


Welcome to Southwestern College
Ph. 877-471-5756 or 505-471-5756

The mission of Southwestern College is Transforming Consciousness through Education. This schedule lists classes for degree-seeking students in Counseling, Art Therapy/Counseling, Consciousness in Action, and Art Therapy for Clinical Professionals. Degree-seeking students choose their electives from the New Earth Institute (NEI) classes.

FALL 2024 QUARTER REGISTRATION INFORMATION

SCHEDULE FORMAT: If you are having trouble figuring out a class schedule that works for you, submit a request to studentsupport@swc.edu and Anné will set up a 15-minute meeting with you. Please come prepared to the meeting with specific questions and/or ideas/strategies in mind.

HOLIDAYS: SWC operates on a 10-week quarter system. Courses that fall on holidays meet as scheduled.

EARLY REGISTRATION INFORMATION: If you have a schedule conflict between certain courses that are offered on the same day and time, or your employment, childcare, travel, health, or something else, please check for an alternate day/time for one of those courses. If you determine that you must get into a specific section of 1 or more courses, please fill out the [Early Registration](#) Request. Do not assume there will be room in the section you need. Requests for Early Registration are due by 5pm, Friday 8/9/24 (no exceptions). Please have your supporting documentation ready to upload to the form. **NOTE:** Do not submit this form if you are designated as “on ground” and want to take an online section as these requests will not be granted. See designation policy in the College Catalog or the Registration folder in the Student & Career Services group on Populi.

REGISTRATION DATES: You will receive an email prior to registration with your individual registration time slot. **Monday 8/26: New Distance Students, Tuesday, 8/27: Distance Students. Thursday, 8/29: On-Ground Students. Friday, 9/13: Interns.**

PROGRAM PLANNERS: If you are not able to take a course at **any time** that is offered due to any reasons, please submit a [Program Planner Change Request](#) which will go directly to Michelle Lynn.

COSTS: Tuition per quarter unit is \$626. There is an educational resource fee of \$300 per quarter of attendance.

BOOK LIST: [Click here](#) for the Fall Quarter Book List.

NOTES: ZOOM SYNCHRONOUS courses meet at a scheduled time via Zoom. Most of the interaction occurs through Zoom during scheduled class meetings and assignments are submitted through Populi. ASYNCHRONOUS courses do not meet at a scheduled time. All coursework is completed in Populi, and interactions occur through the discussion board and other interactive learning activities. Assignments and learning activities are due per the course schedule and deadlines in Populi. ZOOM SYNCHRONOUS PLUS ASYNCHRONOUS courses meet at a scheduled time via Zoom and have additional asynchronous learning activities. These courses are intentionally scheduled to meet for less than the required hours to reduce time on Zoom (e.g., reducing meeting time from 4 hours to 3 hours and replacing 1 hour with asynchronous learning activities).

LAST DAY TO DROP FOR MA DEGREE COURSES: The deadline to drop a class without receiving a “W” on transcript is 5pm on Monday* of the second week of the quarter (September 30th), with the exception of classes that start in the second week of the quarter. The drop deadline for classes starting in the second week of the quarter is by 5pm on the Monday* of the third week of the quarter (October 7). Drops are effective on the date the Course Add/Drop form is initiated. Courses are considered “Dropped” and removed from student’s transcript if the drop occurs by the deadline (For tuition refund information, see Refund Policy)

*If Monday is a holiday, the deadline is Tuesday.

FALL 2024 QUARTER SCHEDULE

NOTE: All class times are in Mountain Daylight Time (MDT).

<p>ADDICTION ASSESSMENT & TREATMENT IN ART THERAPY/COUNSELING (AT/CN 665-2)</p> <p>Section 1: Alisha Shelbourn, MA, LPAT, LPCC Wednesdays, 9/25-12/4, 2:30-5:30pm; SWC Campus plus Asynchronous</p> <p>Section 2: Sarah Jackson, MA, ATR-BC, CAADC, LPC Wednesdays, 9/25-12/4, 2:30-5:30 pm; Zoom Synchronous plus Asynchronous</p> <p>Section 3: Alisha Shelbourn, MA, LPAT, LPCC Thursdays, 9/26-12/5, 9am-12pm; Zoom Synchronous plus Asynchronous</p> <p>Section 4: Delora Putnam-Bryant, MSAT, ATR-BC Thursdays, 9/26-12/5, 2-5pm; Zoom Synchronous plus Asynchronous</p>	\$2817/4.5 quarter units
<p>APPLIED THEORIES OF HUMAN DEVELOPMENT (CN AT 522-2)</p> <p>Section 1: Chelsea Call, MA, ATR-BC, LPCC Mondays, 9/23-12/2, 9am-1pm, SWC Campus</p> <p>Section 2: Carlos Gonzalez, PhD, Licensed Psychologist Mondays, 9/23-12/2, 9am-12pm; Zoom Synchronous plus Asynchronous</p> <p>Section 3: Carolina Grace Lorenzo, MA, LMHC Wednesdays, 9/25-12/4, 9am-12pm; Zoom Synchronous plus Asynchronous</p>	\$2817/4.5 quarter units
<p>ART THERAPY/COUNSELING INTERNSHIP (AT/CN 698-6L.2)</p> <p>Prerequisite: Completion of all coursework. Seren Morris, MDiv, MA, ATR-BC, LPCC 9/23-12/8; Asynchronous</p>	\$2817/4.5 quarter units
<p>ASSESSMENT & APPRAISAL IN ART THERAPY/COUNSELING (AT/CN 664-3)</p> <p><i>This is for students in the Art Therapy/Counseling and Art Therapy for Clinical Professionals Programs only.</i></p> <p>Section 1: Alyssa Butler, MA, ATR-BC, LPCC Fridays, 9/27-12/6, 9am-12pm; SWC Campus plus Asynchronous</p> <p>Section 2: Sarah Jackson, MA, ATR-BC, CAADC, LPC Fridays, 9/27-12/6, 1-4pm; Zoom Synchronous plus Asynchronous</p>	\$2817/4.5 quarter units
<p>ASSESSMENT & APPRAISAL IN COUNSELING (CN 664-4)</p> <p><i>This is for students in the Counseling Program only.</i></p> <p>Section 1: Randal Lea, MA, LADAC Tuesdays, 9/24-12/3, 4-7pm; Zoom Synchronous plus Asynchronous</p> <p>Section 2: Amy Lueck, MA, LMHC Fridays, 9/27-12/6, 1-4pm; SWC Campus</p>	\$2817/4.5 quarter units
<p>COUNSELING INTERNSHIP I (CN 698-8L.2)</p> <p>Prerequisite: Completion of all coursework. Vanessa Torres McGovern, MA, LPCC 9/23-12/8; Asynchronous</p>	\$2817/4.5 quarter units
<p>FOUNDATIONS: HISTORY AND THEORIES OF COUNSELING (CN AT 542-4)</p> <p>Section 1: Greg Guerin, MA, LPC-S, LPCC Mondays, 9/23-12/2, 1-5pm; Zoom Synchronous</p> <p>Section 2: Naja Druva, MS, LPCC Wednesdays, 9/25-12/4, 9am-1pm; SWC Campus</p> <p>Section 3: Kate Latimer, MA, LPCC Thursdays, 9/26-12/5, 9am-1pm; Zoom Synchronous</p> <p>Section 4: Naja Druva, MS, LPCC Thursdays, 9/26-12/5, 9am-1pm; SWC Campus</p> <p>Section 5: Jennifer Albright Knash, DAT, ATR-BC, LPAT, LPC/AODA, LPCC, CCTP Fridays, 9/27-12/6, 9am-1pm; Zoom Synchronous</p>	\$2817/4.5 quarter units
<p>HISTORY OF ART THERAPY: FOUNDERS & FOUNDATIONS (AT/CN 530)</p> <p>Section 1: Joanne Ramseyer, MA, ATR-BC, LCPC Mondays, 9/23-12/2, 1-3pm; Zoom Synchronous</p> <p>Section 2: Melissa Diaz, MA, ATR-BC, LCAT Tuesdays, 9/24-12/3, 4-6pm; Zoom Synchronous</p>	\$1252/2 quarter units

9/12/24

Section 3: Cheryl Okubo, MA, ATR-BC

Wednesdays, 9/25-12/4, 9-11am; **SWC Campus**

MULTICULTURAL AWARENESS (CN AT 500-3)

\$939/1.5 quarter units

Section 1: Naja Druva, MS, LPCC

Wednesdays, 9/25, 10/9, 10/23, 11/6, 11/20, 3-5:30pm; Zoom Synchronous

Section 2: Crystal Rozelle-Bennett, MSW, LMSW

Wednesdays, 10/2, 10/16, 10/30, 11/13, 12/4; 3:30-6pm; Zoom Synchronous

Section 3: Naja Druva, MS, LPCC

Fridays, 9/27, 10/11, 10/25, 11/8, 11/22, 9-11:30am; **SWC Campus**

Section 4: Naja Druva, MS, LPCC

Fridays, 10/4, 10/18, 11/1, 11/15, 12/6, 9-11:30am; **SWC Campus**

PRACTICUM I & LAB: HELPING RELATIONSHIPS IN ART THERAPY/COUNSELING (AT/CN 656-2 & AT/CN 656-2L)

\$2504/4 quarter units

Students must register for one of the lab sections attached to their Practicum section.

This is for students in the Art Therapy/Counseling and Art Therapy for Clinical Professionals Programs only.

Mandatory Practicum Orientation Saturday, 9/21, 10am-12pm; Zoom Synchronous

Section 1: Alyssa Butler, MA, ATR-BC, LPCC

Class: Mondays, 9/23-12/2, 1-4 pm; Zoom Synchronous

Lab 1: Tuesdays, 9/24-12/3, 9-11:30am; Zoom Synchronous

Lab 2: Wednesdays, 9/25-12/4, 9-11am; Zoom Synchronous

Section 2: Seren Morris, MDiv, MA, ATR-BC, LPCC

Class: Mondays, 9/23-12/2, 1-4pm; Zoom Synchronous

Lab 3: Fridays, 9/27-12/6, 10am-12:30pm; Zoom Synchronous

Lab 4: Fridays, 9/27-12/6, 2-3:30pm; Zoom Synchronous

Section 3: Joanne Ramseyer, MA, ATR-BC, LCPC

Class: Mondays, 9/23-12/2, 4-7pm; Zoom Synchronous

Lab 5: Thursdays, 9/26-12/5, 2-4pm; Zoom Synchronous

Lab 6: Fridays, 9/27-12/6, 12-2:30pm; Zoom Synchronous

Section 4: Seren Morris, MDiv, MA, ATR-BC, LPCC

Class: Tuesdays, 9/24-12/3, 12:30-3:30pm; **SWC Campus**

Lab 7: Wednesdays, 9/25-12/4, 12:30-2pm; **SWC Campus**

Lab 8: Thursdays, 9/26-12/5, 11:45am-1:45pm; **SWC Campus**

PRACTICUM I: HELPING RELATIONSHIPS W/INDIVIDUALS IN COUNSELING (CN 656-4)

\$2504/4 quarter units

This is for students in the Counseling Program only.

No Lab, students meet 1 hour per week with their onsite supervisor instead of a lab.

Mandatory Practicum Orientation Saturday, 9/21, 10am-12pm; Zoom Synchronous

Vanessa Torres McGovern, MA, LPCC

Fridays, 9/27-12/6, 9:30am-12:30pm; Zoom Synchronous

PROFESSIONAL ETHICS IN ART THERAPY/COUNSELING (AT/CN 660-2)

\$2817/4.5 quarter units

This is for students in the Art Therapy/Counseling and Art Therapy for Clinical Professionals Programs only.

Section 1: Roxie Ehlert, MA, ATR-BC, LCPC

Tuesdays, 9/24-12/3, 9:30am-12:30pm; **SWC Campus**

Section 2: Cheryl Okubo, MA, ATR-BC

Wednesdays, 9/25-12/4, 3-6pm, **SWC Campus**

Section 3: Micaela Wood, MA, ATR-BC, LPCC

Thursdays, 9/26-12/5, 10am-1pm; Zoom Synchronous plus Asynchronous

Section 4: Angela Kehm, MA, ATR-BC, LPC

Thursdays, 9/26-12/5, 10am-1pm; Zoom Synchronous plus Asynchronous

Section 5: Angela Kehm, MA, ATR-BC, LPC

Fridays, 9/27-12/6, 9am-12pm; Zoom Synchronous plus Asynchronous

PROFESSIONAL ETHICS IN COUNSELING (CN 660-3)

\$2817/4.5 quarter units

This is for students in the Counseling Program only.

Section 1: Patricia "Trish" Meek, MFA, LPC, LAC, NFT

Mondays, 9/23-12/2, 9am-12pm; Zoom Synchronous

Section 2: Carlos Gonzalez, PhD, Licensed Psychologist

Tuesdays, 9/24-12/3, 8:30-11:30am; **SWC Campus**

9/12/24

Section 3: Patricia "Trish" Meek, MFA, LPC, LAC, NFT
Wednesdays, 9/25-12/4, 1-4pm; Zoom Synchronous

PROFESSIONAL SEMINAR IN ART THERAPY/COUNSELING: PROFESSIONAL IDENTITY DEVELOPMENT (AT/CN 698-6)

\$1252/2 quarter units

Prerequisite: Completion of all coursework.

Joanne Ramseyer, MA, ATR-BC, LCPC

Fridays, 9/27-12/6, 9-11am; Zoom Synchronous

PROFESSIONAL SEMINAR IN COUNSELING I: COUNSELOR IDENTITY DEVELOPMENT (CN 698-8)

\$1252/2 quarter units

Prerequisite: Completion of all coursework.

Section 1: Vanessa Torres McGovern, MA, LPCC

Thursdays, 9/26-12/5, 9-11am; **SWC Campus**

Section 2: Vanessa Torres McGovern, MA, LPCC

Thursdays, 9/26-12/5, 12-2pm; Zoom Synchronous

PSYCHOLOGY OF ALTRUISM: FUNDAMENTALS OF HELPING RELATIONSHIPS (CN AT 574)

\$1252/2 quarter units

Section 1: Marialuisa Diaz de Leon Z., MA, REAT, MSMT, MSME

Tuesdays, 9/24 & 12/3, 8-11am; 10/1-11/19, 8-10am; 10/29, no class; Zoom Synchronous

Section 2: Pam Rice, MHR, ATR, LPC

Tuesdays, 9/24 & 12/3, 8-11am; 10/1-11/19, 8-10am; 10/8, no class; Zoom Synchronous

Section 3: Katherine Ninos, MA, LPCC

Tuesdays, 9/24 & 12/3, 2-5pm; 10/1-11/19, 2-4pm; 10/29, no class; **SWC Campus**

Section 4: Kate Latimer, MA, LPCC

Tuesdays, 9/24 & 12/3, 2-5pm; 10/1-11/19, 2-4pm; 10/29, no class; Zoom Synchronous

Section 5: Marialuisa Diaz de Leon Z., MA, REAT, MSMT, MSME

Wednesdays, 9/25 & 12/4, 2-5pm; 10/2-11/20, 2-4pm; 10/30, no class; Zoom Synchronous

Section 6: Christina Esquibel, ED.S.

Wednesdays, 9/25 & 12/4, 9am-12pm; 10/2-11/20, 9-11am; 10/30, no class; Zoom Synchronous

Section 7: April Vogel, PhD, Licensed Psychologist

Thursdays, 9/26 & 12/5, 9am-12pm; 10/3-11/21, 9-11am; 10/31, no class; **SWC Campus**

Section 8: Awbrey Willet, MA, LPCC

Thursdays, 9/26 & 12/5, 2-5pm; 10/3-11/21, 2-4pm; 10/31, no class; **SWC Campus**

Section 9: Marialuisa Diaz de Leon Z., MA, REAT, MSMT, MSME

Thursdays, 9/26 & 12/5, 1-4pm; 10/3-11/21, 1-3pm; 10/31 no class; Zoom Synchronous

PSYCHOPATHOLOGY: DIAGNOSIS AND TREATMENT OF MENTAL AND EMOTIONAL DISORDERS (CN AT 581-5)

\$2504/4 quarter units

Section 1: Amy Johansson, PsyD

Mondays, 9/23-12/2, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 2: Jennifer Albright Knash, DAT, ATR-BC, LPAT, LPC/AODA, LPCC, CCTP

Tuesdays, 9/24-12/3, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 3: Micaela Wood, MA, ATR-BC, LPCC

Tuesdays, 9/24-12/3, 9am-12pm; Zoom Synchronous plus Asynchronous

Section 4: Zahira Miller, PsyD, LPCC

Tuesdays, 9/24-12/3, 9am-12pm; **SWC Campus** plus Asynchronous

Section 5: Zahira Miller, PsyD, LPCC

Wednesdays, 9/25-12/4, 9am-12pm; **SWC Campus** plus Asynchronous

PSYCHOPATHOLOGY: PSYCHOPHARMACOLOGY (CN AT 581-4)

\$313/.5 quarter units

Jennifer Albright Knash, DAT, ATR-BC, LPAT, LPC/AODA, LPCC, CCTP

9/23-12/8; Asynchronous

STUDIO ART (AT/CN 594)

\$626/1 quarter units

Section 1: Cheryl Okubo, MA, ATR-BC

Wednesdays, 9/25, 10/9, 10/23, 11/13, 12/4, 12-2pm; **SWC Campus**

Section 2: Sarah Jackson, MA, ATR-BC, CAADC, LPC

Wednesdays, 9/25, 10/9, 10/23, 11/13, 12/4, 6-8pm; Zoom Synchronous plus Asynchronous

FALL 2024 NEW EARTH INSTITUTE (NEI) CERTIFICATE PROGRAM COURSES

NOTE: NEI CERTIFICATE PROGRAM COURSES CAN BE TAKEN:

- By SWC graduate students for elective credit towards a graduate degree program. Please use the registration process via Populi to register for degree credit. See “NEI Course Registration Info” in the Student and Career Services Group in the File called “Electives/NEI Courses—info on how to register for them.”
- By SWC students who have met their elective requirement and wish to attend for Non-Credit (NC) and pay the CE price. Use this link <https://newearth.regfox.com/nei-registration-form> to register for non-credit NEI courses at any time.
- By licensed mental health professionals for CEs approved by the New Mexico Counseling and Therapy Practice Board and NBCC. Use this link <https://newearth.regfox.com/nei-registration-form> to register for CEs.
- **REFUNDS:** 100% refund available for students who withdraw up to 72 hours before the start of a course, minus a \$50 administrative fee. No refunds will be issued less than 72 hours before the start of a course. Please contact the Registrar’s Office collegeregistrar@swc.edu to process your cancellation.

TRAUMA, GRIEF, AND RENEWAL (TGR) CERTIFICATE

DYING TO KNOW: ISSUES OF DEATH AND DYING FOR THE PROFESSIONAL (TGR 5200)

\$375/16 CEs/non-credit or
\$1252/2 quarter units/credit

Rev. Ted Wiard, EdD, LPCC, CCMHC

Saturday & Sunday, 9/28 & 9/29, 9am–6pm; Zoom Synchronous

This course will cover the basic principles of care for the dying person, hospice philosophy and practice, exploration of the impact of different kinds of deaths, issues for survivors, the family system, and the psychology of death throughout the lifespan. We will explore both knowledge and beliefs about death, and how to help others in their dying journey. We will explore the questions of “What dies and What doesn’t?”, mortality and immortality. The groundwork of the weekend will include our own consciousness, views, values, and concerns regarding death and dying.

16 hours toward the Trauma, Grief, and Renewal Certificate.



Rev. Ted Wiard, EdD, LPCC, is the Director of the Trauma, Grief, and Renewal Certificate. Dr. Wiard is the founder and Director of Golden Willow Counseling and Golden Willow Retreat Center. He is also the clinical director for Rio Grande Alcohol and Drug Treatment Program. Dr. Wiard also maintains a private practice.

ADDICTIONS, ABUSE, AND RECOVERY (AAR) CERTIFICATE

MOTIVATIONAL INTERVIEWING: ENGAGING PEOPLE IN MEANINGFUL CHANGE (AAR 5900)

\$375/16 CEs/non-credit or
\$1252/2 quarter units/credit

Richard Pelfrey, BA, LADAC, NCAC

Section 1: Saturday & Sunday, 10/5 & 10/6, 9am–6pm; *SWC Campus*

Section 2: Saturday & Sunday, 11/9 & 11/10, 9am–6pm; Zoom Synchronous

This course focuses on Motivational Interviewing (MI), an approach to helping people find and activate their own resources for change. Students will learn about the theoretical basis for MI and touch on the supporting research for it. In addition, they will learn how to apply MI techniques and strategies to a variety of issues, including addiction, depression, and anxiety. MI will also be applied experientially to assist students to make changes in their own lives that will increase their own sense of balance and wellness. Finally, students will also be able to integrate MI with other theories and skill sets in a manner that is coherent and meaningful.

16 hours toward the Addictions, Abuse, and Recovery Certificate.



Richard Pelfrey, BA, LADAC, NCAC, has been holding space for the resolution and reintegration of trauma and addictions of all forms for the past 12 years. While becoming licensed as an addictions counselor, Richard heard the call to expand his work with people beyond traditional models and began exploring alternative methods for the resolution of trauma. Richard is trained and certified in Trauma Sensitive Yoga, Wim Hoff method, and Brainspotting, meditation leadership and grief counseling, and incorporates all of these modalities as well as a decade of apprenticeship in the Toltec wisdom path and traditional earth-based ceremony in his focused work with individuals and groups for the purpose of healing and finding our highest joy and artistry in life.

HUMAN SEXUALITY (HS) CERTIFICATE

WORKING WITH QUEER SEXUALITIES (HS 5200)

\$375/16 CEs/non-credit or
\$1252/2 quarter units/credit

Laura Rademacher, MA, LMFT, CST, CST-S

Saturday & Sunday, October 12 & 13, 9am–6:30pm; Zoom Synchronous

Queer—a slur reclaimed, made beautiful and full of pride. A word that encompasses many identities and expressions. What does it mean to be a therapist working with queer sexualities? This course aims to pull apart what we think we know. We will identify ways the gender binary sneaks into therapy rooms and how to undo the stereotypes that come with it. We will explore sexualities that exist at the edges of straight society's understanding including BDSM and Consensual Non-Monogamy. We will define the importance of the therapy room as a space that welcomes the parts of us that are outside of what society mandates and process the therapist's role in creating space and support for queerness to emerge.

16 hours toward the Human Sexuality Certificate.



Laura Rademacher, MA, LMFT, CST, CST-S, is the Director of the Human Sexuality Certificate program. She is an AASECT certified sex and relationship therapist with over 15 years of experience as a sex-positive sexual health educator. She is the author of *"The Principles of Pleasure: Working with the Good Stuff as Sex Therapists and Educators."*

CHILDREN'S MENTAL HEALTH (CMH) CERTIFICATE

THE FOUNDATIONS OF JUNGIAN SANDPLAY THERAPY (CMH 5055)

\$375/16 CEs/non-credit or
\$1252/2 quarter units/credit

Lorraine Freedle, PhD, Licensed Psychologist, LCSW, ABPdN, CST-T

Oct. 25-27. Friday, 10/25, 5-8pm, Saturday 10/26 & Sunday 10/27, 10am-5pm; Zoom Synchronous

This course will provide an overview of the history, theoretical foundations, practical applications, and neuropsychological underpinnings of Jungian sandplay therapy with children and adults. Through participation in lecture/discussion, compelling case studies, and experiential activities you will have the opportunity to connect on a deep level to this work and to integrate concepts. Experiential activities will include embodied exploration of personal symbols, expressive art projects, sandplay and writing/journaling.

16 hours toward the Children's Mental Health Certificate.



Lorraine Freedle, PhD, LCSW, ABPdN, CST-T, is an international sandplay teacher (STA/ISST) and executive clinical director for TeamBuilders Behavioral Health in New Mexico and Pacific Quest on Hawai'i Island. Her private practice is Black Sand Neuropsychological Services, Inc. in Hilo, Hawai'i. Dr. Freedle is the research editor for the Journal of Sandplay Therapy.

APPLIED INTERPERSONAL NEUROBIOLOGY (AIN) CERTIFICATE & PSYCHEDELIC STUDIES (PS) CERTIFICATE

THE HEALING POTENTIAL OF NON-ORDINARY STATES OF CONSCIOUSNESS: THE LEGACY OF STANISLAV GROF, MD (AIN/PS 5610)

\$375/16 CEs/non-credit or
\$1252/2 quarter units/credit

Saturday & Sunday, 11/9 & 11/10, 9am-6:30pm MST, In Person at Synergia Ranch

Informed by the pioneering work of Stanislav Grof, M.D., LSD researcher and developer of Holotropic Breathwork, a new generation of researchers and therapists are examining the potential applications of psychedelic therapy including the treatment of depression, PTSD, addiction, and end of life care. The education and training of therapists must emphasize the healing potential of expanded states of consciousness as well as the importance of helping clients integrate these extraordinary experiences in order to foster neuroplasticity, neurogenesis, and lasting change. Holotropic Breathwork is a powerful method of using non-ordinary states of consciousness for deep self-exploration and healing. It is based on insights from modern consciousness research, depth psychology, and various spiritual practices and can also be seen through the lens of relational neuroscience. A highly experiential method, Holotropic Breathwork combines enhanced breathing, evocative music, focused bodywork, art and group sharing.

This course will provide an overview of Holotropic Breathwork, and how aspects of the theory and format of breathwork sessions have been adapted for use in psychedelic work. Participants will experience a Holotropic breathwork session both as a "sitter" and as a "breather." There will be a didactic exploration of the neurobiology of expanded states, the importance of attuned presence, and necessary integration work following psychedelic and expanded state experiences. The potential benefits of this work as an adjunct to psychotherapy and as self-care for professionals will be examined. Additionally, the perils of unskillful facilitation and use of extraordinary states, with or without the inclusion of psychedelics, will be addressed.

16 hours toward the Psychedelic Studies Certificate and/or 16 hours toward the Applied Interpersonal Neurobiology Certificate



Diane Haug, MA, LPCC, is a licensed therapist and senior member of the Grof Transpersonal Training staff. Her background includes over a decade of working with adults and children dealing with life-threatening and terminal illness. Diane is an adjunct faculty member of the CIIS Center for Psychedelic-Assisted Therapies and Research (San Francisco, CA).

ECOTHERAPY (TE) CERTIFICATE

MINDFULNESS OF THE BODY, MIND AND HEART WITH NATURE (TE 5600)

\$375/16 CEs/non-credit or
\$1252/2 quarter units/credit

Rochelle Calvert, PhD, CMT, SEP

Saturday & Sunday, 11/16 & 11/17, 9am-6:30pm MST, Zoom Synchronous

This course will explore the foundations of mindfulness with nature. Learning to practice mindfulness with nature we will awaken to experience the health of the body, mind, and heart. Nature is an ever-present expression of life in which we will explore various mindfulness meditation practices that will bring us into more intimacy and reciprocity with ourselves and the Earth. Mindfulness in nature is an opportunity to meet your inner conditions as they are- to learn to kindly relate and respond to live into your true nature and potential for healthy living. From this embodied understanding of connection with ourselves and the Earth we will examine various ways these practices can be introduced into the therapeutic process

16 hours toward the Ecotherapy Certificate.



Rochelle Calvert, PhD, CMT, SEP, is the author of *Healing with Nature: Mindfulness and Somatic Practices to Heal from Trauma*. She has studied and taught mindfulness for the past 19 years and personally knows the transformational potential. Dr. Calvert currently leads courses, workshops, and treats in mindfulness and somatic experiencing in nature. As a licensed clinical psychologist and founder of New Mindful Life, she supports her clients, taking them into nature with the aid of Bertha Grace, a Sprinter van that serves as a mobile therapy office. www.newmindfullife.com

NOTE: All class times are in Mountain Daylight Time (MDT).

NEW EARTH INSTITUTE (NEI) COMMUNITY LECTURES

Free and Open to the Public or \$20 for 2 CEs

Register and/or pay for CEs online at <https://newearth.regfox.com/community-lecture>

Questions: lecture@swc.edu

MY PLACE IN THIS SYSTEM: LIVED EXPERIENCE, CULTURAL HUMILITY AND INTERSECTIONAL FEMINIST APPROACHES TO ART-BASED SUPERVISION

Presented by Roxie Ehlert, MA, ATR-BC, LPCC, LCPC

Tuesday, October 8, 6-8pm, MST; Online via Zoom

Many individuals who seek supervision need support around nuanced issues related to personal identity, power, privilege, and evidence of systemic injustice in their work with clients. How do we provide and participate in supervision spaces that engage creative modes of knowing to uplift our collective commitment to challenging these systems of oppression? Come explore how we can practice aesthetic response and use art making in supervision to deepen our understandings of personal, relational, and structural issues in our work.



Roxie Ehlert (she/her) ATR-BC, LPCC, LCPC is an artist, art therapist, educator, and writer based on Tewa land in Albuquerque, NM. She currently offers individual and group art therapy supervision as well as community art workshops, anti-oppression based continuing education trainings, and therapeutic support groups. Roxie holds a Master of Arts in Art Therapy from the School of the Art Institute of Chicago. She is a faculty member at the Institute for the Development of Human Arts and an adjunct instructor at Southwestern College. Her research examines the queer, sociopolitical implications of nontraditional art materials in art therapy as well as how sanist stigma impacts mental health providers who are labeled with mental illness. She is committed to creating anti-oppressive professional development spaces that politicize emerging mental health practitioners and foster the development of critical consciousness. Her personal art practice explores themes of dislocation, home, grief, and queer belonging using stitch work, printmaking, installation, and a #2 pencil.

PSYCHEDELIC ETHICS

Presented by Amy Wong Hope, MSW, LCSW
Tuesday, December 3, 6-8pm, MST; Online via Zoom

In this community lecture, Amy Wong Hope, the director of the Psychedelic Studies Certificate Program will map out the main theories defining ethics within the psychedelic-assisted therapy world. Non-ordinary states of consciousness require a higher level of ethics than regular psychotherapy. Even so, participants can start to reflect on integrating these ethical parameters within their current scope of practice as psychotherapists, counselors, and social workers. Come learn what ethical topics are defining the psychedelic studies field.



Amy Wong Hope, MSW, LCSW, is the Certificate Program Director of the Psychedelic Studies Certificate. Amy is trained as an MDMA-assisted therapist through the (MAPS) Multidisciplinary Association for Psychedelic Studies and co-author of *Small Doses of Awareness: A Microdosing Companion* (due to be published spring 2024). Amy maintains a private practice with a focus on trauma-informed modalities and shame-resilience approaches that support clients in restoring emotional, somatic, and relational resiliency.

NEW EARTH INSTITUTE (NEI)

COMMUNITY EDUCATION FOR PERSONAL GROWTH AND TRANSFORMATION

The New Earth Institute of Southwestern College offers community education classes focused on personal growth and transformation for the general public as part of its commitment to raising the consciousness of the collective and ushering in the "New Earth" to awaken to our true life purpose and contribute to the greater good for all. **(NO CEs)**

Register online at <https://newearth.regfox.com/community-education-for-personal-growth-and-transformation>

INTRODUCTION TO MINDFULNESS-BASED STRESS REDUCTION (EPGT 2404-A)

Presented by Kita Mehaffy

Thursdays, October 10, 17, and 24, 6 – 7pm; Online via Zoom

Cost: FREE

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Mindfulness-Based Stress Reduction (MBSR) is an evidence-based program designed by Jon Kabat-Zinn of the University of Massachusetts Medical Center, to help harness our own innate capacity to cope with the anxiety and stress of life's challenges. Originally used to address pain relief for UMass patients, ongoing studies have also shown positive outcomes for the management of high blood pressure, insomnia, anxiety, stress, depression, and the overwhelm that can come from everyday life experiences. Jon Kabat-Zinn defined MBSR as "paying attention on purpose, moment-by-moment, non-judgmentally." This introductory course will provide students with a framework for mindfulness methods from MBSR that support resilience, calm, a non-judgmental presence of mind and heart, and overall sense of wellbeing.



Kita Mehaffy studied Mindfulness Based Stress Reduction (MBSR) at the University of California San Diego in their Professional Training Institute's MBSR certification program. She carries a love of the earth and the many peoples and cultures that make our planet so extraordinary. Her first career was in health care where she taught meditation for stress relief to patients and retreat clients. After many years of meditating using various methods, Kita decided to explore MBSR. Along with specific meditations, she learned how to cultivate mindfulness in a way that addressed re-visioning our relationships with ourselves and the world around us. It changed her life, and now she is grateful to teach others simple and profound ways to take control of their own stress, enhance their well-being and find their own place of resilience through presence of mind.

INTRODUCTION TO SOMA BREATHWORK (EPGT 2405)

Presented by Aiyana Pendleton

Thursdays, November 7, 14, and 21, 6 – 7pm; Online via Zoom

Cost: FREE

Soma Breathwork includes different rhythmic breathing patterns, visualizations and hypnotic music that bring practitioners into expanded states of consciousness and promote healing and overall well being. The method was developed by [Niraj Naik](#), a UK educated pharmacist, who cured his own chronic illness using these ancient pranayama techniques and manifested a new life for himself. He now trains others in his methods, which are now practiced all over the world. This introductory minicourse will provide participants with the science behind Soma Breathwork, as well as basic Breathwork techniques and practices for daily use. Access to Soma Breathwork videos and class recordings will be included.



Aiyaana Pendleton is a Soma Breathwork Master Instructor and is trained in Reiki and Pranic Healing methods. She leads meditation and Breathwork sessions locally in Santa Fe with adults and teens for transformational healing and to reduce performance anxiety. For more information visit [www. infinityrhythms.com](http://www.infinityrhythms.com)

**EMBODYING YOUR HEART’S WISDOM THROUGH SOMATIC MOVEMENT,
EXPRESSIVE ARTS AND ARCHETYPES (EPGT 2406)
with Marialuisa Diaz de Leon Zuloaga
Wednesdays, October 9, 16, 23, and 30; 11am-1pm, MST; Online via Zoom
Cost: \$160**

From a physiological perspective the human heart is an organ central to the circulatory system. From an archetypal perspective the human heart is an organ central to our imagination, intellect, and aesthetic sensitivity. The intention for this 4-week series is to explore, express, embody, and bridge into your life, the wisdom of your own heart. Participants will enter the somatic, imaginal, and relational realms of their heart and will learn that there is a connective tissue, a fluid rich membrane, between those realms. At the end of the series participants will gain embodied and creative resources to cultivate a practice of connecting with the heart, speaking from the heart, listening to the heart and, most importantly, trusting the heart’s wisdom in their day-to-day lives and relationships.



Marialuisa Diaz de Leon, MA, REAT, MSME/T, is an expressive arts therapist, somatic movement specialist, mythologist, educator, researcher, and performer born in Guadalajara, Mexico. Marialuisa’s professional experience in somatic movement, dance, and psychology spans over twenty-five years and includes work in education, private practice, and community intervention. Marialuisa is the creator of Mythic Life: Embodying Wisdom, Beauty and Courage (mythiclife.net) where she brings her expertise on facilitating meaningful and transformational experiences to women from all over the globe. She has developed a mythosomatic theoretical framework; a forward-thinking integration of myth, arts, somatic movement and archetypal psychology which informs her philosophy of practice. Marialuisa serves as adjunct faculty at Southwestern College, Associate Teacher at Tamalpa Institute, ISMETA. She served as Program Director and core faculty at Tamalpa Institute in California and continues to supervise advanced students’ fieldwork projects. Marialuisa is a registered Master Somatic Movement Therapist and Educator from ISMETA. She gained organizational embodied leadership experience while serving nine years on the ISMETA Board of Directors, the last three as Board President. She is also a registered Expressive Arts Therapist through the International Expressive Arts Therapy Association (IEATA).