

FOR STUDENTS ENROLLED FOR CONTINUING EDUCATION

Traditional Medicine without Borders: Curanderismo in the Southwest & Mexico

June 12 - 23, 2023 • Mon. – Fri. • 8:10 a.m. – 12:40 p.m. • Anthropology Bldg., Rm 163, UNM-Main Campus

Class website: curanderismo.unm.edu • **Facebook:** facebook.com/curanderismo • **Phone:** (505) 269-2542

Professors: Dr. Eliseo “Cheo” Torres, cheo@unm.edu / PhD Candidate Mario del Ángel

Disclaimer: This course, and the materials provided, are designed for information purposes only. It is not meant to train, certify, and/or substitute the advice, diagnoses, and/or treatment of any medical condition. Please consider professional assistance for any personal needs.

*The daily schedule is subject to change depending unforeseen circumstances and availability of presenters. Times may vary.

For more information visit: <https://bringbackthepack.unm.edu/vaccine/vaccine-requirement.html>

Policy 2720. The University is committed to fostering an environment of inclusiveness that respects an individual’s preferred form of self-identification, including a name other than a legal first name and the pronoun that aligns with their gender identity. This policy prohibits gender-based discrimination, including discrimination based on gender-identity or expression, and affirms the right of individuals to use the gender-specific facilities consistent with their gender identity. We are all in the process of practicing respectful ways of addressing each other as preferred. As such, we promote the exchange of patience in this process of understanding and learning.

For more information visit: <http://policy.unm.edu/university-policies/2000/2720.html>

Continuing Education

You can take the course one of two ways:

1. **Non-credit option (#04351):** Individuals are not required to submit assignments. You can attend for personal enrichment.
2. **For Continuing Education Units (CEUs, #C5983):** Individuals who would like CEUs for training or professional development can receive credits. Read section below on CEUs. Please note, **you must attend and every day** to earn 4.8 CEUs.

Course Description

This two-week course will provide information on the history of Curanderismo (the art of Mexican traditional healing) in the Southwest, Mexico and other countries. The student will explore an integrative and historical approach to medicine featuring demonstrations that incorporate Curanderismo with various traditional and holistic health techniques, such as: the creation of a sacred space; herbs and rituals; ceremonial use of the sweat lodge (temazcal); energetic cleansings (limpias); herbal smoke (moxa); medicine of the drum; fire cupping (ventosas); death and healing of grief (Día de los Muertos); laugh therapy (risa terapia); shawl alignments (manteadas); making tinctures and microdosis with plants, and an herbal walk at the Albuquerque BioPark Botanic Garden with well-known herbalists. The students will also participate in a traditional health fair held on the main campus and open to the community. This course will use instructors who are researchers in the field, healers, and health practitioners from UNM, Mexico, the Southwest, Albuquerque and other countries.

Land Acknowledgement: Founded in 1889, the University of New Mexico sits on the traditional homelands of the Pueblo of Sandia. The original peoples of New Mexico Pueblo, Navajo, and Apache since time immemorial, have deep connections to the land and have made significant contributions to the broader community statewide. We honor the land itself and those who remain stewards of this land throughout the generations and also acknowledge our committed relationship to Indigenous peoples. We gratefully recognize our history.

Objectives

1. Provide Information on the history, traditions, rituals, herbs, and remedies of *Curanderismo*, a healing tradition of the Southwestern United States, Latin America and Mexico
2. Explain how to use plants in water-based *microdosis*, alcohol-based tinctures, juice therapy, and smoke.
3. Explore different traditional hands-on techniques and their impact on bodies ailments such as intestinal blockage *empacho*, shawl alignments *manteadas*, and fire cupping *ventosas*.
4. Appraise the positive effects and elements involved in the *temazcal* ceremony.
5. Describe the benefits of laugh therapy *risaterapia*, sound and music and how they can transform your life.
6. Compare different types of spiritual/energetic cleansings, *limpias*.

Course Materials

Recommended texts (Required for those pursuing Continuing Education Units):

1. *Curanderismo: The Art of Traditional Medicine without Borders*, Eliseo Torres (Also available in Spanish)
2. *Curandero Traditional Healers of Mexico & the Southwest*, Eliseo Torres w/Imanol Miranda (Also available in Spanish)
3. *Curandero: A Life in Mexican Folk Healing*, Eliseo Torres & Tim Sawyer

Supplemental text (not required for CEUs):

4. *Healing with Herbs & Rituals: A Mexican Tradition*, Eliseo Torres, edited by Tim Sawyer

Optional FREE course (English and Spanish) in Coursera.org: Enroll in one of the free Coursera courses (4 in English, 1 in Spanish) by clicking <https://www.coursera.org/learn/curanderismo-plants>. Click Audit option for a free version unless you want a certificate from Coursera for a fee.

Those students wishing to buy an e-book can visit the publisher's website below. The hard copy textbooks can be purchased at the UNM Bookstore in English and Spanish or directly from the publisher's website.

Publisher's website:

1. <https://he.kendallhunt.com/>
2. <https://unmpress.com/>

Optional Class Supplies:

- Some portions of class will be outdoors. Please bring a yoga mat or beach towel for certain classes that show the word "outdoors" in the schedule below.
- Amulets, copal, sugar skulls and *papel picado* for *Día de los Muertos* sessions, are available at Masks y Más, 3021 Central Ave. NE.
- If interested, herbs and tinctures can be found at:

<i>The Herb Store</i>	107 Carlisle SE, Albuquerque, NM 87106	Ph: 505-255-8878
<i>Red Root Acupuncture & Herbs</i>	2400 Rio Grande Blvd, Albuquerque, NM 87104	Ph: 505-242-2032
<i>Yerbería Juarez</i>	301 San Pedro Dr. SE, Albuquerque, NM 87108	Ph: 505-268-0499

Herbal tinctures can also be found at Sprouts and Whole Foods.

Class Requirements to Obtain Continuing Education Units

In order to receive Continuing Education Units, students will be responsible for the following:

1. **Daily attendance and participation are encouraged (required for those pursuing CEU's):** It is important that each student attends all sessions, unless some extraordinary circumstance arises, of which you will need to speak to Dr. Torres or co-instructor Mario del Angel Guevara. Attendance is recorded through your daily reflection papers. Failure to do so, can result in a lower final grade. **You will choose to submit either the daily reflections or the final assignment, not both.** Send to griegoh@unm.edu

If you choose to write the daily reflections, use the following questions as a guide:

- Discuss positive aspects of today's presentation(s)? List 2, and if possible, explain how they

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complement your personal experiences.

- Explain any methods (rituals, folk beliefs, alternative healing approaches, herbs) that were discussed or demonstrated that you could apply to your daily routine? Provide at least 2 examples.
- How could today's presentation(s) be improved?

2. Final paper or Video (Only required for those enrolled in Continuing Education Units (CEU's): Each student pursuing Continuing Education Units is required to submit a final paper or a final video sent to griegoh@unm.edu by **Wednesday, June 28th**. Your paper must include your personal impressions of the class AND the course readings. This is the space to talk about how the class affected you, if/how it changed your life, outlook, philosophy, etc. Any citations must be in APA format if you choose a paper as your final or mention them (Author and year of publication) if you choose a video as your final.

If you choose to make a video:

- Your video should not show you only reading from a script but rather explaining.
- A slideshow is not required but it is recommended.
- Your video should include references of materials consulted. You can include them in your slideshow or mention them orally.
- Your video should address every question and point in the prompt **below**
- Your video should be at least 5 minutes or 10 minutes maximum.
- **The deadline for the final assignment is Wednesday, June 28th**

Note: If your video is exceptional, we will contact you for permission to use it in future sessions.

If you choose to write a final paper:

- Write at least 5 pages and 7 pages maximum, not including the cover and references pages.
- Include a list of references using APA style.
- Include at least 3 citations from materials consulted, also following APA style.
- Include a title and subtitles for your paper.
- Address every question and point in the prompt **below**

**** NOTE: Papers received late may not be accepted ****

Final Assignment prompt (Only for those pursuing Continuing Education Units):

- In your final assignment you will talk about the most interesting and enriching presentation for you for each of the days of class. 10 days total.
- Which presentation or workshops was the most enriching experience to you and why for each of the 10 days? Mention by day.
- Which ritual and/or elements were used in those presentations and/or workshops
- How could you connect the readings to the presentations? What did you observe?
- How do you connect Curanderismo to your everyday life and your community?
- Has the class deepened your interest in this topic? If so, how would you like to expand your knowledge?

Other Important Information

Special Notes:

- **Use of Incense.** Healers use copal (an aromatic tree resin) during ceremonies. If you are sensitive to this, you can observe from afar.
- **Photograph and Videotaping.** Portions of the class are photographed and/or videotaped for UNM promotional materials. Those who do not wish to be photographed or videotaped, are responsible for removing themselves from the area being photographed and/or informing the photographer.

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- **Snacks and Drinks.** Each morning a food vendor will have food and drinks for sale outside of the classroom. Please purchase items before the course, during breaks, or after the course to minimize any disruptions. Please keep the auditorium clean and dispose of any trash in the trash bins.
- **Personal Objects.** If you bring any flowers, fruit, food, or any objects, especially during the Day of the Dead event, please take it with you at the conclusion of the class day. Objects that are left behind will be discarded by the following day. Objects are not stored or kept by the instructors or staff.
- **Afternoon Workshops.** You can attend optional workshops in the afternoons. **These workshops are not required and are not part of the class.** These workshops are done to provide extra training for out-of-town students and continuing education students that wish hands-on experiences. If you miss a day of class, the instructor may recommend attending one of these workshops to make up for class time. There will be a small, recommended donation for these workshops given directly to the presenters in order to support their travel and incidental expenses.
- **Parking.** Please visit this website to find information about [parking permits](#). Parking staff will be invited the first day of class for you to consider purchasing a 2-week parking pass. Parking on UNM main campus requires purchase of a permit.
- **Sweat Lodges.** Sweat lodges *Temazcales* may be offered in the evenings for a special purpose. These are optional and are not part of the course. If you would like to attend a temazcal sweat lodge ceremony please contact the sponsor in the list of workshops, not the class instructors. Sponsors may require a fee to participate.
- **Herb Walk.** The herb walk will take place off-campus. Please arrange your transportation. Public transportation is free in the City of Albuquerque, but we recommend using Uber or Lyft. If you decide to use public transportation, sit at the front of the bus and close to the driver for safety reasons.
- **Lodging and Accommodation.** It is the student's responsibility to arrange their lodging for the 2-week period of the class. We recommend Airbnb or hotels with a shuttle to the University of New Mexico Main Campus. If the student would like to stay on campus, please contact the [Campus Housing Office](#) to inquire about the possibility to do so. Instructors are not able to arrange lodging for students.

Good Citizenship:

Respecting instructors, interpreters, and healers is required. Students should respect the instructors and healers by paying attention, and participating during lectures and demonstrations. **Please note:** *The interpreters who are working for your benefit during the class are listening and translating difficult material. We ask that you please be quiet and respectful during the interpretation process.*

American Disabilities Act:

In accordance with University Policy 2310 and the American Disabilities Act (ADA), "reasonable academic accommodations may be made for any qualified student who notifies the instructor of the need for an accommodation. It is imperative that you take the initiative to bring such needs to the instructor's attention, as the instructor is not legally permitted to inquire. The student is responsible for demonstrating the need for an academic adjustment by providing Student Services with complete and appropriate current documentation that establishes the disability, and the need for and appropriateness of the requested adjustment(s). However, students with disabilities are still required to adhere to all University policies, including policies concerning conduct and performance. Students who may require assistance in emergency evacuations should contact the instructor as to the most appropriate procedures to follow".

Contact: Accessibility Resource Center

Phone: 505-277-3506

Website: <http://arc.unm.edu/>

UNM Accessibility Support policy statement: <http://online.unm.edu/help/learn/students/accessibility-support.html>

UNM Policy on Student and Visitor Behavior:

It is important for all students to be aware of conduct that will lead to disciplinary action by the University. In order to clarify the types of conduct which shall be considered to affect adversely the University's educational function, to disrupt community living on campus, or to interfere with the rights of others to pursue their education, to conduct their University duties and responsibilities or to participate in University activities, the Board of Regents hereby adopts a Code of Conduct for students and visitors:

<http://pathfinder.unm.edu/campus-policies/student-code-of-conduct.html>

UNM Policy on Service Animals:

The Administrative Policies and Procedures Manual - Policy 2295 on Service Animals, states that "in keeping with federal and state law, the University of New Mexico recognizes its responsibilities to extend equal access to individuals with disabilities who use a Service Animal on University property. The University will not discriminate against individuals with disabilities

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who use Service Animals nor, subject to the terms of this Policy, deny those persons access to programs, services and facilities of the University. This policy applies to individuals with disabilities and Service Animals as defined in federal law . . . A student may bring a Service Animal into a UNM classroom, laboratory, or other learning environment. Students using Service Animals are encouraged to register with [UNM Accessibility Resource Center](#) and follow the procedures established by that office for obtaining academic adjustments.” To view the full text of the policy, visit: <https://policy.unm.edu/university-policies/2000/2295.html>

Title IX: Gender Discrimination

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the [Department of Education](#) (see pg. 15). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the [Office of Equal Opportunity](#).

Copyright Issues

All materials in this course fall under copyright laws and should not be downloaded, distributed, or used by students for any purpose outside this course.

The [UNM Copyright Guide](#) has additional helpful information on this topic. <https://copyright.unm.edu/>

Academic Integrity

You should be familiar with UNM’s [Policy on Academic Dishonesty](#) and the [Student Code of Conduct](#) which outline academic misconduct defined as plagiarism, cheating, fabrication, or facilitating any such act.

Drop Policy:

This course falls under all UNM policies for last day to drop courses, etc. Please see the UNM Course Catalog for information on UNM services and policies. Please see the UNM academic calendar for course dates, the last day to drop courses without penalty, and for financial disenrollment dates.

UNM Resources

CAPS Tutoring Services

CAPS is a free-of-charge educational assistance program available to UNM students enrolled in classes. Online services include the Online Writing Lab, Chatting with or asking a question to a tutor.

UNM Libraries - <https://library.unm.edu/>

Student Health & Counseling (SHAC) Online Services - <http://shac.unm.edu/>

For military-connected students

There are resources on campus designed to help you succeed. You can approach any faculty or staff for help with any issues you may encounter. Many faculty and staff have completed the GREEN ZONE training to learn about the unique challenges facing military-connected students. If you feel that you need help beyond what faculty and/or staff can give you, please reach out to the Veterans Resource Center on campus at 505-277-3181, or by email at vrc@unm.edu.

Citizenship and/or Immigration Status

All students are welcome in this class regardless of citizenship, residency, or immigration status. Your professor will respect your privacy if you choose to disclose your status. UNM as an institution has made a core commitment to the success of all our students, including members of our undocumented community. The Administration’s welcome is found on our website: <http://undocumented.unm.edu>

Class Schedule Week 1

***The daily schedule is subject to change depending on unforeseen circumstances and availability of presenters. Times may vary.**

Monday, June 12

Theme: Introduction & History of Curanderismo Traditional Medicine of Mexico & the Southwest

Course Readings. *Only read the pages indicated for the readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Introduction (pgs. IX - XII)
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch 1 (pages 1-6)
3. Curandero: A Life in Mexican Folk Healing: Introduction (pgs. 1-8)
4. Handout on the 4 directions in Canvas.

Optional Reading:

1. Healing with Herbs and Rituals: Introduction (pgs. 3-12)

Assignment Due by 8:00 a.m. next day:

1. Daily Reflection – Day 1. Submit via UNM Canvas.

Note: Two short breaks will be announced by Dr. Torres during the morning class

7:30 a.m.	Sign-up outside of the Anthropology Auditorium	
8:10 a.m.	Welcome & Introduction to Course	Dr. Eliseo “Cheo” Torres Dept. Chair Irene Vasquez
8:30 a.m.	Explanation of the Four Directions & Creation of Sacred Space. Review the handout “Direction”	Tonita Gonzales (NM)
9:00 a.m.	Outdoor Community Opening Ceremony - Optional <i>All are invited and encouraged to bring offerings to the altar (fruit, plants, and flowers). Traditional healers will be using Copal/Sage. If you’re uncomfortable with the use of the Copal/Sage smoke, you may observe from a distance.</i>	
9:45 a.m.	Overview of Curanderismo – Herbs, Rituals, & Curanderos(as)	Dr. Eliseo “Cheo” Torres
10:45 a.m.	Panel of Traditional Mexican Healers. My Road in the Path of Traditional Healing.	Rita Navarrete (MX) Laurencio López Núñez (MX)
11:45 a.m.	The Curandero Values and Specializations in Curanderismo. How to Become a Curandero for your Community.	Laurencio López Núñez (MX)

Tuesday, June 13

Theme: Creating a New Health Model. Merging Traditional and Modern Medicines.

Course Readings:

1. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 5 (pgs. 63 – 64)
2. Curandero: A Life in Mexican Folk Healing: Ch. 12 (pgs. 145-154)

Optional Reading:

1. Healing with Herbs and Rituals: Ch. 10 (pgs. 65-68)

Assignment Due by 8:00 a.m. Wednesday:

1. Daily Reflection – Day 2 via UNM Canvas

8:10 a.m.	Overview of previous day activities	Dr. Eliseo Torres
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8:15 a.m.	Integrating Curanderismo in Modern Medical Practice	M.D. Rodney Garcia
9:00 a.m.	Personal and Community Healing with Curanderismo	Tonita Gonzales
10:00 a.m.	De Nuestras Raíces: A Model for Healing Stress and Trauma	Dr. Thomas Chavez & Antonia Montoya
11:00 a.m.	Merging Traditional Medicine with Modern Allopathic Medicine	M.D. Selma Sroka & Maria McCoy (Minnesota)
11:45 a.m.	Discussion of Curanderismo Display	Dr. Eliseo Torres

Wednesday, June 14

Theme: Hispanic Traditional Herbal Medicine Part I

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 2 (pgs. 9-18), Ch. 3 (pgs. 19-20)
2. Curandero: A Life in Mexican Folk Healing: Ch. 10 (pgs. 107-128)
3. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 31 & pg.35)

Assignment Due by 8:00 a.m. Thursday:

4. Daily Reflection – Day 3 via UNM Canvas

8:10 a.m.	Overview of Previous Day Activities	Dr. Eliseo Torres
8:30 a.m.	Medicinal Plants and Copal of the Oaxaca Valley	Laurencio Lopez
09:30 a.m.	Medicinal Plants of the Southwest. Tinctures and Microdosis	Dr. Tomas Enos
10:15 a.m.	Reclaiming Traditional Ancestral Plants and Elements for Healing through Authorship	Atava Garcia Swiezicki Dara Saville
11:15 a.m.	The Influence of Jewish Concepts of Sickness and Herbalism	Morgaine Witriol
12:00 p.m.	Preparation for an Herb Walk	Tonita Gonzales Antonia Montoya

Thursday, June 15

Theme: Hispanic Traditional Herbal Medicine Part II (Field trip)

Course Readings (Optional – not required). Not required readings today. Field trip instead.

1. Optional book. Healing with Herbs and Rituals (Pgs. 75-159)

Assignment Due by 8:00 a.m. Friday:

1. Daily Reflection – Day 4 via UNM Canvas

We encourage you to attend this class.

	Do not attend the UNM campus but meet at the Albuquerque BioPark Botanic Garden Entrance Gate located at 2601 Central Ave. NW, 87104 (<i>entry wristbands will be available via group leader that morning</i>)	
8:10 a.m. – 12:40 p.m.	Opening Ceremony at the Botanical Gardens – Student led ceremony. Guided Medicinal Plant walks and Creation of Herbal walk guides. Invited herbalists: <i>Laurencio López Núñez (Spanish-speaking only), Monica Lucero, Susan Feaveryear, Dianne Rand, Morgaine Witroil, Dara Saville, Shayai and Cecilia Lucero, Atava Garcia</i> *These names are subject to change	
TBD	Preparation of Plants for Energetic Cleansings	Rita Navarrete
TBD	Preparation of Herbal Remedies and Ointments	Dr. Tomas Enos

Friday, June 16
Theme: Healing Grief with Traditional Medicine

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 22 (pgs. 95-97)
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 4 (pgs. 52 – 53)

Assignment Due by 8:00 a.m. next Monday:

3. Daily Reflection – Day 5 via UNM Learn

8:10 a.m.	Overview of Previous Day Activities	Dr. Eliseo Torres
8:30 a.m.	<i>Partera del Alma</i> . Midwife for the Soul	Tonita Gonzales
9:15 a.m.	Mexican tradition of the Velación / Trascending with peace after life	Rita Navarrete
10:15 a.m.	Perspectives on Death and Dying	Bob Vetter
11:15 a.m.	History, Meaning and Creation for Día de los Muertos and the Healing of Grief	Dr. Anselmo Torres (MX)
12:00 p.m.	Begin Assembling the Altar	Dr. Anselmo Torres (MX)

Día de los Muertos Ceremony & Class Altar

Date: Friday, June 16, 2023

Location: Anthropology Classroom

Description: This event is to show how Mexican, Latino, and Hispanic communities address grief through the celebration of their loved one's life. *Items for the altar in relation to your loved ones include* pictures, favorite foods/beverages, or flowers. Other items such as amulets, sugar skulls, and *papel picado* are available at Masks y Más (address on page 2 of syllabus).

All items **must be removed** and taken at the end of class. Any items left behind will be discarded.

Class Schedule
Week 2

***The daily schedule is subject to change depending on unforeseen circumstances and availability of presenters. Times may vary.**

Monday, June 19
Theme: Traditional Healing using the Elements of Nature

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 8 (pgs. 43-48)
2. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 22-24 & pg. 67)

Assignment Due by 8:00 a.m. Tuesday

- Daily Reflection – Day 6 via UNM Canvas

8:10 a.m.	Overview of Last Day Activities	Dr. Eliseo Torres
8:30 a.m.	Teepee, Inipi, Sweatlodge, Sacred Ceremonies	Karen Wakonda Lewis
9:15 a.m.	Mexican <i>Temazcal</i> Ceremonies. Using earth and fire for healing.	Rita Navarrete & Laurencio López Nuñez 9 (MX)
10:45 a.m.	Panel of <i>Temazcaleros</i> from New Mexico. The <i>Temazcal</i> tradition in New Mexico.	Tonita Gonzales Julie McGaharan

11:45 a.m.	Using fire and air with Mexican fire cupping <i>Ventosas</i> .	Rita Navarrete (MX)
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Tuesday, June 20

Theme: Healing of the Body's Energy and Spirit through Cleansings *Limpias energéticas/Espirituales*

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 4 (pgs. 21-30) & Ch.20 (pgs. 89-90)
2. Curandero: A Life in Mexican Folk Healing: Ch. 2 & Ch. 3 (pgs. 28-44)

Optional Reading:

1. Healing with Herbs and Rituals: Ch. 3, Ch. 4 & Ch.5 (pgs. 13-35)

Assignment Due by 8:00 a.m. Wednesday

Daily Reflection – Day 6 via UNM Canvas

8:10 a.m.	Reflection of the Previous Day's Events	Dr. Eliseo "Cheo" Torres
8:20 a.m.	Global Susto: Healing the Body, Mind, & Spirit	Patricia Federico & Jesus Villa (AZ)
9:00 a.m.	Understanding <i>Limpia</i> Energetic/Spiritual Cleansing for healing <i>Susto</i> Magical Fright	Rita Navarrete (MX)
9:50 a.m.	Mexican <i>Limpias</i> from Oaxaca using various elements	Laurencio López Nuñez (MX)
10:30 a.m.	The Revival of the Traditional Toltec spiritual cleansing with Copal	Aadrian Rivera (UT)
11:20 a.m.	Healing in Death & Dying: End-of-Life Curanderismo	Patricia Federico & Jesus Villa (AZ)
12:00 a.m.	Outdoor Breakout Session: Practicing <i>Limpias</i>	

Wednesday, June 21

Theme: Traditional Bodywork and Community Health Fair

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 17 (pgs. 79 – 82), Ch. 18 (pgs. 83-86)
2. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 54-55).

Optional Reading:

1. Healing with Herbs and Rituals: Glossary of Herbs (pgs. 146-147)

Assignment Due by 8:00 a.m. Thursday:

1. Daily Reflection – Day 8 via UNM Canvas

8:10 a.m.	Overview of Last Day Activities	Eliseo "Cheo" Torres
8:30 a.m.	"Awareness is Healing" - through Traditional Maya Medicine & Maya Abdominal Massage	Alex Jackson (MO)
9:30 a.m.	The Curative Power of the Oregano Plant from Chihuahua, Mexico.	Maria Tereza Baeza (MX)
10:15 a.m.	Moxa and Indigenous Acupuncture	Dr. Monica Lucero

****Health Fair, *Feria de Salud*****

Time: • For Students: 11:00 a.m. – 11:30 p.m. • Open to the public: 11:30 p.m. – 3:30 p.m.

Location: Grass area east of Anthropology auditorium on UNM Main Campus

Demonstrations include *Energetic/Spiritual cleansings Limpias, Reiki, AcuDetox, Herbal Consults, pláticas/consultations, facial massage, and sobadas (limited).*

Description: This is an opportunity for you to receive a demonstration of traditional medicine from the U.S., Mexico and other countries. You can observe how the curanderos practice their techniques in a natural outdoor environment. There is a **suggested donation of \$15** for any demonstration. The donations are to support the travel and incidental expenses of the healers. These are optional and are not a requirement for the course.

[You can view the New Mexico Act regarding state laws on traditional medicine](#)

Thursday, June 22

Theme: Traditional Healing Methods for the Body

Course Readings:

1. Curanderismo: The Art of Trad. Med. w/o Borders: Ch. 6 (pgs.35-36), Ch. 12 (pgs. 69 – 70)
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 2 (pg.8), Ch. 4 (pg.20-22)
3. Curandero: A Life in Mexican Folk Healing: Ch.9 (pgs. 90-106)

Optional Reading:

1. Healing with Herbs and Rituals: Glossary of Herbs: Ch. 8 (pgs. 47-57)

Assignment Due by 8:00 a.m. Friday:

4. Daily Reflection – Day 9 via UNM Canvas

8:10 a.m.	Reflection of the Previous Day’s Events	Dr. Eliseo “Cheo” Torres
8:30 a.m.	Traditional Healing Methods Using the Sacred Tobacco of Peru and Herbs for Women	Mino Asheninka & Bernadette Torres
9:15 a.m.	Practices of Mayan ancestral knowledge: medicinal plants and cosmic energies.	Aurelia Xitamul & Sabina Ajcot (Guatemala)
10:15 a.m.	<i>Bienvenida Tradicional para el Bebé. Welcoming your Baby</i>	Rita Navarrete (MX)
11:30 a.m.	How Emotions affect our Health	Tonita Gonzales
12:15 p.m.	The Contributions of Women to Traditional Medicine	Laurencio Lopez (MX)

Friday, June 23

Theme: Traditional Healing with Laughter, Story, Sound & Music

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 9 (pgs. 49 – 54)

Assignment Due by 8:00 a.m. Wednesday (6/29):

No Daily Reflection for today. **Instead work on Final paper/video**– via UNM Canvas

****FINAL PAPER/VIDEO** due Wednesday, June 28th no later than 11:59 p.m. Requirements listed on page 2 and 3 of syllabus.

8:10 a.m.	Outdoor Community Closing Ceremony - Optional	
9:00 a.m.	Storytelling as Medicine	Robyn Moreno
10:00 a.m.	The Medicine of the Drum (if you have one, bring your own drum or rattle)	Elisa Lucero & Kathy Vega
11:00 a.m.	<i>Risoterapia</i> Laugh Therapy	Rita Navarrete (MX)
11:30 a.m.	Healing through Music	Mariachi Tradicional
12:15 p.m.	Closing Comments and Conclusion	Dr. Eliseo “Cheo” Torres