

Curanderismo: Traditional Medicine
Fall 2014 MOOC
August 18 – October 13, 2014

Class website: <https://www.coursera.org/course/traditionalmedicine>
Facebook: www.facebook.com/curanderismo

Instructor: Dr. Eliseo "Cheo" Torres, from the University of New Mexico

Description: This course will provide information on the history, traditions, rituals, herbs, and remedies of Curanderismo, a folk healing tradition of the Southwestern United States, Latin America and Mexico.

Optional texts:

1. *Curandero: A Life in Mexican Folk Healing*, Eliseo Torres & Tim Sawyer
2. *Healing with Herbs & Rituals: A Mexican Tradition*, Eliseo Torres, edited by Tim Sawyer
3. *Curandero Conversations: El Niño Fidencio, Shamanism and Healing Traditions of the Borderlands*, Antonio Zavaleta

Course Format:

The instructor will present a welcome video describing the course syllabus followed by a Power Point presentation on the topic of "curanderismo," traditional/folk medicine and a TEDx ABQ video presentation by Professor Torres on merging traditional medicine with modern medicine.

Each module will consist of one or two video presentations by well-known traditional healers from Mexico, Peru and the United States, and will focus on a particular theme. The hands-on demonstrations will be followed by possible readings and discussions on effectiveness of traditional and complimentary/integrated medicine, which has been revived and recently gained popularity throughout the world. There will be a translator in the videos for two or three healers from Mexico and Peru who speak Spanish.

Approximate time for each module will be:

- Introduction of course, definitions and weekly themes (for the first module)
- 20-minute lecture/demonstration videos
- Short quizzes after each video
- Homework including reading of books and articles after most modules.

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Fall 2014 MOOC Schedule

Module	Module Dates	Presenter	Topic
1	8/18 – 8/24 questions due 8/24 by 11:59 p.m.	Dr. Eliseo “Cheo” Torres	<ul style="list-style-type: none"> I. Welcome to the course II. Introduction to Curanderismo PowerPoint Presentation III. View TEDx ABQ video presentation – Connecting Modern Medicine to Traditional Healing IV. Video of “Curanderismo of Mexico and the Southwest” annual UNM Summer Class.
		Cynthia Gomez (director)	
		Drs. Cheo Torres & Arturo Ornelas	Video discussion of Curanderismo in Mexico and the U.S. (Drs. Ornelas, Executive Director of CEDEHC (Centro de Desarrollo Humano hacia la Comunidad) and Professor Torres from UNM, discuss the history and collaboration between Mexico and the U.S. in Curandersimo)
2	8/25 – 8/31 questions due 8/31 by 11:59 p.m.	Dr. Tomas Enos	Medicinal Plants of the Southwest - <i>Plantas Medicinales del suroeste</i> (Dr. Enos, a well-known herbalist from Santa Fe, New Mexico, gives a demonstration of medicinal plants of the Southwest)
		Bernadette Torres & Asheninka Mino	Sacred Tobacco of Peru and Herbs for Women - <i>Tabaco Sacrado de Peru y plantas medicinales para la mujer</i> (Mino, healer from Peru, and Bernadette, herbalist from New Mexico, demonstrates tobacco healing practices, and medicinal plants for women)
3	9/1 – 9/7 questions due 9/7 by 11:59 p.m.	Tonita Gonzales	Tinctures and Microdosis - <i>Tinturas y microdosis</i> (Tonita, healer from New Mexico, explains how to prepare a tincture and a microdosis using fresh plants)
		Tonita Gonzales	Geotherapy – Using the earth for healing (Tonita practices geotherapy, clay therapy, during this demonstration)
4	9/8 – 9/14 questions due 9/14 by 11:59 p.m.	Albertana “Tana” Sanchez	Intestinal blockage – <i>Empacho</i> (Tana, healer from Cuernavaca, Morelos, Mexico, demonstrates the techniques used for intestinal blockage or “empacho”)
		Rita Navarrete Perez	Firecupping – <i>Ventosas</i> (Rita, healer from Mexico City, demonstrates the traditional use of firecupping or “ventosas”)
5	9/15 – 9/21 questions due 9/21 by 11:59 p.m.	Tonita Gonzales	Juice Therapy - <i>Jugo Terapia</i> (Tonita and Rita demonstrate and explain the medicinal benefits of juice therapy)
		Rita Navarrete Perez & Tonita Gonzales	Shawl Alignment – <i>Manteadas</i> (Rita demonstrates the revival of the art of shawl alignment or

			“manteada”)
6	9/22 – 9/28 questions due 9/28 by 11:59 p.m.	Rita Navarrete Perez & Tonita Gonzales	Healing through Mexican Sweat Lodge - <i>Curaciones del temazcal Mexicano</i> (Rita, curandera/temazcalera, demonstrates the ritual and benefits of the Mexican sweat lodge temazcal)
7	9/29 – 10/5 questions due 10/5 by 11:59 p.m.	Laurencio Nunez	Energetic/Spiritual Cleansings - <i>Limpias Energeticas</i> (Laurencio, from Oaxaca, Mexico, demonstrates how to perform an energetic/spiritual cleansing or “limpia”)
		Rita Navarrete	Laugh Therapy - <i>Risa Terapia</i> (Rita demonstrates the therapeutic benefits of laugh therapy or “risa terapia”)
8	10/6 – 10/12 questions due 10/12 by 11:59 p.m.	Dr. Eliseo ‘Cheo’ Torres & Various Curanderos	Interviews with the Curanderos - <i>Entrevistas con los Curanderos</i> (Various Curanderos, from the United States, Mexico and Peru, share their views on traditional curanderismo, as well as their experiences within the practice)
Last day of course: October 13, 2014			