

DRAFT, FOR STUDENTS ENROLLED FOR CONTINUING EDUCATION

Traditional Medicine without Borders: Curanderismo in the Southwest & Mexico

July 1 - 17, 2025 • Tue, Wed, Thur. • 10 a.m. – 11:00 a.m. & 2 p.m. – 3 p.m. • Live Online, Zoom

[Website](#) • [Facebook](#)

Professors: Dr. Eliseo “Cheo” Torres & Dr. Mario Del Ángel-Guevara.

Contact: curanderismo@unm.edu

***All sessions are in NM Mountain Time.**

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

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.

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. Please note, **you must attend every day and submit one of the two assignments described below** to earn 1.8 CEUs.

Course Description

This three-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 approach to medicine and 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*); fire cupping (*ventosas*); death and healing; and susto (magical fright). This course will use instructors who are researchers in the field, healers, and health practitioners from UNM, Mexico, the Southwest, Albuquerque and other states.

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* and alcohol-based tinctures.
3. Explore different traditional hands-on techniques and their impact on bodies ailments such as fire cupping *ventosas* and Mayan abdominal massage.
4. Appraise the positive effects and elements involved in the *temazcal* ceremony.
5. Describe the benefits and usage of medicinal plants.
6. Compare different types of spiritual/energetic cleansings, *limpias*.

Recommended Texts

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

Optional Text

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). Click the 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. [Kendall Hunt Publishing Company](#)
2. [The University of New Mexico Press](#)

For those who reside in Albuquerque and are looking for herbs and materials:

- If interested, herbs, copal incense, incense burners 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 Juárez</i>	301 San Pedro Dr. SE, Albuquerque, NM 87108	Ph: 505-268-0499
Masks y mas	3106 Central Ave SE Albuquerque, NM 87106	Ph: 505-256-4183

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

Class Requirements (ONLY for students pursuing Continuing Education Units CEUs)

In order to receive Continuing Education Units, students will be responsible for the following. You will choose to submit either the daily reflections or the final assignment, not both.

1. **Daily reflections and participation are encouraged (only 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. **The deadline is Wednesday August 3rd.** Send to curanderismo@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

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 pursuing 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 Dr. Mario Del Angel Guevara to Curanderismo@unm.edu by **Wednesday, July 31st**. Your paper/video must include your personal impressions of the class. 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 submit a final paper or video, use the following questions as a guide:

- In your final assignment you will talk about the most interesting and enriching presentation for you for each of the days of class. 9 days total.
- Which presentation(s) was(were) the most enriching experience to you and why for each of the 9 days? Mention by day.
- Which ritual and/or elements were used in those presentations?
- How could your professional career or life be affected by the presentations? What did you observe?
- How do you connect Curanderismo to your community?
- Has the class deepened your interest in this topic? If so, how would you like to expand your knowledge?
- What are some topics you would like to include in this class in the future?

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 the guiding questions above.
- Your video should be at least 5 minutes or 10 minutes maximum.
- **The deadline for the final assignment is Wednesday, July 31st.**

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.
- Your paper should address the guiding questions above.

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

UNM Policies

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](#).

[Read more about campus policy regarding sexual misconduct.](#)

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.

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.

Good Citizenship:

Respecting instructors, interpreters, and healers is required. Students should respect the instructors and healers by paying attention, refraining from socializing, 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.*

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:

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 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 this website](#).

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](#).

DRAFT Zoom Meetings (New Mexico Mountain Time) Summer 2025 Online Course
UNM Continuing Education July 1 - 17

Curanderismo: Traditional Medicine without Borders of Mexico and the Southwest

Zoom links will be sent via email to all registered students the Friday before the beginning of the class. All sessions are recorded and shared with students for up to 2 weeks after the class has ended.

Recorded sessions are made available and sent to students **each weekend**. We need to edit out student names and faces before we can share recorded sessions. Recordings are available for up to 2 weeks after the course conclusion.

Mountain Time is a time zone. There are four time zones in the contiguous United States (Contiguous means not including Alaska, Hawaii or U.S. territories).

Those are: Pacific Time, Mountain Time, Central time, and Eastern time. Arizona is also in Mountain time, however, Arizona does not observe Daylight Saving Time which means that New Mexico and Arizona, although both in Mountain time may have a different local time. Please make sure you are using New Mexico Mountain time when adjusting your local time to the schedule of presentations.

The University of New Mexico is located in Albuquerque, New Mexico, United States and all sessions in this class are in New Mexico Mountain time. Check which time zone you are in and adjust your time to the times shown for sessions in the calendar below.

If you do not know how to adjust, google what time it is in Albuquerque, NM now. Adjust your time. A 10 a.m. session in Albuquerque might be at 9 a.m., 10 a.m. or 11 a.m. or other times depending on where you are.

If you are in another country, also adjust based on your local time.

For any registration related questions, tuition or refunds contact ceregistration@unm.edu

Course Instructors and Presenters do not manage registration, tuition, or refunds in any capacity.

Curanderismo: Traditional Medicine without Borders of Mexico and the Southwest Week 1

1wk. 7/1 – 7/3	Presenter	Topic	Time
Tuesday 7/1	Dr. Eliseo Torres and Dr. Mario Del Angel- Guevara	Curanderismo: Traditional Medicine in Times of Stress and Anxiety Zoom link:	10-11 a.m.
Tuesday 7/1	Erica Flores- Vigil	Weaving Together Modern and Traditional Medicine to Serve Traditional Communities Zoom link:	2-3 p.m.
Wednesday 7/2	Dr. Felina Ortiz	A Traditional Approach to Midwifery in New Mexico Zoom link:	10-11 a.m.
Wednesday 7/2	Robyn Moreno	Story Telling as Medicine Zoom link:	2-3 p.m.
Thursday 7/3	Alex Jackson	Maya Uterine Health Zoom link:	10-11 a.m.
Thursday 7/3	Kim Hart	Heal the Spirit in Minnesota Zoom link:	2-3 p.m.

Curanderismo: Traditional Medicine without Borders of Mexico and the Southwest

Week 2

2wk. 7/8 – 7/10	Presenter	Topic	Time
Tuesday 7/8	Jesús Villa	<i>La Tercera Raíz</i> : The African Roots of Curanderismo Zoom link:	10-11 a.m.
Tuesday 7/8	Aadrián Rivera	<i>Cuecueyos</i> : The 7 Centers of Perception in the Toltec Tradition. Zoom link:	2-3 p.m.
Wednesday 7/9	Margarita Camarena	<i>Toltecayotl</i> : The Art off Living in Harmony Zoom link:	10-11 a.m.
Wednesday 7/9	Efrain Vicente	Spiritual cleansings and all its components through the Mayan perspective and vision. Zoom link:	2-3 p.m.
Thursday 7/10	Dulce Ruby Peralta	Awakening Within the Dream: The Art of Lucid Living Zoom link:	10-11 a.m.
Thursday 7/10	Albino Garcia	Native American Purification Ceremony. The Eagle & the Condor. Zoom link:	2-3 p.m.

Curanderismo: Traditional Medicine without Borders of Mexico and the Southwest

Week 3

3wk. 7/15 – 7/17	Presenter	Topic	Time
Tuesday 7/15	Jesús Villa	History and Philosophy of the Medicinal Use of Hallucinogens in Curanderismo Zoom link:	10-11 a.m.
Tuesday 7/15	Aadrián Rivera	Traditional Toltec Cleansing Zoom link:	2-3 p.m.
Wednesday 7/16	Juan Carlos Solano	<i>Limpia</i> Spiritual/Energetic Cleansing with the <i>Atecocolli</i> and Obsidian Zoom link:	10-11 a.m.
Wednesday 7/16	Adrian Koskakoatl	“See with Star Eyes”: Understanding Mexica Cosmogony Zoom link:	2-3 p.m.
Thursday 7/17	TBA	TBA Zoom link:	10-11 a.m.
Thursday 7/17	Dr. Eliseo Torres and Dr. Mario Del Angel-Guevara	Creating a New Health Model: Merging Traditional and Modern Medicine Zoom link:	2-3 p.m.