

## Seeking credit?

- For UNM Students:
  - Read the syllabus available in CANVAS.
  - Daily reflections
  - Final video or Final paper

#### For CEUs (Continuing Education Units):

- Read syllabus made available via email and on website curanderismo.unm.edu
- 4.5 CEUs
- Daily reflections or Final Paper or Final video

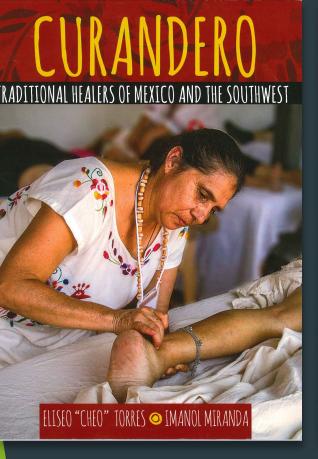
Deadline: Wednesday, June 18<sup>th</sup> by 11:59 p.m.

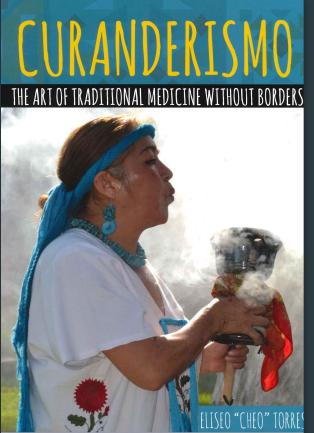


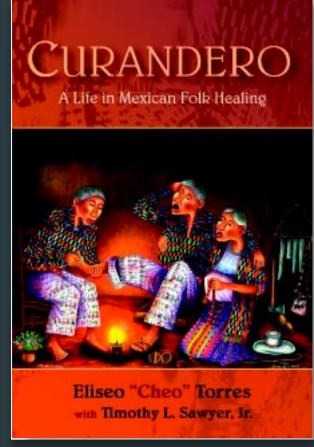
Curanderismo: Global and Cultural Influences of Traditional Healing

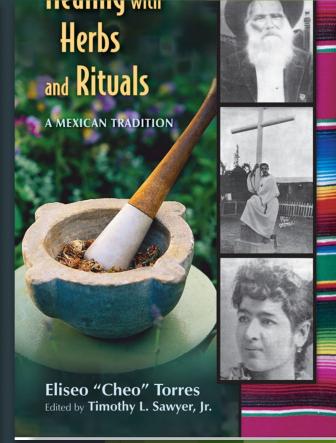
Curanderismo: Traditional Healing of the Mind, Energy and Spirit











### **Books on curanderismo**

UNM Bookstore / Kendall Hunt / UNM Press Ebook and hard copies available

# UNM Curanderismo Certificate Continuing Education

Obtain a Certificate of Knowledge on Concepts of Traditional Healing by completing 3 Curanderismo courses offered through UNM Continuing Education.

- Course 1 Curanderismo Part 1: The Art of Traditional Mexican Folk Healing (Online)
- Course 2 Curanderismo Part 2: Global Perspectives of Traditional Healing (Online)
- Course 3 Summer Curanderismo: Traditional Medicine without Borders (In-person)

#### Details:

- In person summer class is 2 weeks
- Online courses are 16 weeks. Start every August and January in alignment with the university academic calendar. Online non-live with pre-recorded sessions, lectures, demonstrations. 1 deadline every week.
- Register here (copy and paste link):

https://continuinged.unm.edu/search/publicCourseAdvancedSearch.do?method=doPaginatedSearch&cspIndex=true&showInternal=false&courseSearch.courseDescriptionKeyword=curanderismo

### Curanderismo



It is the art of Mexican Folk Healing from the word curar, meaning to heal



Uses a holistic approach to healing – mind, body, and spirit



Who is a curandero/a?

A traditional healer working in the material, spiritual, and mental levels

Someone with a don (a gift)

An apprentice

Attends specialized school – Centro de Desarollo Hacia La Comunidad (CEDEHC)

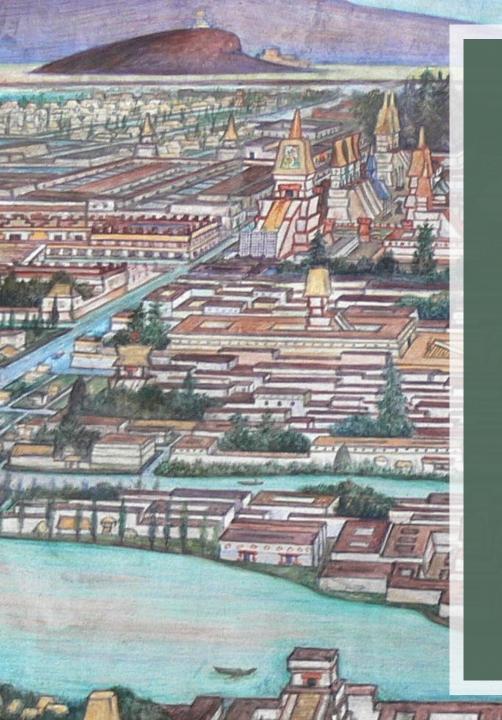




DAY 1

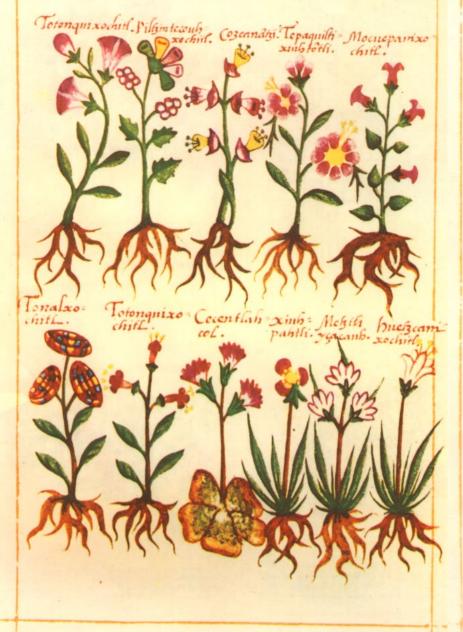
INTRODUCTION

WHAT IS CURANDERISMO?



## **Brief History**

- 1519 Spaniards arrived in Mexico
- 1521 Tenochitlan & 3,000 medicinal plants destroyed
- 1552 Martin de la Cruz, Aztec Indian doctor, wrote first book (listing 251 herbs) on medicinal plants at School of Santa Cruz de Tlaltelolco; written 31 years after conquest of Mexico
- 1554 Cervantes de Salazar described Montezuma II's gardens; physicians experimented with hundreds of medical herbs





## PAGES FROM CODEX BADIANO

# Influences of Curanderismo

A blend of **Native American** and **Spanish** Roots

<u>Judeo-Christian</u> – Gift from God and belief in God

**Greek Humoral** – Equilibrium of hot and cold

**Arabic** – Directing psychic energy

<u>African</u> – **Santeria** blend of Catholic saints and African *orichas* 

**Spiritualism and psychic** – spiritual trances and communication with spirits

<u>Scientific</u> – Germ theory, psychology and biomedicine

# Fusion of Traditional and Allopathic Medicine



Curanderismo has influenced the revival of alternative, contemporary, holistic, integrated medicine



\$21 billion in consumer spending



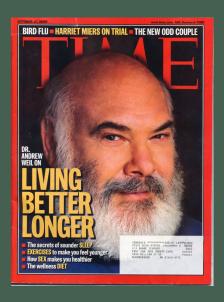
Andrew Weil, MD,'s Common Sense Approach

"Can't hurt, could help"
Less fat, animal food, stress
Eliminate of reduce intake of booze,
cigarettes, coffee

#### Common Goals: Modern & Traditional Medicine

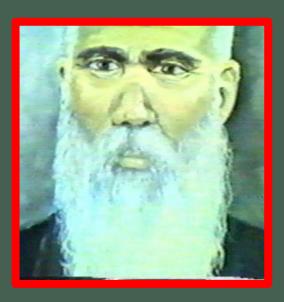
Andrew Weil, MD

Author



- Modern "Integrative Medicine" specialist
- Emphasizes holistic, common-sense approach to treatment and healing

Don Pedrito
<u>Traditional Healer, Los Olmos Ranch</u>



- Traditional 19<sup>th</sup> Century Mexican Folk Healer
- Emphasized holistic, common-sense approach to treatment and healing



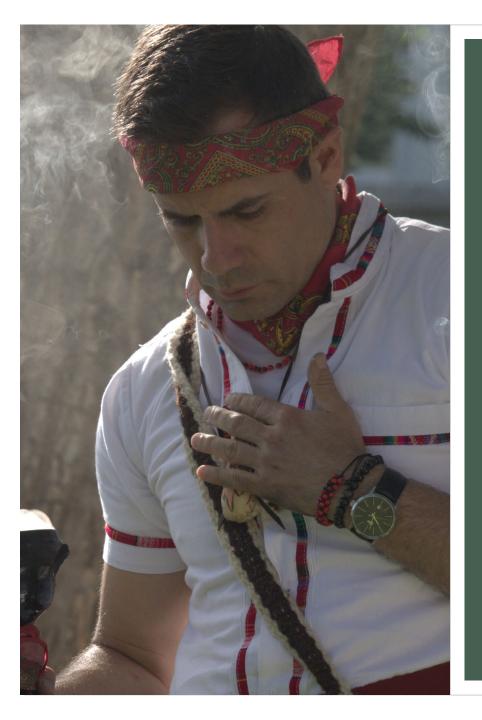
# Day 2 – Traditional Bodywork

- Ventosas firecupping (Rita & Tarah)
- Mayan Uterin Health (Alex Jackson)
- Manteadas Shawl Alignment (Rita)
- Traditional Sobadas (Laurencio López Núñez)
- Curanderismo Display (Dr. Torres and Dr. Del Angel-Guevara)



## Day 3 – Traditional Energetic/Spiritual Healing

- Cleansing with feathers (Juan Trujillo)
- Global Susto (Patricia Federico)
- Indigenous Reiki (Dr. Sofia Chavez)
- Indigenous Mexican Cosmogony (Adrian Koskakoatl)
- Cleansing with Obsidian (Lucero Sánchez)



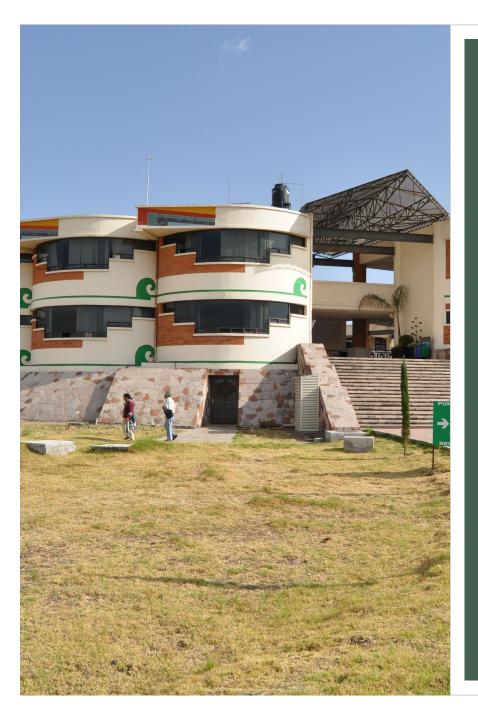
#### Day 4 – Workshop Day

- Observe how healers make medicine.
- Practice Limpia techniques.
  - **Special Session**. Mayan Abdominal Massage (Alex Jackson)
  - Workshop A: Juice Therapy. Food as Medicine. (Rita Navarrete & Tarah Burt)
  - Workshop B: Advanced Limpias Workshop (Laurencio López Núñez)



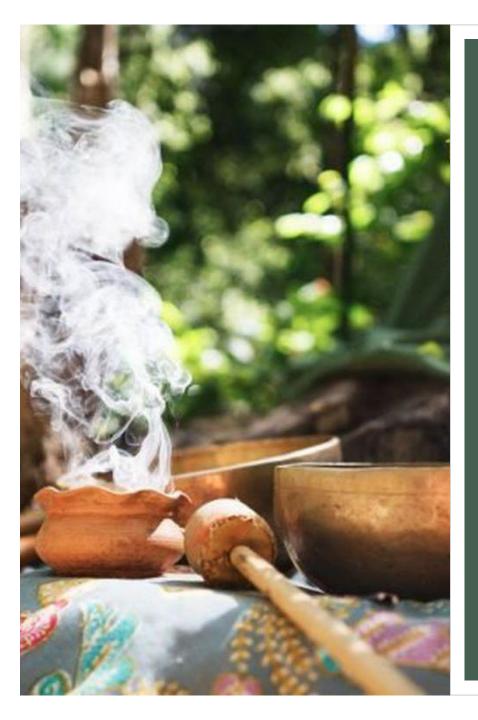
# Day 5 Healing Grief

- A lunar cycle ritual for grief (Jesús Villa)
- Closing Cycles between Life & Death (Rita Navarrete)
- Death, grief and rituals around the world (Bob Vetter)
- Transformational grief work with Lágrimas & sacred tobacco ceremony (Bernadette Torres & Mino Asheninka)
- Creation of Community Altar (Dr. Anselmo Torres)



# Week 2 Day 6 Proposing a New Health Model

- Curanderismo and Conventional Medicine. (Dr. Selma Sroka)
- Sexual & Reproductive Health (Daniela Montoya)
- Ancestral Medicine in and as Behavioral Health (Dr. Jorge Partida)
- Weaving Together Modern and Traditional Medicine (Erica Flores-Vigil)
- Integrative Medicine, HealthCare and Traditional Beliefs (Marika Alvarado)



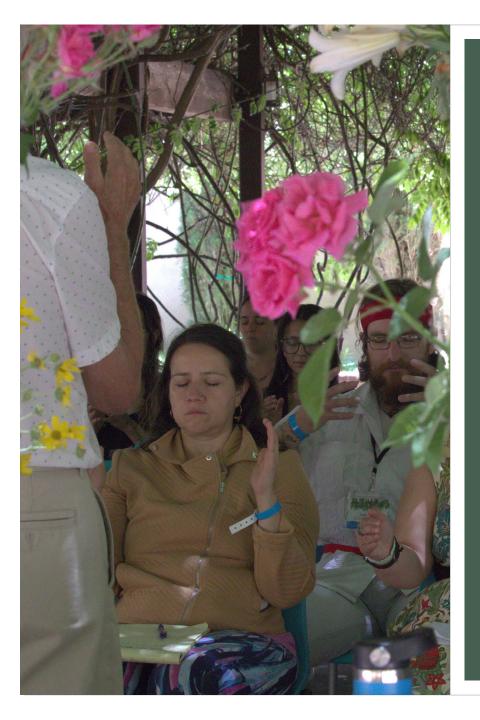
## Day 7 Herb Walk / Traditional Medicine for the Body & the Spirit

- **Herb Walk** Meet with your Group leader based on your color bracelet.
- Healing **Susto** with Acupuncture (Dr. Monica Lucero)
- Traditional Toltec Cleansing (Dr. Aadrian Rivera)



## Day 8 – Traditional Health Fair

- Healing through Love + Movement (Dr. Anthony Fleg, M.D.)
- Craniosacral therapy through Mesoamerican lens (Margarita Camarena)
- Mayan cleansings and the key energetic points (Efrain Vicente)
- Plants of the southwest (Dr. Tomas Enos)
- Feria de Salud Traditional Health Fair. From 11:30 a.m. 3:30 p.m.



### Day 9 Workshop Day

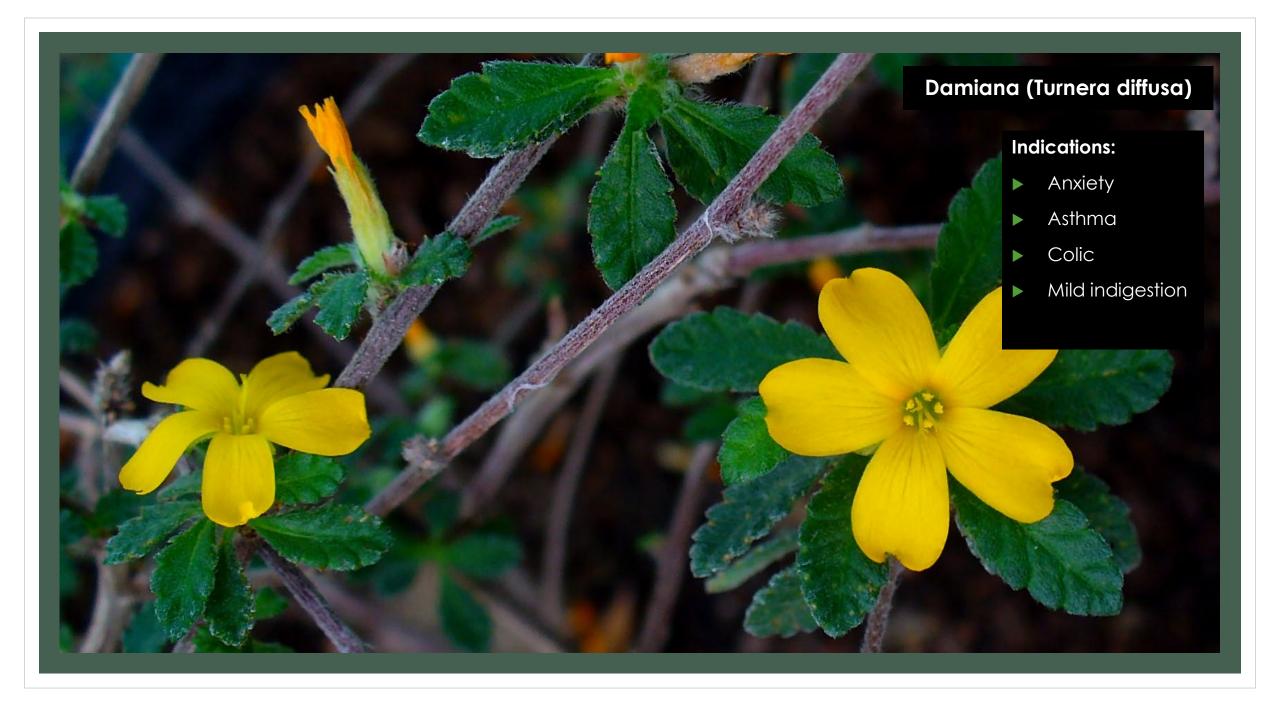
- Special Panel Session: Reclaiming the Sweat Lodge Traditions in the United States (Albino Garcia, Julie McGaharan, Melody Tsui)
- Workshop A: Tinctures & Micro dosage (Rita & Tarah)
- Workshop B: Traditional Ointment with the Oregano Plant (Maria Teresa Baeza)



### Day 10 Healing with Laughter, Sound & Music

- Opening the Heart and Voice through Songs (Eli del Puerto)
- The Medicine of the Drum (Elisa Lucero & Kathy Vega)
- Panel of Authors: Experiences in teaching and writing on traditional healing (Atava Garcia & Dara Saville)
- Risoterapia Laugh therapy (Rita Navarrete)
- Healing through Music (Mariachi Tenampa)
- Closing comments & conclusion

















Laugh Therapy



https://www.youtube.com/watch?v=KiqrtsN9xis