

Southwestern College Presents
The 27th Annual Transformation and Healing Conference:
Medicine For Our Times
Wednesday – Sunday, August 20–24, 2008

► **ABOUT THE CONFERENCE:**

This year's conference includes eighteen experiential classes given by local practitioners as well as a weekend intensive class co-led by Dr. Ralph Metzner and Dr. Monika Wikman.

The spectrum of offerings will be directed toward diverse ways of considering healing practices as medicine to maintain greater levels of awareness and balance needed to live vibrantly in our times. We invite you to participate in the honesty, beauty and healing power available to you through this year's conference offerings.

► **LOCATION:**

Southwestern College Campus, 3960 San Felipe Rd. AND The Santa Fe Center for Spiritual Living, 505 Camino de los Marquez, Santa Fe. Morning workshops are from 9am to 12pm Wednesday through Friday at the SWC campus. Afternoon workshops are from 2 to 5pm Wednesday through Friday at the SWC campus. In choosing which workshops to attend, select ONE from the morning and ONE from the afternoon offerings each day.

The Saturday and Sunday offering with Dr. Ralph Metzner and Dr. Monika Wikman will be held at the Santa Fe Center for Spiritual Living, 505 Camino de Los Marquez.

► **CEU INFORMATION:**

Board approved Continuing Education Units (CEUs) for counselors, art therapists and social workers are available. The Wednesday through Friday morning and afternoon classes are 3 CEUs each. The Saturday and Sunday class counts for 9 CEUs. **27 CEUs are available for attending the entire conference.**

► **THIS YEAR'S KEYNOTE PRESENTERS:**

Ralph Metzner, Ph.D. and Monika Wikman, Ph.D.

SATURDAY, AUGUST 23, 9am to 5:30pm and SUNDAY, AUGUST 24, 1 to 4pm
At the Santa Fe Center for Spiritual Living, 505 Camino de los Marquez
"The Six Life Paths of the Human Soul"

Each of us, as a human soul, incarnates by choice with a purpose or vision for this life. The soul chooses one or more of six great archetypal paths or fields of action in society in which to express its qualities and realize its vision: the Healer/Peacemaker, the Explorer/Scientist, the Warrior/Guardian, the Artist/Visionary, the Teacher/Communicator, and the Builder/Organizer. These are all variants of the basic life-path of service to others and to the Earth, and they are correlated with and symbolized by the planetary archetypes of astrology.

In this workshop participants will first learn how to identify their major life-paths, and the challenges and opportunities associated with them. We will then look at how that relates to the patterns of planetary archetypes in one's natal horoscope and in major life transitions. And finally we will practice Alchemical Divination meditation to gain a deeper insight into our soul's vision for this life and how to realize it.

(Please Note: Participants will be asked to bring a copy of their natal horoscope to the workshop.

If needed, you may obtain a free natal horoscope at: <http://www.astro.com/cgi/ade.cgi>)



Ralph Metzner, Ph.D. is a psychotherapist and Professor Emeritus at the California Institute of Integral Studies in San Francisco. His work focuses on the psychology of transformation and the development of ecological consciousness. He is the author of several books, most recently *The Expansion of Consciousness* (2008). He teaches a program in Alchemical Divination, a practice for accessing inner sources of knowledge for healing and guidance. www.greenearthfound.org.

Monika Wikman, Ph.D. is a Jungian analyst, astrologer and the author of *Pregnant Darkness: Alchemy and the Rebirth of Consciousness* (2005). Monika obtained her doctorate from the California School of Professional Psychology in San Diego, where she studied the dreams of people with terminal cancer. She lectures internationally on mythology and symbolism, dreams and wellness, alchemy and creativity. www.monikawikman.com



IMPORTANT NOTE: The Six Life-Paths of the Human Soul event will be filmed for possible inclusion in a documentary about Dr. Metzner's work. A camera person will be working during the event. You may opt to NOT be included in the filming by checking the appropriate box on the Registration Form.

WEDNESDAY, AUGUST 20, 9am to 12pm Classes at The SWC campus:

► *Medicine Self*

Conventional medicine is a remedy that treats a symptom, or solves a problem. In the quantum perspective science and spirituality converge to say that cause is from a non-physical matrix of reality. From this perspective, remedy is a change in reality rather than treatment of a symptom. Wholeness is the medicine that resolves the particular symptom by reverse engineering the duality of cause and effect into wholeness. Our ability to resource the whole makes us the medicine. *Matrix Energetics*, *Theta Healing* and *Noetic Field Therapy* are examples of remedies that promote transformation through internally resourcing universal consciousness. As a participant, you will learn and apply simple and powerful skills from each of these therapies.

Robert Waterman, Ed.D, LPCC is founder and President Emeritus of Southwestern College. He brings forty years of exploration to the understanding and practice of noetic approaches to personal, social and cultural transformation. He is the author of *Footprints of Eternity: Ancient Wisdom Applied to Modern Psychology*. www.mystery-school.com

Robert Waterman, Ed.D., LPCC



► *The Body Never Lies*

The body has unique ways of defending the psyche which are held in the musculature and dissociation patterns. We will look at the body as a symbolic reservoir of information about the unconscious and our psychological defense structure. Participants will learn how information gleaned from the body can be integrated with verbal work. Experiential exercises will be used to illustrate unconscious attitudes expressed through body language.

Star Blacker M.A., LMT, LPCC is the founder of the *Somatic Therapy Institute in Santa Fe*. She has over 30 years experience in the field of bodywork and counseling.

Star Blacker, M.A., LMT, LPCC



► *Flower Essences For All Life Transitions*

Flower essences have been used since the 1930s as a form of profound support to one's personal and spiritual development, soul-growth and overall well-being. Participants will be given an opportunity to receive and track the subtle yet powerful energetic shifts within themselves and their environment as they receive one dose of either a flower essence of their choice or a pre-made blend. Jane will introduce a variety of applications for flower essences, including the differences between acute symptom relief and in-depth transformation of underlying issues and life lessons. Handouts will be included. (Note: Flower essences are different from the essential oils of flowers, and are liquid tinctures most commonly received orally.)

Jane Ellen completed the *Practitioner Training with the Flower Essence Society* in 2003. She draws from her background in *Hakomi Integrative Somatics*, *Polarity Therapy* and *Non-Violent Communications*, and teaches classes on *Self Care With Flower Essences* at the *Scherer Institute of Natural Healing*. www.transitionalintegration.com

Jane Ellen



WEDNESDAY, AUGUST 20, 2 to 5pm at the SWC Campus

► *10 Things to Remember in Working with Clients with Trauma* Lee Cartwright, M.A.

Drawing from such diverse healing systems as classical homeopathy, chakra therapy and cutting edge neuroscience, this workshop explores 10 fundamental tenants of successful trauma therapy. Through stories, clarifying the latest medical research and in-class exercises, students will learn strategies and therapeutic stances that are pivotal to the resolution of trauma.



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

WEDNESDAY, AUGUST 20, 2 to 5pm at the SWC Campus (Cont.)

► **Alchemical Divination: Releasing Fear Thought Blocks**

Lon Rankin, M.A., LPC

This workshop will focus on identifying and releasing long held blockages to our internal relational centers. By utilizing a combination of shamanic, alchemical and yogic practices, we will support healing of these old wounds and recover our true receptive and expressive natures.



Lon Rankin, M.A., LPC is an SWC alum, a close protégé of Ralph Metzner, and a Certified Practitioner of Grof Holotropic Breathwork™. Lon's passions include African drumming and working with the NM Men's Wellness Movement. He maintains a private practice in Santa Fe.

► **Connecting After Disconnection**

Rev. Ted Wiard, M.A., LPCC, CGC

Through losses such as death of a loved one, divorce, health, addiction etc., one is given the chance to consciously move through a rite of passage reconnecting spiritually, emotionally, physically and mentally to oneself, others and the world. Participants will be given experiential exercises to cultivate a deeper understanding of life transitions while honoring loss and celebrating the next step in life. We will explore emotional healing and growth through loss while instilling hope, healing and connection as a caregiver or in one's own life.



Rev. Ted Wiard, M.A., LPCC, CGC an SWC alum and the founder of the Golden Willow Retreat Center in Arroyo Hondo, NM, an emotional healing center for grief, loss and resiliency. He is a certified grief counselor, ordained minister, school teacher and therapist.

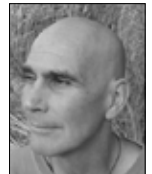
THURSDAY, AUGUST 21, 9am to 12pm at the SWC campus

► **The Warrior Divine Training**

Ralph Fire Eagle, D.D.

The Warrior Divine or Warrior Priest/Priestess is someone who is an ordinary person doing extraordinary things in the world. This training will encompass many down-to-earth, practical and simple techniques which can be used to change negatively charged situations into positive ones. You will learn how to access your 'High Self' energies to heal yourself and all those you encounter.

Ralph Fire Eagle, D.D. is a medicine man, an ordained minister, certified martial arts instructor and personal trainer. He studied with Michael Snowleopard Bookbinder, medicine chief of the Miquon Apache and Wayne Guthrie of the Fellowship of Universal Guidance.



► **Ancient Healing Ways of the Andes**

Carol Parker, Ph.D. and Katherine Ninos, M.A., LPCC

Since time immemorial, Andean villagers have lived at high altitudes, protected from the influences of modern life. Their ancient ceremonies and powerful relationships with Pachamama (Earth Mother) and the Apus (mountain deities) have been preserved intact. In this workshop, we will participate in an *Ayni* (reciprocity) *despacho* to renew our relationship with Mother Earth and ask for her assistance in our healing. A fire ceremony will then be conducted for release and purification. Basic principles of the Andean cosmology will be shared.



Carol Parker, Ph.D. is the founder and director of the Transformational Ecopsychology Certificate Program and Counseling Program Chair at SWC. She is a trained wilderness guide and has studied with indigenous healers in North and South America.

Katherine Ninos, M.A., LPCC is Vice President and Director of Community Education Programs at Southwestern College. She is an experienced clinician, ceremonialist and consciousness teacher.

► **VibraHarmonics™**

Maury Brooks

In this workshop, you will discover how old issues which are the foundation of many emotional disease patterns are locked in your body as stuck vibrations. You will also experience how the healing of many issues happens when you are guided with VibraHarmonics™ methods and tools to embrace these vibrations. Maury will blend simple Qigong healing movements designed to help you find day-to-day release of old issues with teaching about the landscape of your vibrational body. This will help you move ahead on your healing journey while you discover how to lead life healing journeys for your loved ones and clients.



Maury Brooks is the creator of VibraHarmonics™. He incorporates his Qigong Medical studies with Dr. Robert Carpenter at the Shen Chi Tao Institute, five years of professional experience with extensive experience guiding healing journeys and teaching the methods. www.vibraharmonics.com

THURSDAY, AUGUST 21, 2 to 5pm at the SWC campus

► ***Bridging Heaven and Earth: On the Road to 2012!***

Michele Ama Wehali, M.A.

Come participate in personal and global awakening as you are taken on a journey of prophecies, teachings, ceremony and shamanic practices, to gain greater awareness of what is being asked at this time for humanity's evolution in an integration of New Age, psychological and indigenous wisdom. Learn how focusing on healing and transformation will assist in lessening the birth pains of this great paradigm shift as you share with others within the sacred circle. We will also do an experiential art process to assist with integrating the powerful energies of the 'light without a shadow' that is awakening our beloved planet.

Michele Ama Wehali is a psychotherapist, shamanic practitioner and ceremonialist, who has participated in teachings and ceremonies for the past twenty years in a variety of cultures and traditions, as well as in providing support and healing. She is a 1990 SWC alum. www.journeytothefifthworld.com



► ***Dying: A Natural Passage***

Denys Cope, RN, BSN

As we learn to accept dying as a normal, expected part of life, we demystify it as well as embrace the gifts that accompany it. When we learn how to be with each other during this most poignant time, to offer true peace and comfort, we will have changed ourselves and society. Participants will explore the often misunderstood but predictable stages and natural physiologic changes that occur during the dying process. They will also gain a deeper perspective about the reality and gifts of this experience. By helping others see past their illusions and fears about dying, we can profoundly support this extraordinary, challenging time.

Denys Cope, RN, BSN, a nurse for over forty years and a hospice nurse for more than twenty, currently specializes as a consultant to healthcare professionals, end-of-life coach and health care manager. She is the author of the book Dying: A Natural Passage (2008). She lectures nationally and presents workshops for hospices, hospitals and the general public.



► ***Water***

Krishna Madappa

This two part film is about water, the most amazing yet least studied substance. From time immemorial, scientists, philosophers and theologians have tried to understand its properties, which are beyond the common physical laws of nature. The film will challenge assumptions of many years of research to awaken humankind to a dynamic presence, such as the applications of structured water in agriculture, to purifying contaminated water basins and the use of water to treat the most serious diseases. There will be a discussion following the showing of the film.

Krishna Madappa is a Holistic Consultant, educator, clinician, researcher, storyteller, shaman and Ayurvedic specialist residing in Taos, NM. He is deeply involved with the study and exploration of Human Energy Fields, essential oils, water, soil, sound and light. www.sacredoilsofkrishna.com



FRIDAY, AUGUST 22, 9am to 12pm at the SWC campus

► ***How to Identify and Dissolve Archetypal Fear Patterns***

Jose Stevens, Ph.D., LISW

In this experiential workshop and lecture you will learn about the origin of fear, discover the two most fundamental human fears, understand how they came about, and identify the seven forms or strategies they can take in everyday life. Participants will be able to identify their own and others' favorite fear patterns and learn strategies to dissolve them, step by step.

Jose Luis Stevens, Ph.D., LISW is the president and co-founder of Power Path Seminars, an international consulting firm based in Santa Fe, NM. He is an international lecturer, organizational consultant and executive coach. Dr. Stevens is the author of ten books and numerous articles. www.thepowerpath.com



► ***Brainspotting: A Breakthrough Treatment Approach***

Robert Weisz, Ph.D.

Brainspotting is a powerful, focused treatment method that works by identifying, processing, and releasing core neurophysiological sources of emotional and physical pain, trauma, dissociation and other challenging conditions. Workshop participants will be exposed to an overview of Brainspotting, a demonstration of its clinical application and will have the opportunity to personally experience its effects.

Robert Weisz, Ph.D. is a psychologist, consultant and life coach. He is Director of the Brainspotting and Hypnotherapy Clinic as well as the Milton Erickson Institute of NM. Robert has a special interest in the nature of consciousness, shamanism and the healing process. He has been in private practice for 38 years.



► 27 Board approved CEUs are available for Counselors, Art Therapists and Social Workers for attending the entire conference. Each 3 hour class is 3 CEUs.

► **Healing Sleep: An Art-Based Response to Insomnia** **Deborah Schroder, M.S., ATR-BC, LPAT**

Many recent studies have shown an increase in numbers of adults reporting struggles with sleep. Participants in this workshop are invited to join in a proactive experiment as we: 1. Give form and voice to our nighttime thoughts and anxieties. 2. Create art that will be near us at night to guard, soothe and calm. No prior artmaking experience is necessary. Art materials provided.

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



FRIDAY, AUGUST 22, 2 to 5pm at the SWC campus

► **Mantra Therapy in Ayurveda and Tibetan Buddhism** **Amadea Morningstar, M.A., RPP, RPE**

Sound has been used for healing mind as well as body for many centuries in Yoga and Ayurveda. This workshop will explore how ancient bija mantras, simple seed sounds, can be used to balance the doshas of *Vata*, *Pitta* and *Kapha*, and to bring greater calm and accessible energy to oneself and others. Participants will learn practical information about specific bija mantras as well as experiential techniques. In the last hour we will explore how the form of bija mantras changed as they migrated from India into Tibet, in Tibetan Buddhist practice.

Amadea Morningstar, M.A., RPP, RPE is the founder of the Ayurveda Polarity and Yoga Therapy Institute in Santa Fe. A SWC alumni and author, she has been working with healing and energy since 1974. She is a Tibetan Buddhist practitioner. www.amadeamorningstar.com



► **Creating Your Personal Vision** **Dr. Samuel A. Berne, O.D., FCOVD, FCSO**

Our eyes represent a portal into systemic and spiritual health. They tell our story, our history. This workshop integrates the artistic, scientific, practical and spiritual aspects of a process called holistic vision therapy. Dr. Berne uses a wide variety of mind-body therapies to help people connect to their own innate healing. Using brain-eye activities, movement and color therapy, each participant will experience how to balance their health and open to their greater vision.



Dr. Sam Berne is a Behavioral Optometrist who uses vision and light therapy, nutrition and cranial sacral therapy to treat various learning, developmental and attention problems. He leads seminars worldwide, has written five books on vision and holistic health, and is currently researching the effects of dolphin interactions on neurological disabilities and trauma. www.holisticvision.org

► **21st Century Approaches to Burnout Prevention and Self-Care** **Diane Polasky, M.A., DOM**

Drawn from ancient wisdom and modern research, this workshop explores the nature of burnout, human and planetary energy systems and the meaning of self-care, offering practical methods that encourage balance, clarity and empowerment while providing care to others. You will have an opportunity to experience bioelectrical energy and to practice imagery, visualization, breathing techniques and the use of affirmation and ritual.



Diane Polasky, M.A., DOM is a shamanic healer and is certified in traumatic stress and integrative primary care medicine. A nationally known author and lecturer with over 30 years experience in the field of Energy Medicine, she is founder of the SharetheWisdom Institute. www.energymedicinedoctor.com

Free Events Open to Conference Attendees:

**Wed. 8/20: 12:15 – 1pm: Labyrinth Walk led by
Dr. Janet Schreiber**

Meet in the courtyard behind the main building.

Thursday, 8/21: 12:15 – 12:45pm:

Southwestern College: A Closer Look

Meet in the Annex.

Please call the College, 505-471-5756 or toll-free 1-877-471-5756 if you have any questions. FAX registration form to 505-471-4071.