of the Quimby Light Center and faculty members in the first year of Quimby (now Southwestern) College. Their contribution to Southwestern College's history was discussed in the Winter 2010-11 *Heartlink*, in the article "Birth of Quimby/Southwestern College."



Drs. Ron Hulnick and Mary Hulnick visit Southwestern College.

Southwestern College Leaders Meet with Higher Learning Commission Liaison

Dr. Barbara Johnson, SWC's liaison from the Higher Learning Commission (HLC), visited our campus on September 3. She met with Executive Vice President Katherine Ninos and Vice President of Academic Affairs Ann Filemyr. They discussed various future initiatives being considered by SWC leadership. Dr. Filemyr and President James Nolan will meet again with Dr. Johnson at the annual HLC conference in Chicago in March 2015.



Executive Vice President Katherine Ninos, Dr. Barbara Johnson and Dr. Ann Filemyr.

SWC Highlights

New Board of Trustees

Our Board of Trustees has added a new student and faculty member for academic year 2014.



Student Board Member

Val Natonabah Jones is a second year Master's candidate in the Art Therapy/Counseling program at Southwestern College. Val was born and raised in Santa Fe, from the Dine' (Navajo) Nation, and is Two-Spirit/Trans*. V completed their B.A. in Native

American Studies and Psychology at the University of New Mexico, during which time they volunteered at Albuquerque Healthcare for the Homeless providing street outreach and harm reduction services. In fall 2013, V was granted a scholarship to attend a leadership program through the Brown Boi Project, an organization which works to redefine masculinity within communities of color. Upon completion of the M.A. program at SWC, V hopes to continue working with marginalized populations, specifically Indigenous communities, throughout the Southwest.

Faculty Board Member

Brian Serna, M.A., LPCC, LADAC, is a nationally-recognized trainer in the treatment of addictions. He also facilitates workshops on improving cross-cultural counseling skills, treating co-occurring disorders, ethics and working with adolescents. He is currently the Health and Wellness Division director for the Pueblo of Tesuque and maintains a private practice in Santa Fe. Brian teaches courses relevant to LADAC certification.



New Faculty



Ginna Clark, M.A., LPCC, ATR-BC, is a psychotherapist and art therapist in private practice in Santa Fe, New Mexico. She received her B.A. in psychology and women's/gender studies from the College of Charleston in Charleston, SC and her M.A. in art therapy/counseling from Southwestern

College. She is currently a doctoral candidate-in-training at the Institute of Contemporary Psychoanalysis and Psychotherapy in Los Angeles, CA. Prior to pursuing a degree in art therapy, Ginna worked in college and community mental health settings doing prevention/psychoeducational work, as well as crisis intervention. She is a professional member of the American Art Therapy Association and the International Association for Relational Psychoanalysis and Psychotherapy. She is the founder and director of SWC's new Human Sexuality Certificate program.

Jessica Callaway, M.A., ATR-BC, LPAT, LPCC, is currently the clinical supervisor for Family Services at Circle of Life, in Espanola, New Mexico, and teaches Art Therapy Techniques and Multi-Cultural Issues in Art Therapy at Southwestern College. Since 2010 She has worked with families and children, specializing in trauma resolution, and is a certified yoga teacher, facilitating trauma reprocessing yoga classes at the inpatient treatment center New Moon Lodge, in Ohkay Owingeh, New Mexico.



Stede Barber, M.A.A.P., M.T.P.S., received her B.A. with a dual major in Education and Art from the University of Massachusetts Amherst. Her lifelong pursuit of art and education led her to be enrolled in the very first class of Southwestern College, then known as Quimby

College. She received a Masters in Applied Psychology from the University of Santa Monica and a second Masters in Spiritual Science from Peace Theological Seminary & College of Philosophy. She is currently working on her doctoral thesis, focused on "Art as an Expression of Soul." She is a gifted teacher and artist with a deep love for nature, the transformational power of "paying attention," and creativity as a profound connection to Soul.

Heather Wulfers, M.A., ATR-BC, LPCC, LPAT, is the coordinator of the Southwestern Counseling Center. Heather has been with SCC since 2007 and is an Art Therapy/Counseling alumna of Southwestern College. Heather supports and maintains supportive passage for the counselors-in-training to move into their professional careers. She is an artist as well as a licensed art therapist, working with both clients and students as a therapist and supervisor.



Victor Nelson, M.Div., S.T.M., LMFT, is a pastoral counselor and marriage and family counselor. He has been an adjunct faculty member at the Christian Theological Seminary in Indianapolis and Utah State University in Logan, Utah. He recently became the executive director of the Pastoral Counseling Center in Santa Fe, NM, and he will be teaching Counseling

Theory and Practice at SWC.

James Hunt, Ph.D., LPCC, trained in clinical psychology with an emphasis in depth psychology at Pacifica Graduate Institute. He has a long-standing interest in the integration of psychological practice with spiritual and religious traditions, both East and West. His personal education has included extensive global travel, notably in Buddhist regions of Central Asia. He maintains a private analytic psychotherapy practice in Santa Fe. His focus is the exploration of unconscious process via multiple portals, with a particular affinity for dream analysis.





Mary Beth Huberman, M.A. LPCC, LADAC, is an alumna of SWC. For a number of years she worked as a professional psychic after training and apprenticing with Susan Spensely. Since her 1997 graduation she has worked in behavioral health centers in New Mexico and currently is clinical director of the adult outpatient program at the Santa Fe Community Guidance Center. She also maintains a private practice in Santa Fe. Her clinical specialties include Dialectical Behavior Therapy and Motivational Interviewing.

Marilyn Matthews, M.D., is a psychiatrist, Jungian analyst and current president of the C.G. Jung Institute of Santa Fe. She attended The Ohio State University Medical School. Her interest for many years has been in helping women to access their authority, authenticity and voice. She teaches Archetypal Psychology at SWC.



Stuart Cline, M.A., ATR-BC, LPCC, LPAT, LADAC, is an educator, counselor, art therapist, and life coach. He graduated with a M.A. in art therapy from Southwestern College in 1998, and in 1995 graduated from Kean University with a degree in fine arts, specializing in art education. He has practiced for over 15 years in New Mexico, specializing in addictions, and has worked as a substance abuse counselor at the Pueblo of Sandia, where he started a pottery program with Native Americans doing art therapy with all ages.

Currently, Cline has a private practice and works full time at Presbyterian Kaseman Hospital's Intensive Outpatient program for Substance Abuse in Albuquerque. He has written two Kindle e-books, one on counseling clients with gambling disorders, the other a metaphysical novel called *The Soul's Crossing*.

New Staff

Wendy Wasserman, M.A. As a recent SWC art therapy/counseling graduate, Wendy feels proud to be part of the transformational environment of SWC as admissions and academic advisor. When not in her office in the student lounge building, Wendy is pursuing her art therapy and volunteer interests and spends lots of quality time with her two rescue pets, Kizzy the cat and Sundae the Chihuahua/Papillion.



Veronica G. Bustamante is a native Santa Fean, and mother of a 16 year old daughter. She works in the finance office, offering her expertise in the accounting field. She is very enthusiastic and hopes to contribute many other aspects to SWC. She feels truly blessed to have the opportunity to be part of SWC's elite team.



Michelle Lynn, M.A., LMHC, is assistant coordinator of Southwestern Counseling Center and intern liaison. Prior to becoming a therapist, she was an elementary school teacher in New Mexico. During that time she also pursued other interests including shamanism and a personal spiritual path which now assists her in how she approaches therapy with her clients. She enjoys being a part of the Southwestern community and working with the students at the Counseling Center as they learn how to be therapists.

Sandi Martinez, academic assistant, is a native New Mexican, and brings with her a healthy sense of thriving in the high desert state. She's bilingual, adventurous, and likes to try new things. Above all, her spiritual life is at the core of everything; not a religious person, she welcomes daily the spiritual dose of divine inspiration in all its forms. A creative writer, she has published online articles, blogs for an Animal Massage School, as well as her own blog. Sandi is thrilled to be a part of the Southwestern College team!



Nate Smith, landscape and gardening assistant, **Ron Light**, head of landscape and gardening and **Nova Kennett**, gardening assistant

If you haven't visited Southwestern College in awhile, please drop by and see our newly landscaped gardens. Many thanks to Ron, Nate and Nova for all your hard work in making the grounds and gardens of Southwestern College so beautiful!



M.A. in Counseling

by Katherine Ninos and Jim Nolan



As a kind of institutional self-reflection, we are taking the opportunity in this Heartlink to explore the nature of Southwestern College's first, and for a long time only, master's degree program—Counseling. We ask our students to reflect on themselves and their experiences all day, every day, and walking our talk seems like good medicine for Quimby/Southwestern College as well.

We are fully accredited, and our graduates are licensed all over the country, many work as clinical directors and in other leadership positions. We doubt any of our readers would disagree with the premise that we do things differently. In this piece, we will try to articulate the ways such different-ness shows up in our curriculum and teaching.

Heart-Based

Southwestern College's Counseling Program is heart-based. We recognize a shared divinity with all beings on the earth. We recognize that love is the primary and most direct road to that connection. While acknowledging the value of traditional psychology's emphasis on the individuation of the personality (at least in the West), we also recognize a transcendent merging of the spirit. It is the journey, shared by humanity as a collective, as well as each individual human, from unconscious unity, to unconscious separation, to conscious separation to conscious unity. Traditional

psychology typically only covers the journey of the personality or the ego, and leaves the soul's or spirit's journey out of the conversation, if they acknowledge it at all. Southwestern College's mission, "Transforming Consciousness through Education," captures both our commitment to the awareness and experience of realms beyond physical form, as well as knowledge and practice of cutting-edge clinical work.

Experiential and Deeply Reflective

The widely diverse faculty members create an equally wide gamut of experiential learning experiences, which become the vehicles that carry the possibilities of transformation for the student. In experiential learning, the meaning of the experience resides not in the experience itself, but in the dance of the student's consciousness with the experience. Our intention is to honor and draw out the student's Inner Knower, or Inner Teacher, creating a safe environment within which they can explore and discover themselves as helpers and healers. Information may come from outside, but knowledge and wisdom are discovered and/or created through deep reflection, by the student, in alignment with their Inner Teacher.

We believe this approach is different from the more mainstream teaching that mean-

ing, knowledge and clinical wisdom are determined and delivered by outside sources—most notably in this era, the "evidence-based literature." As a graduate school, we honor and teach our students how to access evidence-based strategies as one of many epistemologies, or ways of knowing.

Yet we also stand by the maxim that "absence of evidence is not evidence of absence." If truth resides outside of us, and we have to wait for researchers to inform our every helping/healing move, the whole world is in trouble. At Southwestern College, in addition to evidence-based practice (when such evidence might be available, and compelling), we honor and encourage the collection of practice-based evidence—that is, we honor our own experience, be it life, clinical, or spiritual. Experience, intuition, attention to energy fields, to our gut (which is an energy field and nerve system unto itself—the enteric system)—these are all other ways of knowing, other epistemologies.

Transdimensional Theory

At Southwestern College, we also recognize all of the traditional approaches to counseling. This includes those which focus on primarily historical material (psychodynamic, for example), on cognitive processing (CBT, REBT), on systems (family therapy, feminist therapy, psychodrama) and on somatic factors (interpersonal neurobiology, stress reduction and body based trauma work). We certainly honor Carl Rogers, and related "humanistic" approaches, and we also understand that psychopharmacological considerations are paramount for some clinical presentations.

There are two specific dimensions that distinguish Southwestern College's

"Transdimensional" approach to life and counseling.

First, and over-arching the psychology-based approaches, we recognize the transcendent dimensions of the spiritual realms, and embrace the concept of shared divinity, or unity, found in more transpersonal perspectives of human development. As an institution, we subscribe to and endorse no particular lineage, but open the curriculum to the spiritual, or metaphysical, or transcendent dimensions, through the student's guided inner exploration, and also as might be found in the writings of Assagioli, Maslow, Jung, Wilber, Eastern traditions, and many more. Our position is that logical positivism and the "evidence-based" Western epistemologies discount or ignore what we hold to be the most important dimensions of the human experience.

Second, beneath the approaches/theories mentioned, our philosophy is undergirded by a deep honoring of nature as a key (but often unacknowledged in mainstream psychology) grounding and healing resource with which many of us are often disconnected to a significant extent. Thus earth-based traditions and ceremony are important and unique elements of our curricular offerings.

This diversity of models, alongside which our students can observe their own path and professional identity development, is an attractive alternative to a strict focus on one theory, lineage or way of knowing.

As individual practitioners, students are welcome to follow whatever clinical direction is most resonant for them. As an institution, we remain committed to offering the least dogmatic, most open-minded and open-spirited curriculum and learning environment possible. We continue to nurture the authenticity that is core to our mission and purpose. This is what distinguishes Southwestern College as a light center in the world of higher education, professional practice and conscious living.



What Makes Southwestern College's Counseling Program Amazing?

by Carol Parker, Ph.D., LPCC
Chair of the Counseling Program

The answer depends on whom you ask. The following anecdotes will give you a flavor of what I mean...

Narrative #1:

Recently, I had a conversation with a woman who graduated from SWC last year. We were having coffee and speaking of many things. Inevitably the topic of her two years at Southwestern College arose. Since she was already working as a therapist on one of the local pueblos, she began reflecting on the relevance of her education to her new position. "Working with the Indians is amazing and a whole new world, and I don't know how I could have made such a smooth transition without some of the experiences I had as a student," she said. I wanted to know what, exactly, had helped her, a white woman, feel at ease in an environment very new to her. "Well, the main thing for me was that many of the classes helped me develop a deep sense of compassion for myself and others. No matter who the client is that I'm sitting with, I can relate to their experiences. I feel connected, no matter what they are telling me or what their background is." She gave me an example. An elder in the tribe had asked her to make a

home visit. The therapist had not met any of the grandmothers or grandfathers, yet she was excited but also a bit nervous. She imagined the grandmother might have some serious health problems or perhaps lacked basic services. Instead, the elder who answered the door simply said, "Let's have tea" and went into the kitchen. The therapist followed her and sat down at the kitchen table. After a bit, the grandmother began telling her the stories of her children and grandchildren, and pretty soon wanted to take her out back to see her animals. After admiring the pigs, and petting the dogs, they went back in the house and the conversation deepened into her sadness at the loss of her husband of many years. The therapist quickly realized she wasn't there to "fix" anything...she was simply a compassionate and interested witness and good listener. Since that initial encounter, the therapist and the grandmother have created a solid bond, and for this young woman, it has been profoundly transformative for her to realize she can create meaningful relationship with a woman three times her age and from a vastly different cultural experience. "Hearing the stories of the tribal elders has been incredibly rich and I know I wouldn't have been brave enough to pursue this position at the pueblo without some of the experiences I had at SWC," she told me.

Narrative #2

One day I met with a woman who supervises some of our interns. "I want to work with your interns because even though they haven't graduated yet, they are already

continued on next page

good and very professional therapists.” I was a bit surprised to hear her speak of our students as “professional therapists” so early in their careers, so she elaborated by saying that SWC counseling students already have professional level listening skills by the time they reach internship, and have the ability to empathize with all types of clients. Even though they haven’t yet developed the skill base of an experienced professional, they are still effective because they are so “tuned in”. I asked her if this was unusual (knowing she also supervised counseling interns from other graduate schools). “Are you kidding? Definitely SWC interns are unusual! With students from other schools, it often takes many months before their therapeutic presence really kicks in. But SWC interns start out that way! They are up and running at the very beginning!”

Narrative #3

And, finally, I happened to speak with an acquaintance from the community who had completed a few months of therapy with an SWC graduate in private practice. “Well, I’m still here,” he said a bit sarcastically. “Not sure I would have made it if I hadn’t seen Bill (not his real name) for therapy. I tried other therapists, but Bill really “got” me. No doubt about it. With all my warts and stupid stuff I’ve done, he just didn’t flap. Never judged or criticized. Had some good feedback for me, but never got mad if I relapsed or didn’t follow through. He is the most patient man I’ve ever met.”

After these three recent encounters, I felt so proud of our counseling students and our program at SWC! I love these stories, because it seems to me that spontaneous stories like these are the best “data” we can gather about the effectiveness of our counseling program.

Pictorial Reflections on the 2014

TRANSFORMATION AND HEALING CONFERENCE Consciousness and Compulsivity



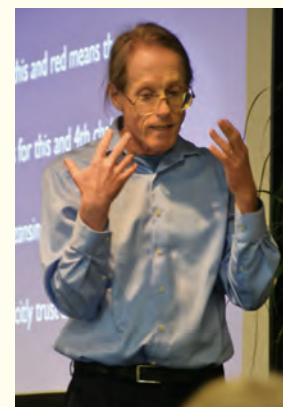
This year’s keynote speakers

Dr. John Bradshaw
Spirituality, Sexuality and
Addiction: The Dynamics of Shame

Lee Cartwright
Breaking Free of Addictive
Relationships



President Dr. Jim Nolan, keynote speaker Dr. John Bradshaw and Executive Vice President Katherine Ninos



Keynote speaker Lee Cartwright



Workshop presenter Scott Thomas



Workshop presenter Ted Wiard



Workshop presenter Luisa Kolker



Workshop presenters Gary Grimm and Jim Fickey



Workshop presenters Juan Blea and Robert Waterman

THE NEW EARTH INSTITUTE

of Southwestern College

TRANSDIMENSIONAL TEACHINGS FOR THE WORLD COMMUNITY

Exciting news about our certificate programs! The Higher Learning Commission has approved six certificate programs offered by Southwestern College!

Our certificates can enhance your careers by opening up opportunities within agencies and/or helping you create a new market in your private practice.



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

Two are brand new:



Human Sexuality

120 contact hours
6 classes

Director Ginna Clarke,
M.A., ATR-BC, LPCC
clark.ginna@gmail.com



Infant Mental Health

80 contact hours
4 classes

Director Michelle Daly,
M.S., ATR, LPCC, IMH-E®
michmdaly@yahoo.com

The other four have been shortened and reconfigured:



Trauma, Grief and Renewal

120 contact hours
6 classes

Director Janet Schreiber, Ph.D
janetrichardhall@gmail.com



Applied Interpersonal Neurobiology

120 contact hours
6 classes

Director Kate Cook, M.A., LPCC, TEP
katecooklwi@live.com



Children's Mental Health

120 contact hours
6 classes

Director Deborah Schroder
M.S., ATR-BC, LPAT
dschroder@swc.edu



Transformational Eco-Psychology

80 contact hours
4 classes

Director Carol Parker, Ph.D., LPCC
clparker@cybermesa.com

Certificate tuitions have been lowered to \$350 per class (20 CECs) making them very affordable as well as transformational and clinically relevant.

Past classes that you have taken toward a certificate generally count toward the newly-designed certificate programs in your area of interest.

If you are interested in more information about these certificates, please contact Dru Phoenix at admissions@swc.edu or 505-471-5756 ext. 6815.



Wild Heart GALLERY

"The Hands That Guide" Faculty and Staff Art Show

The art created by these familiar colleagues adds richness and depth to the relationships we already have. Sometimes in the work world, even at a school with an art therapy program, we lose sight of the creative gifts within people we see and interact with during the week. I may rush over to Cheryl's office to turn in receipts and not remember that she's a painter. I email Dianne with details about an upcoming class and I forget how she expresses herself in imagery. Dru and I talk about art therapy all the time and I don't know why I don't ask her what kind of art she's currently working on.

I invite you to get in touch with your co-workers' and colleagues' creative sides and figure out a way to invite them to know yours. Whether that looks like a clay pot you have on your desk or a colorful salad you share at lunch. My creative side is probably a lot more engaging than the part of me that works on schedules and answers emails!



Art Therapy/Counseling Program Chair Deborah Schroder and Office Manager Peg Helmholz



Dianne Deloren, Chief Administrative Support



Dru Phoenix, Director of Admissions



Cheryl Payson, Finance Manager



Eliza Combs

Intuitive Painting or Process Painting is a way of painting and/or meditating while listening to the voice within. This process is different for everyone. It is not about what the painting looks like, although there are some pretty cool things that can happen. Instead, it is about facing all the places in you that are calling for your attention. How much joy can you stand? Are you afraid of painting something hideous? Do you paint things out of obligation? Art can be a process which mirrors your life. Can you follow your inner guidance? If so, what could happen? It is quite frightening at times to face the blank page of your painting and your life. All the voices of judgment come to taunt you as you paint or step out to create the life of your dreams. As you practice, just

like in meditation, you learn to listen to the voices that matter. As you do, you free up energy and release what you need to and learn how to be bold and listen to your deepest Self.



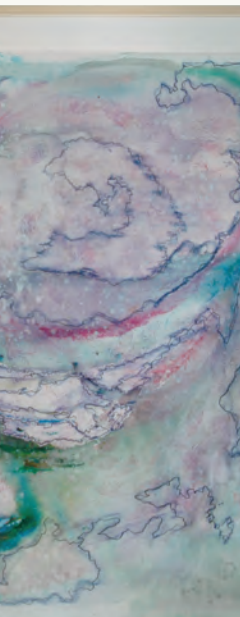
Natascha Holmes



Natascha Holmes and Daniel Grenchik

When I am working with the materials and an image comes forth, I am aware that a story is unfolding. It really is my honor to be the channel for the colors, shapes and messages that are there. The natural world has always been my best teacher. I believe that life very carefully and delicately shaped me into an Abstract Expressionist. Of course I'm more than that, but Abstract Expressionism is very dear to my heart. The movement, motion and action of painting is like a very involved body language.

I am inspired to create change in the world by producing artwork that helps to restore the balance within people and the planet. As an artist, it is my perspective that we have a responsibility not only to ourselves and our culture; but to everyone on the earth. Moving beyond the isolation of fragmentation, and into spaces of inner wholeness; while remembering that we are connected to the highest forces, the highest creative powers.



Eve (Chulee) Choowong-In

Art is unlimited possibilities and discoveries that can be shared. My art process is an internal dialogue that dances onto the surface of my media. Born in Thailand, I grew up in the rural area known as Chainat. At age 12, I came to the United States and lived in Marshfield, WI. I studied in the Art Department at the University of Wisconsin and completed my Bachelor in Fine Arts from Columbia College of Chicago with an emphasis in ceramics in 2008. I attended The School of the Art Institute of Chicago and have been studying at Southwestern College in the Art Therapy Program since 2011.

Archetypal Art Show

In April, a call was made: "Archetypally speaking, who is showing up for you lately? What mentors, thieves, medicine folk, or tricksters are asking you to speak their name, embody their abilities, and artfully express the connections you have? Please, answer the call, create the art, embody the voice that wants to be heard and seen."

Many interested artful individuals brought in work made for this show, or made in the past. Themes of acceptance, overwhelm, protection, peace, joining, being, breaking, and seeing are woven throughout this cohesive show. Alumni, faculty, students, staff, and community contributed to this show.



Artwork by Uma Jill Markus "My Cat Has Claws"



SWC Alumni, Jill Campoli, Heather Wulfers and Magdalena Karlick

The House of Miracles Art Show and Benefit



Artist Cameron Meek and brother Troy Meek.

Residents from Casa Milagro and other local artists engaged in the art therapy process and displayed powerful work, ranging from drawings, paintings, and sculptures to jewelry, short films, and more.

The purpose of this exhibit was to raise support for this amazing group of individuals who struggle with mental illness by awakening in the artists a sense of empowerment through the sharing and selling of their beautiful creations. Art making is a universal language that can allow us all to find commonality as well as compassion

for those we may see as the "other". This art overcomes the obstacle of stigma as it strengthens human connection through the courageous sharing of core experiences like struggle, joy, love, pain, determination, and creativity. All proceeds went to the artists.

The show was organized by recent Southwestern grad Katie Hall, M.A., LMHC (www.katiehallarttherapy.com). The artists' work continues to be available for sale at www.houseofmiracles.weebly.com

Art Therapy CAPSTONE

The Art Therapy/Counseling Program interns at Southwestern have continued to offer the community a wide variety of excellent presentations during the Capstone Presentation Evenings, held several times during the year. Art Therapy interns share their Capstone Projects during these evenings, sharing their art, therapeutic art made at their sites, and films created about their experiences.

Additionally, the Capstone course that's offered twice a year enables students to learn about the Capstone requirements by actively participating in a group art project. This year a lovely wall hanging was created in February for display in the Counseling Center. In August five new murals were painted on the growing wall of art on campus.

Summer 2014 - Murals



Top of wall: Sarah Gilyan, Standing left to right: Magdalena Karlick, Laura Bailey, Eve (Chulee) Choowong-in, Brittany Koukol, Clayton Morrow, Michelle Murphy, Melanie May, Sara Patrick, Elizabeth Griffith, Hannah Kleese, Trinity Treat, Stephanie Cabrera Candice Ayles, Deborah Schroder, Gayle, Davis, Seated: KaSandra Verett, Roxanne Mercurio, Rosie Emrich, Stephanie Bartlett, Diane Chavez, Andrea Caruso, Mariana Marachlian, Linda Hooper, Alanna Sindlinger

Fall 2013 - Internship Presentations



Kimberly Pulliam, Britton Clement, Aimee Joy Gregory, Wendy Wasserman, Maxine Ament, Jacqueline Beam, Jamie Rogers, Amber Johnson, Katelyn McKagan and Renee Yu

Spring 2014 Internship Presentations



Tejal Murray, Todd Nichols and Chuck Hohl

Winter 2013 - Group Art Project



Left to right: Krissy Behrman, Michelle Nelson, Sally Smith, Amy Hautman Bates, Jill Dupont, Allegra Borghese, Teresa Finley and Kelly Goodwin

Summer 2014 - Presentations



Left to right: Krissy Behrman, Michelle Nelson, Amy Hautman Bates

2013 Graduation

Southwestern College Awarded 37 Masters' Degrees during the 32nd annual graduation ceremony on Saturday, November 3rd, 2013 at the James A. Little Theater. Art Therapy/Counseling Program Chair Deborah Schroder awarded 15 Masters of Arts in Art Therapy/Counseling degrees. Masters of Arts in Counseling degrees were awarded to 22 graduates by Academic Dean Dr. Webb Garrison and Counseling Program Chair Dr. Carol Parker.



Executive Vice President Katherine Ninos and Office Manager Peg Helmholtz



Board Chair Michael Johll and President Jim Nolan



Graduate Britton Clement



Graduate Jamie Shannon and guest



Graduate Denise Moore and husband



Graduate Zerui Renee Yu and guest



Graduate Andrea Verswijver



Graduate Sat-Darshan Khalsa and husband



Former Academic Dean Dr. Webb Garrison and Graduate Kolina Minahane



Graduate Maxine Ament and Katie Hall



Graduate Katelyn McKagan



Lauralyn Pryor and Graduate Jamie Rogers



2013 Counseling Graduating Class, L to R: Shana Vargas, Andrea Verswijver, Luke Higgins, counseling chair Carol Parker, Cynthia Livingston, Christopher Uhlemann, Laura Woodring, Denise Moore, Jamie Shannon, Eric Castonguay, Kolina Minahane, Kate Wall Ganz, Sat Darshan Khalsa, Kelly Haymaker, Rachel Gerson.



Students Laura Bailey (left) and Krissy Behrman (right) with Graduate Rachel Gerson (center)



Graduate Eric Castonguay and guest



Counseling chair Carol Parker and Graduate Kelly Haymaker



Graduate Jacqueline Beam and daughter



Deborah Schroder and Graduate Aimee Joy Gregory



Graduates Abigail Carter and Emily Alexis



Graduate Kimberly Pulliam and parents



Graduate Laura Woodring and faculty member Connie Buck



Student Amy Finlayson and Graduate Kate Wall Ganz



Graduate Linnea Knoespel and father



Faculty Member Antonio Nuñez and Graduate Luke Higgins



Gradute Cynthia Livingston and guest



2013 Art Therapy/Counseling Graduating Class, L to R: Maxine Ament, Amber Johnson, Wendy Wasserman, Katelyn McKagan, Renee Yu, Jamie Rogers, program chair Deborah Schroder, Aimee Joy Gregory, Jacqueline Beam, Linnea Knoespel, Britton Clement, Emily Alexis, Arlene Valdez and Abigail Carter

ALUMNI Profiles

2013

Denise T. Moore

I graduated from Southwestern College in September of 2013 and am a licensed mental health counselor working at Solace Crisis Treatment Center in Santa Fe. As one of two bilingual clinicians, I work individually with Spanish and English speaking adults and children. I feel fortunate to work with a talented team of therapists and for an agency that strives to help individuals in crisis.

For those interested in an assessment for treatment, call 505-988-1951, visit www.findsolace.org/ or email denisetui@gmail.com



2007

Kate Latimer, LMHC

After a two year hiatus from counseling to stay home with my daughter, who was born in 2011 and turned three in April, I decided to accept a counseling position at the Santa Fe Community College. My work includes crisis stabilization, career exploration and mental health counseling with students, providing community referrals as necessary. The position also allows me to teach classes at SFCC and assist with advising during peak registration periods, which is both fun and rewarding. I feel very grateful for the opportunity to participate in the realm of higher education as a counselor. kate.latimer@sfcc.edu

505-428-1839



Wendy Goodman

MA, LPCC, LADAC

As I reflect upon my career path since leaving Southwestern College, I wonder if any one of us can truly know the possibilities of opportunity that lie before us. If we are prepared to explore what we don't know and can be flexible to unexpected turns in our road of life we might find ourselves traveling down avenues of experience never before considered. The journey since my time at SWC has led me across many seas not only figuratively but literally, providing an expansion of perspectives and ability through interacting with diverse cultures, client issues, populations, and locations.

For the past 5 years I have been scheduled at various military bases providing short term, non-medical, problem-solving counseling support to active service members and their families, as well as veterans and civil service employees. I have worked in individual, couple, family, group and psycho-education settings. My assignments have taken me to mainland Japan, Okinawa, Korea, Alaska, Germany and several locations within the USA, serving Army, Navy, Marine, Air Force and Purple communities. Rotations have included working with adults, families, schools, enrichment programs for youth and teens, and surges (active members returning from deployment). I would never have thought years ago that I would be working in military communities in this way.

My understanding and appreciation for military life certainly has taken on new dimensions as I learn about the reality and stresses of military life. I consistently observe the sacrifices that the active member and their families make in their combined commitment to serve a greater mission. Together the family unit often faces multiple deployments, relocations and changes in relationship dynamics. Indeed, no one wants war, but the willingness to give up one's life and personal interests to serve a greater goal is to be admired and respected. I am grateful for our men and women in uniform, and their families, who sacrifice to make our world a safer place.

www.wisdompreneurs.com



2010



Francesca Shradly

After graduating from Southwestern College in the fall of 2010, I took the leap of faith and went into private practice. During my internship I had

facilitated women's sexuality groups, which grew into 12-week "The Art of Intimacy" seminars.

Three years into private practice, I have grown and changed and my private practice reflects that. I now offer seminars on "NeuroSexy: Wisdom-based sex solutions." These seminars are an opportunity to explore spiritual-sexual concerns, needs and values about sex and intimacy, pleasure and desire, in a relaxed, creative and accepting atmosphere. The basis of the work frames sexuality as the GPS of the soul.

I have also worked with court-ordered DUI offenders under a government grant, guiding them to mindfully cope with the loss, grief and stress that trigger addictive behaviors. website (in progress): www.francescashradly.com

2005



Arianna Gray

After graduating from Southwestern College I worked in addiction treatment for a number of years, in hospice, and for a Native American tribe. Last year, after

receiving my independent license here in Arizona (quite an ordeal), I found the inspiration and courage to launch my own business, The Heart Centered Life. I am now working with spiritually-oriented people in the helping professions (counselors, coaches, clergy, teachers, healthcare workers) to fill their own cups and take time to do their own healing and growth. My work is helping the helpers. I am also working with mental health and addiction treatment organizations to provide workshops for their staff on staying connected to their own inner resources and inspiration as helping professionals. My website is TheHeartCenteredLife.com. My time at Southwestern remains one of the highlights of my life, and I am continually grateful for the training I received and for the ongoing friendships that support and sustain me.

In Memoriam

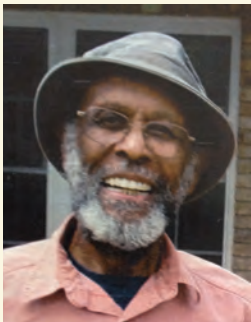


Stephen H. Powell, M.A. 1/13/1956-7/18/2014

Stephen H. Powell passed away peacefully in the center of his medicine circle surrounded by friends and family following a valiant battle with colon cancer. He was an alumnus of Southwestern College and later served as a faculty member.

George Arthur Tate, Th.D.

age 88, of Santa Fe, NM died on October 19, 2013. Dr. Tate was a passionate advocate for the “down and outer” all of his life, serving as a minister, mental health counselor, educator and continuing activist. He was a popular and beloved teacher at Southwestern College, who brought his extensive experience and wisdom into the multicultural classes in counseling for many years. He will be remembered as a light figure by many in our community.



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