

The New Earth Institute of Southwestern College
presents the 32nd Annual

TRANSFORMATION AND HEALING CONFERENCE

Creative Approaches to the Healing Arts

August 21-25, 2013



THE
**NEW EARTH
INSTITUTE**

of Southwestern College

TRANSDIMENSIONAL TEACHINGS
FOR THE WORLD COMMUNITY

Santa Fe, New Mexico www.swc.edu

Creative Approaches to the Healing Arts

This year's Transformation and Healing Conference offers us the opportunity to explore our own (and/or our client's) creative expression in the service of healing, personal growth, and transforming consciousness. Einstein's famous quote serves as both a challenge and an invitation to all attendees: "You can't solve a problem from the same consciousness that created it. You must learn to see the world anew."



TRANSDIMENSIONAL TEACHINGS
FOR THE WORLD COMMUNITY

That quote and the theme of this year's conference dovetail nicely with the launching of The New Earth Institute of Southwestern College. The name comes from a passage from Revelations: "Then I saw a new heaven and a new earth, and the first heaven and the first earth had disappeared." In that passage, a shift

in consciousness occurs that allows both the spiritual realms and its outsourcing in form to be seen anew, precisely as Einstein suggests it must. This year's conference honors the key role that creativity plays in shifting consciousness, solving life problems and creating healing environments.

This year's conference, entitled Creative Approaches to the Healing Arts features keynote Judy Weiser, world renowned expert in PhotoTherapy, to open us up to creative new possibilities in improving well-being, reducing social exclusion and working with addictions. In addition, we will explore a variety of creative approaches to the healing arts through music, art, writing, metaphor and astrology to name a few areas that are described within this brochure. Thank you for joining us and may this conference bring you great joy and healing!

Wednesday - Sunday August 21-25



❖ TWO CONFERENCE LOCATIONS: ❖

Wednesday–Friday

morning and afternoon workshops:

Southwestern College campus,
3960 San Felipe Road
Santa Fe, New Mexico 87507

Saturday and Sunday

keynote presentation:

Santa Fe Center for Spiritual Living,
505 Camino de los Marquez
Santa Fe, New Mexico 87505

For directions to the College, visit www.swc.edu
and look under “About SWC” for the directions page.

CECs:

Board-approved Continuing Education Credits (CECs) are available for counselors, art therapists and social workers.

28 CECs are given for the entire conference.

3 CECs are given for each of the Wednesday through Friday morning and afternoon classes.

7 CECs are given for the Saturday keynote presentation.

3 CECs are given for the Sunday keynote presentation.

To register for the conference or for more information contact Southwestern College:

Direct: 505-471-5756

Toll-free: 877-471-5756

Fax: 505-471-4071

Email: info@swc.edu

Website: www.swc.edu

The registration form on page 12 can be completed and faxed, or visit the Transformation and Healing Conference page on the website for online registration through PayPal.

Visit www.swc.edu to find out about our degree programs.

Wednesday, August 21

9:00am - 12:00pm

Essentials of Transformational Education

Transformation is a change in form, structure, understanding, or way of behaving that results in more loving. In the transformative classroom, regardless of the subject, we are always exploring the thesis that reality is collaborative and that the key to transforming ourselves and thus society comes through our continual discovery of the reflexivity of life. When learning is heart-based, each new development of knowledge, skill or attitude is charged with loving energy. Drawing from my 40 years' experience, we will explore the essentials of transformational education from a "how-to" perspective.



Robert Waterman, Ed.D., LPCC, has been a spiritual teacher and counselor for over forty years. His focus is on the practical application of ancient mystery teachings to modern challenges, with an aim to transform limiting beliefs. He is founder and president emeritus of Southwestern College.

Creative Pathways: Igniting the Healing Power of ArtPlay

Engaging in the creative process is so pleasurable that it is described as "chocolate for the brain". Not only does it feel good, it creates new neuronal connections that keep our brains healthy as we age. Research is exploring the preventative potential of making art to ameliorate the symptoms of Alzheimer's disease. Creative Pathways is an innovative program funded by community grants to reach seniors with limited resources and social connections. Following a presentation showcasing the amazing artwork seniors created during Creative Pathways workshops, participants will have their own ArtPlay time to experience firsthand the joy of letting go, being in the flow, finding inspiration, and collaborating with others.



Cheri Epstein, M.A., TR-BC, NCC, LPAT, therapist, educator, and artist, has worked with children, teens and adults using art therapy for 20 years. In private practice she specializes in grief and loss, trauma, addictions and developmental concerns.

Exploring Self Portraits: One Piece at a Time

Our whole selves comprise many pieces, and it is common to become distracted by a part that speaks for insecurity, joy, or pride. Our bodies store our prismatic self-concept, and it is helpful to uncover beliefs that are woven through out physical self. In this workshop, we will artfully explore a piece of our bodies, and listen to the messages held therein. Through guided sensation exploration, using Somatic Experiencing techniques, we will listen to our bodies. Afterwards, we will create a representational sculpture exploring this body part, using found objects, clay or plaster.



Magdalena Karlick, M.A., LPCC, LPAT, ATR, is a therapist at Youth Shelters in Santa Fe, working with art, sandplay, and relationship-focused techniques with families, adults, teens and children, both court-ordered and therapy-seeking. Trained in Sandplay, Somatic Experiencing and Psychodrama, Magdalena enjoys weaving together sensation reflection, symbolic embodiment and art. She is the current secretary of the N.M. Art Therapy Association.

Wednesday, August 21

2:00pm - 5:00pm

Cultivating Pathways to Creativity from the Inside Out

Vulnerability is one of the main capacities and ultimately passageways leading to creativity. In this workshop, psychodrama and socio-drama will be used as the means for exploring the relationship between vulnerability, shame, play and creativity. Through experiential work, participants will learn how embodied somatic awareness is cultivated through the intentional inclusion of mindfulness techniques. An integrative discussion will include relevant literature from interpersonal neurobiology and attachment.

Kate Cook, M.A, LPCC, TEP, is a nationally board-certified trainer and practitioner of psychodrama, sociometry and action methods. Kate maintains a private practice and is a consultant, supervisor and educator. Kate is the director of SWC's INSAM Certificate Program and a member of SWC's faculty.



The Psychology of the Night: Creative Participation in Life through Astrology

Conscious awareness of natural cycles can enable profound creative collaboration with life and its evolutionary processes. Astrology is an archetypal language of cycles, which speaks both to those we all experience across a lifetime, as well as those specific to each individual. In this workshop, we will explore the mirroring, evolutionary, and catalytic potentials of astrological insight in psychotherapy, through case studies drawn from work with clients as well as the lives of key figures in the history of psychology; and through experiential practices which bring astrology to life such as active imagination, mantra, night-sky viewing, and others. We will also examine key astrological cycles across the next year and consider how creative participation with these might look. No prior astrological knowledge is required.

Jason Holley, MA LPCC, is a psychotherapist in private practice in Santa Fe. He has also been a practicing astrologer for over 25 years. He has taught locally and nationally on astrology, mythology, sexuality, addictions, and trauma. His website, jasonholley.net, contains free archives of past teaching, writing, and research. Jason is a member of SWC's faculty.



Soul Art

Are you feeling blocked in some area of your life? Money, love, relationships, career, happiness? Do you seem to run into blocks again and again? Do you feel that you have so much more to offer, but don't know how to get there or even where "there" is? Join me on a surprising creative journey to your own inner wisdom. In a comfortable studio setting, we will explore through writing and collage a path to your next steps. Grace and ease flow freely, insight and "aha's" abound. Creativity...a highway to your soul... No previous art experience is required.

Stede Barber, MAAP, MTPS, is a life-long artist. Two masters degrees in Psychology and Practical Spirituality combined with a love of building things, a 30 year spiritual practice, and deep familiarity with the creative process, create substantial guidance for students journeying into new territory. Curiosity, patience, love, trust, willingness and sweat can create a lot of beauty. A beloved teacher offering sessions in art and Soul Art, she lives in a village near Abiquiu, New Mexico.



Thursday, August 22

9:00am - 12:00pm

Healing with Horses: An Experiential Approach to Healing

This workshop will give an overview of Equine Facilitated Psychotherapy (EFP) as an experiential treatment approach. Equine facilitated therapeutic activities provide powerful tools for building self-awareness, self-esteem, appropriate boundaries and a sense of responsibility. Therapeutic interactions incorporate the power of the horse, the clinical skills of the therapist, and the hopes, dreams and challenges of the person working with the horse. Healing with horses explores self awareness with a focus on inner strengths and spirituality.



Cynthia Rank-Ballas, LPCC created Healing with Horses, LLC a private Equine Facilitated Psychotherapy practice in 1999. She currently is a clinical adjunct with the Life Healing Center of Santa Fe specializing in trauma recovery. Cynthia is accredited by the Commission for Certified Equine Facilitated Mental Health Professionals (CCEFMHEP), the first 'independent' national credential which recognizes advanced professionals for their commitment to this profession. www.healingwithhorses.net

Finishing Unfinished Business: Interactive and Creative Processes to Heal Trauma

Storytelling, theatre, and play using costumes, wigs, hats and props support clients to explore new roles and to re-connect with disowned parts of the self. Storytelling combined with role-playing provide an embodied, hands-on experience to build empathy and create new alliances with these disowned parts, allowing a shift to occur and beliefs to transform. This work provides the possibility for complete ownership of all parts of the self and an opportunity to change one's stories and beliefs about themselves and others.



Deborah Heikes, M.A., LPCC, is a natural visionary who has manifested a novel approach to working with teens and adults which incorporates play, Gestalt, art, and sand play therapies. Deborah is a member of SWC's faculty and maintains a private practice in Santa Fe, NM. www.playyourselfwell.com.

Understanding and Working with Borderline Personality Disorder

Borderline Personality Disorder (BPD) is a complex, often misunderstood, and highly stigmatized mental health diagnosis. With nine possible symptom sets there are over 200 different ways the disorder may manifest itself. Additionally, BPD frequently co-occurs with major depressive disorder, substance abuse, eating disorders, and anxiety disorders. Despite the complexity of diagnosis, one thing is clear: individuals with BPD suffer from chronic and severe emotional pain. Yet they often experience stigma and discrimination from the very professionals they seek out for help. This workshop is intended to demystify BPD, discuss effective treatments and look at ways we can compassionately work with clients carrying this diagnosis.



Laura Lansrud-Lopez, M.A., ATR-BC, LPAT, CTS, has extensive experience working with adults, children and families in crisis, and survivors of trauma. She has provided family therapy, crisis planning and intervention, and assessments in a variety of settings. Laura has facilitated art therapy, grief support and skills groups and is trained in Dialectical Behavior Therapy. Laura is a member of SWC's faculty and the current president of the NM Art Therapy Association.

Thursday, August 22

2:00pm - 5:00pm

Creative Approaches to the Supervisory Process

Accessing and utilizing creative energies and impulses are essential skills in providing both effective psychotherapy and supervision. In this workshop, various creative approaches to supervision will be presented and explored. Additionally, participants will be asked to share creative and innovative approaches that they have used within the supervisory process.

Webb Garrison, Ph.D., has worked in academic, research and clinical settings, including community mental health, adolescent group homes, nursing and rehab facilities and in private practice. Throughout his career, he has sought to integrate spiritual, psychological and educational principles in ways that positively impact local communities. Dr. Garrison is the academic dean of SWC.



Moving into the House: A Metaphor for the Incarnation of the Soul

According to anthroposophy, (Rudolf Steiner's view of humanity) young children's drawings reflect their journey from the spiritual to the earthly realm. Cross-culturally, all children begin drawing with a scribble and then over time produce a circle, then a square and finally around age five, a triangle. The square and triangle are then combined to form a house. These basic shapes are an expression of the child's spiritual consciousness from being at one with everything to developing a sense of self as a separate soul in an earthly home.

Through meditation and art making, participants can experience how these basic archetypal shapes connect us all to the spiritual realm. No previous art-making experience is needed.

Deborah John, Ph.D., ATR-BC, LPAT, has worked with many different populations using art as a means of expression and healing. Her experience includes using art therapy with psychiatric patients, trauma victims, troubled youth, and grieving elementary school students. Deborah is a member of SWC's art therapy faculty.



Transpersonal Interventions: Self Care for Therapists, Counselors, Teachers and Parents

In this workshop participants will be given the opportunity to utilize transpersonal tools and techniques in a daily personal spiritual practice to help encourage balance and well-being. Participants will be introduced to the Four Universal Healing Principles and their respective meditation postures. Their experiences will be tracked with the use of the expressive arts.

Claudia Raphael, M.A., ATR-BC, LPAT, LMT, CIMI, has worked with young children and families for over 30 years both as an educator and a therapist. She has developed many transpersonal programs based on indigenous wisdoms. She maintains a private practice in Santa Fe for young children and their families, providing both an educational format and a therapeutic setting. Her focus is on the first seven years of life, creating environments that support both the physical and psycho/spiritual development of the child. Claudia is a member of SWC's faculty.



Friday, August 23

9:00am - 12:00pm

Fiction Therapy: Stories, Myths, Poetry and Drama as Pathways to Healing and Transformation

Fiction simply put means “made up.” All stories are made up, even those we claim to remember in accurate detail. A story changes with the storyteller. But how does the storyteller change? Living by outdated myths and trapped in old stories, too often people repeat old scripts they never wrote to begin with. Our brains do not distinguish between real and imagined experience. Using story, myths, and poetry to explore the stories of our lives, we can rewrite them and create new stories to live by. In this workshop, we will actively engage creative writing forms to promote healing and transform lives through the use of metaphor, narrative therapy and the exploration of personal mythologies.



Gabrielle Tatha Viethen, M.A., M.F.A., LMFT, is a psychotherapist in private practice and a member of SWC's faculty. She also completed an M.F.A in Creative Writing at Warren Wilson and is currently writing a novel and essays on Greek myths.

Attachment, Attunement and Emotional Regulation

Human beings are neurologically wired for attachment, from the earliest stages of life until its end. The new field of interpersonal neurobiology has shed light upon the powerful links between early attachment experiences and the essential emotional resources that shape how we can experience relationship with others. We now recognize that the most significant component in the effectiveness of any style or technique of counseling and psychotherapy is the attuned relationship between the therapist and the client. One of the principal goals of therapy is to develop more effective emotional regulation. In this workshop we will explore the connections between attachment, the elements of an attuned relationship and the capacity to regulate emotional experience in the context of the psychotherapeutic alliance.



Robert Weisz, Ph.D., the developer of Mindfulness-Based Emotional Processing, is a clinical psychologist and director of the Milton Erickson Institute of New Mexico and the Brainspotting and Hypnotherapy Clinic. He is the author of numerous scientific articles, two book chapters, and a series of healing journey CDs. Dr. Weisz has a private practice of psychotherapy, coaching, training and consultation in Santa Fe. www.robertweiszphd.com

Music as Medicine

Engaging musical encounters provide a unique opportunity for both group synergy and individuation. Touching on neurological processes and theories of creativity, this workshop will explore music's role in therapy as a means of centering, physiological regulation, self-empowerment through mind-heart-body integration and community solidarity. Experiential exercises will be offered to incorporate music and sound more deeply into one's healing profession and self-care practices. No formal musical skills required. Simple percussion instruments will be provided and participants are welcome to bring their own instruments.



Renee Borsberry, M.A., LMHC, is a graduate of the Southwestern College working with families in Northern New Mexico. She is a longtime songwriter and performer, now focusing her musical endeavors on healing and ceremony. Renee's gravitation as an expressive arts therapist is existential, attachment and social justice-based.

Friday, August 23

2:00pm - 5:00pm

Integrating Motivational Interviewing and Gestalt Techniques in Working with Addictions

Using Evidence Based Practices are the new norm for most agencies, and the behavioral healthcare field itself is placing more and more emphasis on their implementation. Instead of resisting this push into techniques that can appear simplistic or banal, we can learn to integrate them into our practice in ways that are meaningful. In this seminar we will explore how to use Motivational Interviewing concepts and strategies to facilitate effective Empty Chair and Dream Work exercises. The concepts and strategies offered can easily be applied to other issues and modalities.

Brian Serna, M.A., LPCC, LADAC, MAC, is a nationally recognized trainer and consultant in the treatment of addictions. He also facilitates workshops to increase cross-cultural counseling skills, treating co-occurring disorders, ethics and working with adolescents. He is currently the clinical supervisor for a Native American behavioral health program on the Pueblo of Isleta and a member of SWC's faculty



"...and the Eagle Will Fly with the Condor.."

According to ancient Inca legends, sacred sites of North and South America must once again be linked together ceremonially and energetically in these times of great transition to help Mother Earth. In this workshop, we will engage in healing ceremonies from both continents to re-establish these "cekes" (energy lines) and simultaneously to transform ourselves.

Together we will build a Medicine Wheel (North America) and an Apuchetta (South America) on College land. Bring water, a sunhat, a jacket in case of rain, a rattle, and a blanket to sit on, as we will be outdoors for three hours! Comfortable shoes and casual clothing recommended.

Carol Parker, Ph.D, LPCC, is the chairperson of the Counseling Program at SWC and director of the Transformational Ecopsychology Certificate Program. She has trained as a wilderness guide with the School of Lost Borders and has led groups to sacred sites in the southwest US, Peru, Hawaii and the Yukon.



No Small Change

This workshop will explore the changes we ourselves make as human beings through witnessing the changes made by our clients. While co-facilitating multi-family group work, a friend and I became painfully aware of the personal issues that were present for each of us and the way that our own lives were touched by our clients' art and stories. Our clients' work often echoed our own challenges for connections in relationships within our own lives. We will view a short play that highlights this experience, followed by art making and discussion.

Deborah Schroder, M.S., ATR-BC, LPAT, is chairperson of the Art Therapy/ Counseling Program at SWC, and director of the Children's Mental Health Certificate Program. She is the author of *Little Windows Into Art Therapy* published by Jessica Kingsley.



KEYNOTE

Location: 505 Camino de los Marquez, Santa Fe, NM

Judy Weiser, R.Psych., A.T.R., Founder/Director of the PhotoTherapy Centre



Judy Weiser is a psychologist, art therapist, consultant, trainer, college instructor, author, and early pioneer of “PhotoTherapy techniques”. Director of the PhotoTherapy Centre in Vancouver Canada (which she founded in 1982), and former editor of the Journal *PhotoTherapy*, Judy has long been considered the “world authority” on PhotoTherapy and Therapeutic Photography — and has given several hundred workshops, lectures, and training intensives about these techniques worldwide during the past 30 years. She is the author of the classic text *PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums* (now in third printing and three languages), and the informational resource website www.phototherapy-centre.com.

Saturday, August 24, 2013 9:00am - 5:30pm

Using Photos to Improve Well-being and Reduce Social Exclusion: A Picture is Worth Far More Than a Thousand Words!

Experience for yourself how much more is “living inside” photographs than you might think! Learn how photos create meaning, connect you with feelings, hold secrets, trigger memories, and tell their own stories, whether used as tools for therapy or counseling — or as activities to increase well-being and reduce social exclusion in personal, individual or family self-exploration —or in community-based social action projects.

- This day will be about the “heart” part of photos, rather than their “art” part, and using personal snapshots and family photos as an active agents of exploration and change.

No prior photographic experience needed.

If you want to participate in the experiential practice session, please bring three photocopies of photos that have special personal meaning to you. These must be “on paper” rather than digital. These can be your own photos or pictures taken from magazines, web pages, online galleries, etc.

Sunday, August 25, 2013 1:00pm - 4:00pm

Using Photos to Help People with Addictions: Illustrated Presentation, plus Discussion

Psychologist and art therapist, Judy Weiser, Founder/Director of the PhotoTherapy Centre, will discuss how she has used PhotoTherapy techniques during her more than two decades of helping street-involved youth and adults with drug and other addictions to explore their lives, clarify needs and goals, find a sense of hope, meaning and purpose, and support their own attempts to make desired changes.

Her presentation (illustrated with “real-people” examples), will demonstrate how people’s personal snapshots, family photos, and pictures taken by others (and the feelings, thoughts, and memories these evoke) can serve as safe and “user-friendly” catalysts for emotional communication — whether during therapy and counseling, or in related therapeutic activities — to improve addicts’ wellbeing and reduce their social exclusion during their journey through harm-reduction to healing.

No prior photographic experience needed.

REGISTRATION FORM

The 32nd Annual TRANSFORMATION AND HEALING CONFERENCE

Creative Approaches to the Healing Arts

Wednesday-Sunday, August 21-25, 2013

Name: _____

Address: _____

City/State/Zip: _____

Phone #: _____

E-mail: _____

Please select only ONE workshop from each morning and afternoon:

Location: 3960 San Felipe Rd., Santa Fe, NM 87507

WEDNESDAY, AUGUST 21, 9AM-12PM

- ☐ Essentials of Transformational Education - *Robert Waterman*
- ☐ Creative Pathways: Healing Power of ArtPlay - *Cheri Epstein*
- ☐ Exploring Self Portraits: One Piece at a Time - *Magdalena Karlick*

WEDNESDAY, AUGUST 21, 2PM-5 PM

- ☐ Cultivating Pathways to Creativity from the Inside Out - *Kate Cook*
- ☐ The Psychology of the Night: Life through Astrology - *Jason Holley*
- ☐ Soul Art - *Stede Barber*

THURSDAY, AUGUST 22, 9AM-12 PM

- ☐ Healing with Horses: An Experiential Approach - *Cynthia Rank-Ballas*
- ☐ Finishing Unfinished Business - *Deborah Heikes*
- ☐ Understanding Borderline Personality Disorder - *Laura Lansrud-Lopez*

THURSDAY, AUGUST 22, 2PM-5 PM

- ☐ Creative Approaches To The Supervisory Process - *Webb Garrison*
- ☐ Moving into the House: The Incarnation of the Soul - *Deborah John*
- ☐ Transpersonal Interventions: Self Care - *Claudia Raphael*

FRIDAY, AUGUST 23, 9AM-12 PM

- ☐ Fiction Therapy: Stories, Myths, Poetry and Drama - *Gabrielle Tatha Viethen*
- ☐ Attachment, Attunement and Emotional Regulation - *Robert Weisz*
- ☐ Music as Medicine - *Renee Borsberry*

FRIDAY, AUGUST 23, 2-5 PM

- ☐ Integrating Motivational Interviewing and Gestalt Techniques- *Brian Serna*
- ☐ "...and the Eagle Will Fly with the Condor." - *Carol Parker*
- ☐ No Small Change - *Deborah Schroder*

Location: 505 Camino de los Marquez, Santa Fe, NM 87505

KEYNOTE

SATURDAY, AUGUST 24, 9AM-5:30PM

- ☐ Using Photos to Improve Well-Being - *Judy Weiser*

SUNDAY, AUGUST 25, 1-4 PM

- ☐ Using Photos to Help People with Addictions - *Judy Weiser*

Make check or money order payable to:

Southwestern College

Mail this form along with check to:

Southwestern College
T & H Conference
3960 San Felipe Rd.,
Santa Fe, NM 87507

If paying by credit card,
you may fax completed
form to: (505) 471-4071.

Payment for tickets is
non-refundable after
Wednesday August 8th.

Tickets will be mailed
until August 13th, after
which time paid tickets
will be held at the door.
Please arrive 15 minutes
prior to start time to
pick up your tickets.

For questions, directions
to either site or a list of
local accommodations,
visit **www.swc.edu**.

Office: 505-471-5756

Toll-free: 877-471-5756

Fax: 505-471-4071

Email: info@swc.edu

_____	Entire Conference	\$360
_____	Early Bird Registration (<i>purchased by August 2nd</i>)	\$330
_____	Entire Conference (students, alum and seniors 60+)	\$300
_____	Any One Daytime Event (Wed.-Fri., 3 CECs)	\$40
_____	Any 3 Daytime Events (Wed.-Fri. 3 CECs each)	\$110
_____	Saturday, 9:00am - 5:30pm (7 CECs)	\$120
_____	Sunday, 1:00pm - 4:00pm (3 CECs)	\$65
_____	SPECIAL PRICE for both Saturday AND Sunday	\$150

I am applying for CECs:
☐ YES ☐ NO

TOTAL ENCLOSED

Please charge my: ☐ Visa ☐ MC ☐ Discover

Card #: _____ Expires: _____ U Code: _____

Authorized Signature: _____

cut along dotted line and mail or fax to Southwestern College

