**Program Description \***

**Describe your proposed presentation to include rationale, theory, and applicability to conference participants.**

New Mexico has a rich history in traditional healing practices that have sustained the physical social, emotional, psychological, and spiritual wellness of various communities. Recent counseling applications and research on traditional healing rituals, procedures, or practices, such as mindfulness, have been shown to produce effective outcomes and are increasingly being integrated into mainstream or Western-based therapeutic modalities. This presentation will engage participants to explore the differences as well as the common or basic elements shared between Western and Non-Western healing modalities. Though dialogue and experiential exercises, participants will gain greater understanding of the history of traditional healing in our state and new perspectives on its potential to augment current counseling practices and cultural competency.

**Program Title \***

**100 character limit**

The Sacred Common Ground: Exploring the Shared Practices of Western and Non-Western Healing Practices

**Brief Program Summary to Be Included in the Conference Program Guide\***

**50-word paragraph limit. Describe your presentation in 50 words or less, not including spaces. Include only key points and benefits to attendees. The Conference Program Guide will only list the session title and this summary.**

This program will engage participants to explore the differences as well as the basic elements shared between Western and Non-Western healing modalities. Though dialogue and experiential exercises, participants will gain greater understanding of and new perspectives on traditional healing as a potential to augment current counseling practices and cultural humility/competency.

**Program Outline: Program Topic \***

**Identify the most important information/activities about which you will be presenting.**

This program will begin with a historical background and foundations of traditional or indigenous healing, focusing on the practice of Curanderismo, or the healing practices of Mexican and Mexican American communities. The facilitators will discuss the differences between Western and Non-Western healing practices and the persistent stigma of non-Western approaches. This will be followed by the concept of counseling and psychotherapy as ritual and the importance of the healing relationship. The facilitators will provide specific information on holistic (mind, body, and spirit) practices and experiential exercises to understand the healing effects of traditional healing. Ways to integrate Western and Non-Western healing practices will be further discussed as well as current collaborations to address the wellness of individuals, families, and communities from a traditional perspective.

**Program Outline: Brief Summary of Information, Technique, or Theory \***

**Summarize the information, technique, or theory about which you will be presenting and its importance to the profession.**

Historical Information: Curanderismo as practiced in New Mexico is a traditional healing practice that is the unification of North American and Mesoamerican Indigenous and Spanish European practices. Techniques/Theory: It has been stated (Anderson 2005) that techniques or procedures used in counseling and psychotherapy can be viewed as culturally based rituals, which may share similar techniques and procedures of mainstream practices. For example, facilitation of such rituals and other practices may be based in humanistic-existential thought (Wampold, 2007) which facilitates the working alliance and thus positive outcomes due to the cultural congruency the client finds in the ritual or other practice used. The objective is to demonstrate and demystify/destigmatize indigenous practices, which are otherwise critical to the wellbeing of many of our communities, as well as develop greater understanding of the use of traditional healing practices. Practice/Other Information: Currently, New Mexico is the only state that protects traditional practices and traditional practitioners. The practice has evolved to meet the current needs of our communities. This will be exemplified by a framework developed by the presenters and discussion on current community activity efforts.

**Program Outline: Description of Presentation Method \***

**Identify the method(s) you will be using to present your information/material during the presentation.**

The presenters will provide a didactic presentation (via power point), facilitate dialogue with participants, and engage participants through experiential activity.

**Program Outline: Relevance of Your Presentation to the Conference Theme \***

**Describe the relevance of your presentation to the conference theme.**

This presentation is particularly congruent with conference theme, “THE NEW BASICS & BEYOND: Rejuvenating & Strengthening The Counseling Profession in Our State, due to the current maintenance and resurgence in practices of holistic health and wellbeing, especially among marginalized communities. Therefore, what is a “new basic” has basis in the “old basic” or otherwise labeled “folk” ways of healing, now being acknowledged and confirmed by modern science. As such, efforts toward integration, community collaborations, and developing greater cultural humility/competence is in the near future. Furthermore, the topic is very specific to the populations of our state including counselors who are familiar with traditional practices, but often may feel invalidated or stigmatized using such skills in practice.

**Program Outline: Description of Handouts \***

**Describe the handouts you intent to provide in your presentation.**

Participants will have a handout on common "folk" or traditional illnesses and some ways in which wellness is maintained.

**Learning Objectives of Your Presentation \***

**Identify three learning objectives; at least one objective must be focused on how professional counselors may use the knowledge presented to help clients/students/patients.**

1. Participants will gain knowledge of the historical underpinnings and evolution of traditional healing practices in New Mexico

2. Participants will gain knowledge about the relationship between Western and Non-western healing practices

3. Participants will learn to recognize illness as defined and gain knowledge in how they are ameliorated through traditional means