

The New Earth Institute of Southwestern College presents the 40th Annual

TRANSFORMATION AND HEALING Conference

Community Building in Turbulent Times:
Healing Collective Grief & Trauma

Friday, August 16 - Sunday, August 18, 2024



Keynote
Presentation



Meet Incoming President
Dr. Thom Chesney



NEI Reception
Honoring Kate Cook



Closing Ceremony
Recognizing Ann Filemyr



SOUTHWESTERN COLLEGE
& NEW EARTH INSTITUTE



TRANSDIMENSIONAL TEACHINGS FOR THE
WORLD COMMUNITY
Santa Fe, New Mexico | www.tandh.org

2024 CONFERENCE THEME: Community Building in Turbulent Times: *Healing Collective Grief & Trauma*

As a global community we seem to be experiencing increasingly turbulent times with fear and anxiety related to climate change, post-pandemic fragmentation, war, violence, ethnic and racial tension, addiction, and many other destabilizing events. Withdrawal, isolation, disengagement, apathy, and distrust are natural, yet further damaging reactions. Wisdom teachings invite us to lean in, connect, and heal through ritual, ceremony, and community building. This year's Transformation & Healing Conference is dedicated to this effort and will provide opportunities to explore alternative and ancient pathways, as well as cutting edge research and evidence-based approaches for healing collective grief and trauma.

REGISTRATION



**SOUTHWESTERN COLLEGE
& NEW EARTH INSTITUTE**



TRANSFORMATION AND HEALING *Conference*

REGISTER NOW

**Online options available
for designated conference sessions!**

Look for this rose:



Registration is nonrefundable after August 1, 2024.

For more information, please visit www.tandh.org

**All in person workshops will be located at
Southwestern College
3960 San Felipe Road, Santa Fe, NM 87507**



Southwestern College & New Earth Institute is now a National Board Approved Continuing Education Provider!

After months of anticipation, we have finally received news that Southwestern College & New Earth Institute has become an Approved Continuing Education Provider of the National Board of Certified Counselors. This designation will allow us to meet continuing education requirements for state counseling boards across the nation and facilitate licensure renewal for mental health providers in all 50 states. All in-person and synchronous online conference sessions at this year's Transformation & Healing Conference will provide New Mexico Counseling and Therapy Practice Board (#CCE0111661) and the National Board of Certified Counselors (NBCC ACEP No. 7520) approved CEs. Please check with your state's licensing agency to see if they will accept approved CEs from these two accrediting bodies. This has been a long-term goal for the college and for NEI, so we hope you will celebrate our successful application and approval process!

CONFERENCE KEYNOTE

Saturday, August 17th | 9am-12pm



The Creative High Film Experience: Exploring Substance Use Disorder and Mental Health through the Art of the Documentary with Filmmakers, *Dianne Griffin and Adriana Marchione*

Expressive arts therapist Adriana Marchione and film collaborator Dianne Griffin will engage us through film and expressive therapies enhancing our work as clinicians by exploring how the arts support recovery from substance use disorders. Accessing a contemplative and expressive arts approach, this event will include introspection and experiential engagement in response to viewing their documentary film, *The Creative High*. The film features nine artists in recovery from addiction who are transformed by creativity in their search for identity and freedom.

Following the presentation of their film, *The Creative High*, we will explore how creativity moves us and helps us to make sense of the world. We will inquire into our own addictive tendencies and our work as counselors and therapists as related to mental health. Through this lens, we will discuss how the arts can open us up to our true selves inspired by the artists in the film, and actively engage personal material using mindfulness practices and the arts (i.e. drawing, movement, and writing exercises). This presentation will examine how past traumas, difficult feelings, thoughts and memories can be channeled into creative expression to safeguard those in recovery from falling back into unhealthy behaviors. As well, we will outline how art allows people with addictions the opportunity to feel empowered and rejuvenate themselves, in addition to incorporating new tools to enliven their recovery as effective methods of treatment. All are invited, no creative art skills required.



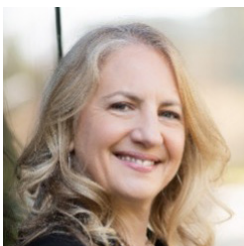
Learning Objectives:

Attendees will:

1. Illustrate how film and art expression can provide dynamic healing opportunities that play a pivotal role in healing from substance use disorders.
2. Inquire into the nature of the “true self” that lies below the surface of everyday habits and addictive behaviors by engaging in discussion and creative contemplation.
3. Examine the challenges that fuel addiction, such as isolation, trauma, grief, and mental illness in order to support clients to use the arts to contemplate change and moving into a state of action.

Category: General Professional Development | CEs: 3 | \$75 | Online & In Person Registration Options

KEYNOTE PRESENTERS



Adriana Marchione, MA, REAT, RSMT has been involved in the arts for over thirty years as an award-winning filmmaker, dancer, photographer and is internationally recognized in her work as a movement-based expressive arts therapist and educator. Since 2002, Adriana has mentored thousands of students as faculty member of the renowned Tamalpa Institute, WHEAT Institute in Canada, and through her thriving business, Art Cures, where she coaches clients and teaches courses. She has presented her creative healing approach with a focus on addiction, eating disorders, trauma, and grief at festivals, conferences, and treatment centers including South by Southwest, the National Council on Drug and Alcohol Dependence, and the Commonwealth Club. Over the last decade, she has been moonlighting as a filmmaker, producing two successful documentaries. The first one, *When the Fall Comes* (2014), was based on her own life story encountering intimate grief and loss. Her latest film, *The Creative High* (2022), a feature documentary featuring artists in recovery from addiction has screened at film festivals around the world receiving numerous awards. Notably, she has received the Courage Tribute Award in 2023 from Constellational Behavioral Health for empowering the substance use recovery and mental health communities through advocacy, leadership, and courage.

Dianne Griffin, an award-winning international filmmaker based in San Francisco, California, offers a unique perspective on the world, deeply influenced by Zen Buddhism and a dedicated recovery practice. Her impactful documentary work has been showcased at prestigious film festivals worldwide and curated series such as MOMA New York, the Lincoln Center, and Harvard Film Archive. With national broadcasts on PBS, theatrical releases, and availability on streaming platforms, her films have reached diverse audiences globally. Dianne’s feature-length documentary portfolio encompasses *Painted Nails*, chronicling the journey of a Vietnamese salon owner’s rise to activism amidst adversity, and *White Hotel*, a personal documentary shot in Eritrea, where unforeseen choices and risks shape the narrative. Her latest collaboration with Adriana Marchione, *The Creative High*, delves into the transformative nature of creativity. Actively engaged in the documentary community, Dianne shares her experience by teaching filmmaking, including crowdfunding and social media marketing. With over 25 years of experience, Dianne has served as a juror for the United Nations Film Festival out of Stanford University, evaluating thousands of films. Dianne Griffin’s documentaries serve as catalysts for empathy and social change, encouraging audiences to engage with the complexities of the human experience.



Medicine Wheel Teachings: A Map To Wholeness with Carol Parker, PhD, LPCC



This workshop will explore the wisdom teachings of the North American Medicine Wheel, a map of wholeness and integration for individuals and communities experiencing turbulence and separation. We will engage in simple practices to reconnect ourselves with Mother Earth, our people, and our own hearts. Please bring a rattle, drum, or small musical instrument plus an offering for Mother Earth (tobacco, cornmeal, or lavender).

Learning Objectives:

Attendees will:

1. Discuss principle wisdom teachings of the north American medicine wheel.
2. Describe a path to wholeness and integration for individual and communities experiencing turbulence and separation.
3. Practice techniques for connecting with the earth, others and our own hearts.

Category: Multicultural | CEs: 3 | \$60 | In person only

The Power and Mystery of Love: A Call to Soul-Centered Therapy with Robert Waterman, PhD, LPCC



Conventional ways of defining and affirming self (religious and secular) through external means are increasingly slipping away. Our calling is to turn our attention more fully to the essential nature of our consciousness and our role in the world. When we open the inner door to our minds and hearts, we enter the primordial world of Soul, the source of our being, our way home and our way to fulfillment in this world. Therapy is an experience in which we pursue the power and mystery of love in a sacred place in which the many facets of self can coalesce, find voice, and sponsor a life of health, grace, and gratitude. We curate and metabolize the soul-centered essentials from ancient teachings, transcendent awareness, applied experience, and professional training that is free of glamour, pretense, and hyperbole. Soul-



centered therapy works from the oneness of the whole Spirit, collaborating with the genesis impulse that love will have its way. This presentation develops the sensibilities and skills needed to turn inward and follow the pathways and currents of energy that awaken and lead to the resources and realms of soul wisdom, connecting to our soul-stream and identifying that we innately bring love in service to self, others, vocation, life, healing, resolving limitation, and the transformation of the world.

Learning Objectives:

Attendees will:

1. Identify a felt sense of Soul calling.
2. Develop a foundational cosmology for Soul-Centered Therapy.
3. Engage feeling, visual, and intuitive sensibilities that foster Soul-Centered perception.
4. Participate in Soul-Centered awareness practices.

Category: General Professional Development | CEs: 3 | \$60 | Online & In Person Registration Options

Healing with Shamanic Practices: Ceremonies and Teachings to Assist in Transforming Through These Times of Great Challenge and Change with Michele Rozbitsky, LPCC



We will join together in creating a sacred space in which to support each others personal and collective transformation with the assistance of the Spirit's of Mother Nature, the renewing Tree of Life, Ancient Shamanic Practices of Healing and return to Compassion. Teachings will be shared from many cultures that support the understanding of the powerful times we are in giving hope for a shift to a greater state of consciousness as we transmute the shadow through the storm.

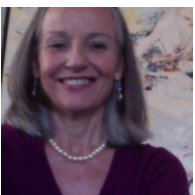
Learning Objectives:

Attendees will:

1. Practice finding one's center to experience the power of Shamanic practices and ceremony for healing Grief and Trauma.
2. Examine multi-cultural perspectives on the challenging and transformational times we are living in.
3. Apply strategies to help return to compassion for the individual and collective trauma.

Category: Multicultural | CEs: 3 | \$60 | In person only

Healing Perspectives on Contemporary Global Issues and Ethics with Jean Ellis-Sankari, LISW



This workshop will address healing perspectives on contemporary global issues illustrated through the case of the Israeli occupation of Palestinians, the wellbeing of refugees and asylum seekers, and humane solutions to displacement and resettlement. A focus on ethical approaches and responsible outcomes to humanitarian needs will be discussed.

Learning Objectives:

Attendees will:

1. Describe two ethical issues that arise in remediating global trauma.
2. Identify historical antecedents that contribute to contemporary global issues.
3. Create two strategic approaches that address humanitarian needs.

Category: Ethics | CEs: 3 | \$60 | In person only

The Time of the Lone Wolf is Over! Cultivating Sovereignty While Belonging to a Pack: How Do We Move from the Model of One-On-One Trauma Healing Experiences to a Group Field of Love And Safety? *With Allegra di Carpegna & Robin Duda*



This workshop will explore Sustainable Love: Transformation and Training Center's current community model of healing, which has been co-created over thirty years of exploration. Through unifying diverse modalities and creating healing teams, we discovered the Quantum Love-Field is the sacred medicine. Most trauma happens in relationships and therefore we explore how loving relationship in a safe container has the power to transform the deepest wounds.

Learning objectives:

Attendees will:

1. Explore the alchemy of Source and Earth uniting in our bodies.
2. Awaken the Quantum Love-Field for our clients through exploring who our clients are in us.
3. Share practitioner skills of group agreements, leadership, peer support, and communication skills that create containers that empower safety and belonging beyond the session room.
4. Build positive resources through unifying modalities such as somatic processes, expressive art therapies, bodywork, breathwork, and creating cooperative healing teams.

Category: General Professional Development | CEs: 3 | \$60 | In person only

Out on the Limbic? Connection to Heal Self, Community, and the World *with Cheri Koinis, LP & Toni Rivera, DC*



Deep, conscious connection to Self is the ground for calm presence with another person. Connection to Self creates clear boundaries for both therapist and client, allowing for safety necessary to make lasting progress when working with dissociation or vagal nerve regulation. This workshop is highly experiential and will utilize individual and paired activities. The exploration of a strong connection to Self will begin the session. This connection will be used to create a clear boundary while working with another person. Your example models personal grounding essential for experiencing safety. We will then focus on experiencing and teaching a basic breathing technique which has been shown to be effective in regulating the vagus nerve.

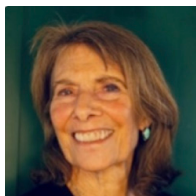
Learning Objectives:

Attendees will:

1. Define dissociation and vagal nerve regulation.
2. Provide examples of dissociation and vagal nerve regulation.
3. Utilize connection to Self to create safe boundary with clients.
4. Apply connection with Self to client to ease dissociation and fight/flight/freeze experience.
5. Create a treatment plan for client to use outside the therapy room.

Category: General Professional Development | CEs: 3 | \$60 | In person only

Foundations of Trauma Integration: Creating Points of Healing and Refuge In Ourselves, Our Families, and Communities *with Sarah Stout, LPCC*



Awareness of collective trauma surfaces in all its sizes, shapes, textures, and intensities, often stimulating our own unearthing, our reactions, busyness, or numbing. We may ask ourselves how do we commit, even more deeply, to strengthening and feeling, resources and creating centers of safe refuge. How do we balance and integrate awareness of the pain of history with the pure joy of being alive, and with activism? These points of connection with the heart and body often were not noticed or fully taken in. We'll begin to build relationships to both the resources and our protective parts, which will help us to digest what is happening within and around us, and form living, breathing resonating orchestras of healing that actually have immense ripples into the world. Sarah will draw from basic IFS, Mindful Self Compassion (Neff and Germer), the somatic work of Manuela Mischle-Reeds, and experience with Thomas Hübl.

Learning Objectives:

Attendees will:

1. Identify possible parts (IFS) that may be responsive to world stress.
2. Experience resources, known and unknown, in new ways.
3. Describe both the yin and the yang of self-compassion.
4. Generate next steps in creating personal, family, and/or community points of refuge or trauma integration.

Category: General Professional Development | CEs: 3 | \$60 | In person only

Embodying Your Heart's Compassion: Building Community with Others Through Building Community with Ourselves *with April Vogel, LP, and Marialuisa Diaz de Leon, RMST, REAT*



From a physiological perspective, the human heart is central to the circulatory system and plays a vital role in the community of systems that make up your human body: muscles, bones, nerves, connective tissue, glands, skin, and senses. From a relational perspective, the human heart plays a leading role in day-to-day interactions with self, family members, co-workers, clients, and cashiers at the convenience store. How does the heart's physiology shed light on your ability to build community within yourself so you can extend this ability as you build community with others? How does a somatic movement experience help you access and experience your self-compassion so you can extend it to others? How does your heart communicate with you and how do you communicate with others from your heart?



A curated integration of neuroscience, including polyvagal theory and heart research will be presented and experienced through meditation, somatic movement, and expressive arts therapy. At the end of this workshop, 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 courageous compassion in fostering partnership-based communities.

Learning Objectives:

Attendees will:

1. Describe the connection between the anatomical, physiological, architectural, metaphoric, and relational dimensions of their heart.
2. Explore somatic practices to listen and speak from the heart.
3. Identify self-regulation as a practice of self-compassion, and co-regulation as compassion for other's experience.
4. Create symbolic and meaningful art to support them in giving shape to and expressing their heart's compassion.

Category: General Professional Development | CEs: 3 | \$60 | Online Only

Join Us

**SWC Alumni
Association Reception:
Meet & Greet with
New President
Thom Chesney, PhD
All Alumni Welcome!**

**Friday, August 16th
5 - 6pm**



Please join us for an alumni reunion gathering where we will introduce incoming Southwestern College president, Thom Chesney, PhD.

**JOIN THE
SOUTHWESTERN COLLEGE
ALUMNI ASSOCIATION**

Did you know Alumni Association Members receive 10% off one NEI Certificate Program course per quarter?

Join Now!

https://swc.populiweb.com/router/donate?donate_page_id=2605

Cover Art

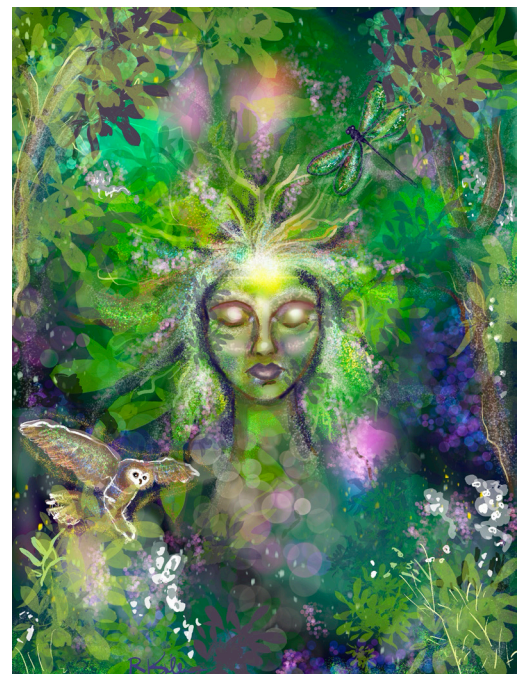


ARTIST BIO: Rain Kilburne is a Southeastern, Mid-Atlantic region, American-raised, United States residing, visual artist, holistic healing practitioner, and art therapy/counseling graduate student at Southwestern College.

She uses archetypal exploration, dreams, astrological influence, and lived experience to create therapeutic works. By incorporating elemental aspects, divine messages, inspiration from her own grown children, the phases of the seasons, the presence of water and storms, the mystery and magic interwoven into heart-felt, soul-fed transformational expression, she embraces and encourages well-being in her work.

ARTIST STATEMENT: This piece is titled "GAIA," a digital mixed media painting inspired by my studies at Southwestern, specifically the Consciousness series and the Ecotherapy Certificate Program. It was developed by processing my place in the world and the healing elements of the natural world. With the many traumatic events going on throughout history, I found peace in the hopeful and healing message of natural immersion. In our local communities, we can find bits of this natural world as well as others who seek the same healing embrace.

Thank you,
V. Rain Kilburne



ONE HOUR LUNCH WORKSHOPS

Friday, August 16th
12:30-1:30pm

High John the Conqueror A Hoodoo Deity's Gifts of Resistance and Joy with Naja Druva, LPCC



John the Conqueror is a figure that doesn't exist prior to the African diaspora to the new world through chattel slavery. Yet he is a fixture in African

American folklore, blues music, and Hoodoo practices. He embodies the spirit of resistance, resilience, and joy. We can surmise from these facts that his presence is a gift from enslaved ancestors to provide hope and healing for the generations to come.

In this interactive lecture we will look at stories passed down through time to connect threads of meaning and gain insight to the psychology of the enslaved mind. These stories are often humorous, bringing focus away from the pain of a lived experience of oppression, instead encouraging use of creativity, charisma, and solidarity to endure. The goal of this lecture is to give participants tools to connect, especially their African American clients to their ancestral lineages of strength.

Learning Objectives:

Attendees will:

1. Describe how ancestral trauma associated with chattel slavery shows up in clients psyches today.
2. Identify strategies for talking with clients about how they are affected by systems of oppression with a focus on survivancy.
3. Identify strategies for talking with clients about their marginalized identities without causing additional harm.

Category: Multicultural

CEs: 1 | \$20 | In person only

Saturday, August 17th
12:30-1:30pm

Being BodyWise: Practice for the Embodied Practitioner with Silvia Stenitzer, MA, LPCC



Sensation is the language of the body. Permitting our sensations to express themselves through breath, movement, and sound connects

us with the natural intelligence of the body, which then informs our clinical practice. The creative process of uniting body wisdom with thoughtfulness opens new ways to relate to self and others. Coming home to our bodies is essential for our personal and interpersonal healing and thriving as well as the flourishing of our planet Earth. For this hour, we will move, feel, sense, and listen to the body to deepen the relationship between soma and psyche. Please wear comfortable clothing that will allow you to move freely.

Learning Objectives:

Attendees will:

1. Explore how breath, movement, and sound connects us with the intelligence of the body and informs our clinical practice.
2. Describe how awareness of the body is essential for personal and interpersonal healing.
3. Identify sensations in order to deepen the relationship between soma and psyche.

Category: General Professional
Development

CEs: 1 | \$20 | In person only

Sunday, August 18th
12:30-1:30pm

Mindful Writing to Heal Historical Trauma & Grief with Marianela Medrano, PhD, LPC, CPT



Experience Dr. Marianela Medrano, Ph.D., LPC, CPT, a writer and mindfulness teacher, as she walks you through innovative interventions that you can use to help your clients

move from mourning into the spiritual experience of grieving and healing from historical trauma and grief. Drawing on her expertise as a scholar, researcher, and psychotherapist, Dr. Medrano blends case studies with creative strategies for long-lasting transformation in your client's lives. Explore the interfacing relationship between historical/contemporary events, the ensuing trauma, and the impact that the erasure of indigenous ways of grieving via rituals has had on many peoples, and how to creatively and culturally appropriately facilitate the mourning process aborted for some. Unresolved Historical Grief is pernicious and travels intergenerationally; learn the power of ancient wisdom to heal personally and collectively. Experience Mindful Writing (MW), which offers an opportunity to rediscover the power of silence, somatic awareness, and writing to introspect and see from a wider lens. Writing and mindfulness are channels to contemplation, to get out of emotional and mental "stuckness" and into a renewed sense of being in the present moment. The approach is non-intimidating and eases the process for those fearful of expressing themselves in writing or who have misconceptions about writing poetry.

Learning Objectives:

Attendees will:

1. Explore creative interventions that are aligned with the relational needs of individuals and groups from collective mindset to help clients mourn, recognize their losses, and discover the spiritual nature of grieving.
2. Discuss traditional healing practices for individuals, groups, and families.
3. Describe rituals for facilitating grief externalization.
4. Identify innovative ways to create a counter-narrative to extinction, erasure, and the notion of cultural/religious/racial superiority that can be behind Historical Grief/Trauma.

Category: Multicultural

CEs: 1 | \$20 | In person only

REGISTER NOW
@ tandh.org

Join Us

Tierra Nueva Counseling Center Breakfast & Open House

Saturday, August 17th
8-9am



Tierra Nueva Counseling Center would like to warmly welcome you to join us for a complimentary breakfast at 3952 San Felipe Road, at TNCC just north of the SWC. We would love to share with you our current projects as well as celebrating 41 years of providing service to our beloved community. Visit with fellow participants, connect with past classmates, and enjoy company and gathering before a day of transformational learning.

We will have gluten-free French Toast, gluten-free Egg Casserole (Vegetarian and meat one) as well as other breakfast goodies. Coffee and tea will also be served.

We hope to see you there!

Learning Objectives:

1. Describe services provided by Tierra Nueva Counseling Center.
2. Describe current projects at Tierra Nueva Counseling Center.

CEs: 1 | Free | In person only

To learn more about Tierra Nueva Counseling Center visit:

<https://www.tierranuevacounseling.org/>

SATURDAY, AUGUST 17
2-5 pm

Psychedelic Literacy: A Workshop for Therapists with Patricia Song, Ph.D



Psychedelic Literacy for Therapists will provide foundational knowledge about psychedelics, benefits, risks, psychedelic-assisted therapy, and harm reduction, enabling therapists to support clients who use psychedelic-assisted therapy or psychedelics in other settings. Important and effective concepts from psychedelic-assisted therapy and harm reduction will be applied to other non-ordinary states of consciousness, such as grief.

Learning Objectives:

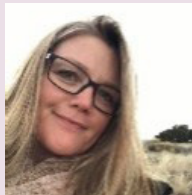
Attendees will:

1. Describe and characterize psychedelic medicines and discuss relevant history and traditional uses of psychedelics.
2. Explain basic neuroscience findings on psychedelics and summarize clinical research applications and findings of psilocybin, MDMA, and ketamine therapy.
3. Identify components of psychedelic-assisted therapy, and explain contraindications for psychedelic-assisted therapy.
4. List and discuss clinical skills for supporting clients' ongoing integration work and apply techniques of psychedelic-assisted therapy to other non-ordinary states of consciousness experiences.
5. Identify key elements of psychedelic harm reduction.

Category: General Professional Development | CEs: 3 | \$60 | In person only

The Somatics of Self Care: Choosing the Sensation of YES!

with Kate Latimer, LPCC



Do you know when you're on the brink of burnout? How often do you listen and respond to the somatic sensations that signal the need for rest, recovery, and self-care? Can you recognize when your body, mind and spirit has had enough? Utilizing principles of the Nia Technique and the eight stages of Nia Freedance, this conference session will explore our power to choose the sensation of

"Yes," as a sustainable somatic practice of self-care. We will practice choosing ways of moving in community that help us connect to ourselves and each other, accessing the sensation of "Universal Joy," with mindfulness, and relaxed effort. We will seek and discover the somatic "Yes" in service to healing and recovery in order to prevent burnout, sustain therapeutic relationships, and enhance overall wellbeing. Please wear comfortable clothing that facilitates movement.



Learning Objectives:

Attendees will:

1. Explore how our power of choice can be used as a tool for self-care.
2. Differentiate the sensation of "Yes" from the felt sense of "Enough" to avoid burnout and support healing, recovery, and sustainable therapeutic practice.
3. Practice mindful movement that activates the sensation of "Universal Joy" while engaging in relaxed effort.

Category: General Professional Development CEs: 3 | \$60 | Hybrid

REGISTER NOW
@ tandh.org

SATURDAY, AUGUST 17

2 - 5 pm

The Existence Model with Bree Greenberg, LMFT



Our current frame for contextualizing healing focuses on behaviors and the restrictions of the trauma body, but ignores the way that symptoms attempt to remediate the individual's lack of vitality and control the erotic's natural movement through a kind of distorted understanding of safety. Models that only attend to containment of behaviors and thoughts create opportunities for survival patterns to take on different forms repeatedly offering the illusion of change but never resolving the core divisions or conflicts. The Existence Model presents a bio-psycho-social-energetic approach that centers eating disorders, addiction, and addictive patterns within the context of a larger societal and epigenetic inheritance. In this model, addiction decontextualized from diagnosis is comprised of patterns of survival and compensation in response to trauma or oppression. These patterns repeat within lineage, are often mistaken for identities and a false sense of belonging, and are supported by western societies. The chasm or division that is formed and carried through lineage will continue to "sing out" the lack of wholeness and belonging until resolution is created through liberating bound life force and reweaving the inner system to be in alignment with honesty and groundedness. The Existence Model is groundbreaking in its interweaving of indigenous intelligence, modern medicine and contemplative sciences. It has been beta tested for over a decade in Vermont and is poised to inform care and create opportunities for public health nationwide.

Learning Objectives:

Attendees will:

1. Reframe existing knowledge base and interventions within a larger landscape that encompasses the psychological, biological, ancestral and somatic bodies.
2. Explore new ways of viewing and guiding (aiming) effective intervention strategies for the most difficult clients.
3. Examine what addictions actually are at their base patterning and how they universalize into large systems like capitalism and colonization including case examples.
4. Examine the importance of systems that advance quality of life and community connection as the larger world struggles with increasing disconnection, fear responses and narrowing.
5. Define the erotic body, the trauma body, and the "field of existence" in the service of a model that emphasizes not only the healing of trauma but the importance of accessing the erotic expression and pulsation as THE primary tool and emergent expression of liberation.

Category: General Professional Development | CEs: 3 | \$60 | In person only

Confluence: Healing Through the Lens of Nature, Spirituality, and Connectedness with Rita Palisaityte & Megan Hartwig



This interactive session will allow participants to learn about holistic health concepts, including the importance of nature, spirituality, and connectedness in healing. We will focus our presentation on research findings related to hermeneutic practice and constructivism in contemporary Western society. Discussion and image-making will help participants begin to explore how nature, spirituality, and connectedness can be applied to individual and communal healing practices.



Learning Objectives:

Attendees will:

1. Describe how the Confluence of nature, spirituality, and connectedness may impact personal healing and transformation.
2. Describe the importance of finding a personal and authentic healing path to prevent cultural appropriation and colonization.
3. Discuss academic literature on nature, spirituality, and connectedness interventions and psychometric tools for measurement.
4. Explore the concept of Confluence, its impact on personal healing, and its implications for professional practice through guided artistic practice and discussion.

Category: General Professional Development CEs: 3 | \$60 | In person only

Join Us

New Earth Institute Reception: Honoring Kate Cook

Saturday, August 17th
5-6pm



New Earth Institute Reception Honoring Kate Cook's Service as the Director of Applied Interpersonal Neurobiology Program

Please join us for music and light refreshments to celebrate the many years Kate Cook, MA, LPCC, TEP, has served in the role of Director for NEI's Applied Interpersonal Neurobiology Certificate Program at Southwestern College & New Earth Institute.

Free | In person only



SOUTHWESTERN COLLEGE
& **NEW EARTH INSTITUTE**



To learn more about NEI Certificate programs visit:

<https://www.swc.edu/community-education-and-cecs-2/>

SUNDAY, AUGUST 18

9 a m - 12 p m

We are the Most Beautiful People | Adults with Disabilities: A Disability Justice Panel Discussion with B.A. Short & Zian Chavez



Our world is centered on the rights and needs of non-disabled people. This workshop will explore themes of ableism, racism, disability justice, institutionalization, mental health, the medical model vs the social model, aging, suicidality, and worldwide prejudice and discrimination with the filmmakers behind the acclaimed documentary, *We are the Most Beautiful People | Adults with Disabilities*. In a social media driven culture, humankind faces superficial concepts of beauty daily. The film uses beauty as an underlying theme and pulls back the veil on conventional concepts of beauty, urging people to rethink how they engage with all humans in the world, highlighting the strengths and innate qualities needed to raise awareness and deconstruct culturally embedded norms. The workshop will include viewing a segment of the film and art making in response to the intimate stories collected from a wide array of persons with disabilities from around the world who have experienced profound marginalization, inequities, and injustice. It will provide an engaging and safe space for curiosity, creativity, and enriching discussion on a topic that has been unseen by too many for

too long. It will also examine how to support diverse individuals struggling under daily injustice in today's culture, including using art and art therapy, allyship, and empowering strategies for individuals with disabilities.

Learning Objectives:

Attendees will:

1. Examine historical treatment of adults with disabilities including institutionalization, access to medical care, equity and inclusion.
2. Distinguish the difference between Disability Rights and Disability Justice.
3. Compare differences in the medical model and the social/cultural model of disability.
4. Identify strategies useful in treatment that can create a strong foundation in allyship.

Category: Multicultural | CEs: 3 | \$60 | In person only

Eco Art Therapy: An Earthen Ritual for Nurturing the Self and Collective with Francesca DeBiao, LCAT



Embark on a soul-enriching journey with this Eco Art Therapy workshop, a harmonious blend of nature, narrative, and creative expression designed to support recovery from eco anxiety, collective grief, and relational isolation, while also addressing one's own personal ebbs and flows. Join us in exploring:

- Narrative Therapy Techniques: Uncover the power of storytelling as a tool for self-discovery and transformation. Engage in a guided exercise to reshape and reclaim your personal narrative within the nurturing embrace of the natural world.

- Grounding Through Expressive Arts: Immerse yourself in the therapeutic process of grounding. Utilize natural materials, spoken word, found instruments, and rhythmic expressions to connect with the present moment, fostering a deep sense of mindfulness and self-awareness that serves as a balm for relational isolation.

This workshop is a celebration of eco-conscious creativity, inviting you to co-create with the environment, your inner self, and a diverse array of artistic elements. Come join us on this transformative journey where the beauty of nature intertwines with the expressive arts, guiding you towards recovery, resilience, and a renewed sense of wholeness and well-being.

Please note: This workshop will take place outdoors on the grounds of SWC Campus. Please dress accordingly and bring sun protection.

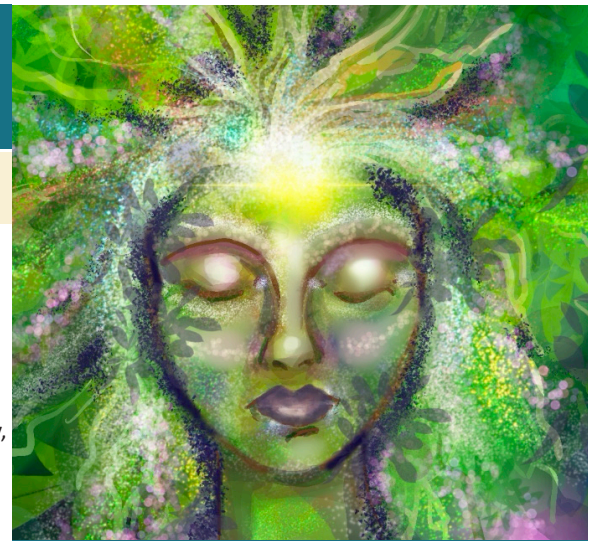
Learning Objectives:

Attendees will

1. Describe narrative therapy techniques as applied to eco art therapy, fostering the exploration and reshaping of personal stories within the context of the natural environment.
2. Practice grounding strategies through expressive arts therapy, enhancing their ability to connect with the present moment and engage in a more mindful and self-aware creative process.
3. Facilitate the integration of lost or neglected aspects of the self, utilizing eco art therapy as a medium to reconnect with and express these parts, supported by the therapeutic influence of the natural surroundings.
4. Examine the significance of participating in community rituals using eco art therapy, and explore how collective engagement in these practices not only fosters personal growth but also contributes to a shared sense of healing, resilience, and interconnectedness, highlighting the importance of communal support in the therapeutic journey.

Category: General Professional Development | CEs: 3 | \$60 | In person only

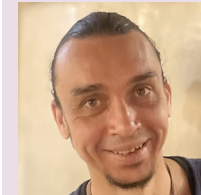
10 • TRANSFORMATION AND HEALING CONFERENCE 2024



SUNDAY, AUGUST 18

2 - 5 p m

From Hollow Men to Hollow Bones: Unweaving the Impacts of Culture to Cultivate Recovery with Richard Pelfrey, LADAC



This conference session will utilize the narrative frame of T.S.

Elliot's poem "The Hollow Men" to explore the rise of our

contemporary dominant culture and discuss what humanity has lost in our modern paradigm. We will examine how this traumatic loss has led to a drastic increase in substance and process addictions, and explore the wisdom of ancient cultures to see how "old ways" have served for many generations to both prevent trauma, and provide immediate and complete repair and integration when ruptures/traumas occur. We will discuss neurobiological effects of ceremonial practice such as repetition, rhythm, relationship, ritual, regulation, community, meaning, and medicine. Sweatlodge traditions, and how these ceremonies support healing, will be explored via the presenter's personal experience utilizing sweatlodge ceremony as a component of inpatient substance abuse treatment. We will also envision how, as individual providers, we can find our own ways to authentically distill the healing aspects of traditional ceremony into our own personal and professional practices.

Learning Objectives:

Attendees will:

1. Examine the development of contemporary dominant culture and the disconnective aspects within that paradigm.
2. Analyze how toxic aspects of culture contribute to trauma and the development of addictive behaviors.
3. Identify and evaluate how older cultural paradigms promote connection, wholeness, and healing.
4. Apply core elements of ancient pathways to one's practice with authenticity.

Category: Multicultural CEs: 3 | \$60 | Online only



“The Corpse-Bride” - Ethics through Story with Anna Katherine



In the powerful Jewish folktale, “The Corpse-Bride,” a promise given in jest becomes dreadfully real. As you witness this story dramatically told, imagine counseling the terrified groom, the angry corpse-bride, or the heartsick new bride. Can there be both justice and love? Where do you draw the line between supporting clients and trying to save them? How do you ethically help clients find their way between duty to the past and promise of the future? Explore your responses and ethical concerns through inner work, sharing, and art.

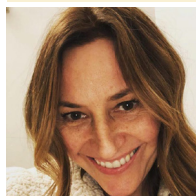
Learning Objectives:

Attendees will:

1. Discuss experiences relevant to the story.
2. Construct meaning from class interpretations of the story.
3. Use imagination to implement personal meaning.
4. Evaluate the story’s conflicting needs.
5. Create a larger picture of the story’s message.

Category: Ethics | CEs: 3 | \$60 | In person only

Giving Voice to the Journey of Menopause Through Chi for Two®: A Polyvagal-Informed, Multi-Generational Trauma Healing Method. with Ingrid Lacey & Dee Wagner



This conference session is an overview of Chi for Two® - The Energetic Dance of Healthy Relationship as a supportive, resonant “The Mother” voice for the momentous journey of menopause. The life/death/life cycle, which is the grieving process, is an inherent part of menopause. Chi for Two is a multi-generational trauma healing method based on new understanding of nervous system functioning. We start with the Chi for Two “Map,” which offers a dance movement therapy perspective of Polyvagal Theory informed by Kestenberg (Susan Loman) Tension Flow Rhythms. Chi for Two incorporates Peter Levine’s understanding of trauma patterning, along with Mary Whitehouse & Janet Adler’s Authentic Movement. We will explore how certain movements can be mobilized by the active state that Polyvagal Theory calls Play/Dance. We will “dance” four Chi for Two partner practices for client (as child) and therapist (as parent). Participants will learn these four Chi for Two partner practices, one from each of the Four Emanations of Embodiment in support of the grieving process.

Learning Objectives:

Attendees will:

1. Utilize the “Map” with clients to help them reference and recognize trauma patterning in their bodies, and their clients’ bodies.
2. Utilize the Circles of Support drawing with clients to help clients have empathy for their inhibited movements with the bite/snap rhythm, which are simply unfinished infant/parent dances.
3. Utilize the partner practice for client/therapist of Flinging Goo when the unfinished infant/parent dance with the bite/snap rhythm awakens.
4. Explore the relationship of the life/death/life cycle of menopause as a grieving process.

Category: General Professional Development | CEs: 3 | \$60 | In person only

Digesting Life: Experience How Our Digestive System Can Help Us Transform Our Internal and External Realities With Ursula Hofer, LPC, LMT



“The Body will transform emotional/spiritual issues in the instant we give it permission to do so.” - Lee Cartwright. Focusing on an everyday aggravation or a “pain in the butt situation,” a heartache or a looping thought pattern, we will explore this healing approach by studying the different functions of the digestive organs and then applying their digestive abilities to the challenging circumstance. We will begin by experiencing the difference between functions like chewing, breaking down foods, deciding if something needs to be spit out or swallowed, mixing, absorbing, and eliminating.

In a second step we will experience the wisdom of the enteric nervous system, the gut’s nervous system, and its innate ability for teamwork, noticing how the inner transformation affects our outer reality.

Learning Objectives:

Attendees will:

1. Describe the physiological functions of the different digestive organs from the mouth to the colon.
2. Apply the physiological functions to transform the chosen challenge by using the following tools:
 - Evaluating the use of different phrases when “talking” to the gut.
 - Comparing the use of verbal versus visual clues.
 - Choosing the cues that your digestive system responds to.
 - Comparing the beginning challenge to the experience of it now.
3. Describe the enteric nervous system and its sophisticated internal communication capabilities which are the basis for the intricate internal timing of this independent nervous system often referred to as the second brain.
4. Apply strategies for enlisting the digestive system in transforming our inner reality and changing the experience of our outer reality.

Category: General Professional Development | CEs: 3 | \$60 | In person only

The New Earth Institute of Southwestern College presents the 40th Annual

TRANSFORMATION AND HEALING

Community Building in Turbulent Times:
Healing Collective Grief & Trauma

Conference

Friday, August 16 - Sunday, August 18, 2024

Join Us



Closing Ceremony:
Celebrating President Ann Filemyr
Sunday, August 18 | 5-6pm

Please join Katherine Ninos and the Southwestern College Community as we offer gratitude and love to outgoing President Dr. Ann Filemyr. Ann's leadership has kept the college alive through the pandemic, when many small colleges were forced to close. Ann has supported sustainable growth and expansion of degree programs and educational offerings at Southwestern with heartfelt attention to student needs and concerns during a time of great change and uncertainty. She will continue to serve as the Director of the Regenerative Leadership and Visionary Practice PhD Program.

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