

FOR STUDENTS ENROLLED FOR CONTINUING EDUCATION

DRAFT Traditional Medicine without Borders: Curanderismo in Mexico & the Southwest

Dates: June 2 - 13, 2025 • Mon. – Fri. • **Times:** 8:30 a.m. – 1 p.m.

Location: Anthropology Bldg., Rm 163, UNM-Main Campus.

In-person 2-week Summer Course. **4.5 CEUs offered.**

Albuquerque, New Mexico.

[Class Website](#) / [Facebook](#)

Professors: Dr. Eliseo “Cheo” Torres, cheo@unm.edu / Dr. Mario Del Ángel-Guevara, mdelangel@unm.edu

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 upon unforeseen circumstances and availability of presenters. Times may vary.

COVID-19 Health and Awareness. UNM is a mask friendly, but not a mask required community. To be registered or employed at UNM, Students, faculty, and staff must all meet [UNM's Administrative Mandate on Required COVID-19 vaccination](#). If you are experiencing COVID-19 symptoms, please do not come to class. If you have a positive COVID-19 test, please stay home for five days and isolate yourself from others, per the [Centers for Disease Control \(CDC\) guidelines](#). If you do need to stay home, please communicate with me at curanderismo@unm.edu; I can work with you to provide alternatives for course participation and completion. UNM faculty and staff know that these are challenging times. Please let me, an advisor, or another UNM staff member know that you need support so that we can connect you to the right resources. Please be aware that UNM will publish information on websites and email about any changes to our public health status and community response.

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.

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

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(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. 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, the Southwest, Mexico 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, and smoke.
3. Explore different traditional hands-on techniques and their impact on body ailments such as 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 *risoterapia*, sound and the medicine of the drum and how they can transform your life.
6. Compare different types of spiritual/energetic cleansings *limpias*.

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 CEUs. Read section below on “Requirements for CEUs”. Please note, you must attend and every day to earn 4.5 CEUs and submit a final portfolio.

Course Materials

The are 4 recommended books (not mandatory) that can be purchased at the UNM bookstore or ordered online by clicking the title below. eBooks are more affordable and can be accessed immediately after purchase. Hardcopies can take a few days to arrive if ordered online.

Textbooks:

1. [*Curanderismo: The Art of Traditional Medicine without Borders*, Eliseo Torres 2nd Edition](#)
2. [*Curandero Traditional Healers of Mexico & the Southwest*, Eliseo Torres w/Imanol Miranda](#)
3. [*Curandero: A Life in Mexican Folk Healing*, Eliseo Torres & Tim Sawyer](#)
4. [*Healing with Herbs & Rituals: A Mexican Tradition*, Eliseo Torres, edited by Tim Sawyer.](#)

Other Optional Class Supplies:

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- **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.
- **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 contact UNM Parking. Visit this website to find information about purchasing [parking permits](#). Mention you will be attending the UNM Curanderismo Class.
- **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.
- **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.

Class Schedule Week 1

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

Monday, June 2

Theme: Introduction to 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: Short breaks will be announced by during the morning class

7:30 a.m.	Sign-up & parking permit sale outside of the Anthropology Auditorium	
8:30 a.m.	Welcome to the Curanderismo Traditional Medicine without Borders course	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel-Guevara Dept. Chair Irene Vasquez
8:40 a.m.	Explanation of the Four Directions & Creation of a Sacred Space. Review the handout “Directions”	Dr. Eliseo “Cheo” Torres and Dr. Mario Del Angel-Guevara
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 instruments: conch shell, drum, rattle, flute, whistle, etc.). 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. (Led by Maestra Rita & Maestro Laurencio)</i>	
10:15 a.m.	Curanderismo Traditional Medicine Course/Syllabus Overview	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel-Guevara
10:45 a.m.	Historical Overview of Curanderismo – Herbs, Rituals, & Curanderos(as)	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel-Guevara
11:30 a.m.	National & International Influences of Curanderismo Traditional Healing in Current Times.	Rita Navarrete (MX) Laurencio López Núñez (MX) Dr. Aadrian Rivera (UT) Jesús Villa (AZ)

Tuesday, June 3
Theme: Traditional Healing for the Body

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

8:30 a.m.	Overview of previous day activities	Dr. Eliseo Torres & Dr. Mario Del Angel Guevara.
8:45 a.m.	Discussion of Curanderismo Display	Dr. Eliseo Torres & Dr. Mario Del Angel-Guevara
9:45 a.m.	<i>Manteadas</i> : Shawl Alignment	Rita Navarrete (MX) & Tarah Burt (NM)
10:30 a.m.	“Awareness in Healing” Traditional Maya Medicine & Maya Abdominal Massage	Alex Jackson (MO)
11:30 a.m.	<i>Ventosas</i> : Mexican Traditional Firecupping	Rita Navarrete (MX) & Tarah Burt (NM)
12:15 a.m.	Realignment of the Hips Using Traditional <i>Sobadas</i>	Laurencio López Núñez (MX)

Wednesday, June 4
Theme: Traditional Energetic/Spiritual Healing

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)

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

1. Daily Reflection – Day 3 via UNM Canvas

8:30 a.m.	Overview of previous day activities	Dr. Eliseo Torres & Dr. Mario Del Angel Guevara.
8:45 a.m.	History and uses of hawk feathers among the <i>Wixaritari</i> indigenous people of Jalisco	Juan Trujillo (MX)
9:30 a.m.	Global <i>Susto</i>	Patricia Federico (AZ)
10:30 a.m.	Indigenous Reiki Tapping into The Meridian Labyrinth of the Body	Dr. Sofia Chavez (CO)
11:15 a.m.	<i>Mexica</i> Universality: Indigenous Cosmogony in Mexico.	Adrian Koskakoatl (MX)
12:15 p.m.	Cleansing your Sacred Mirror with Obsidian	Lucero Sánchez (MX)

Thursday, June 5
Theme: Workshop Day. Practice sessions.

Course Readings:

1. Curanderismo: The Art of Trad. Med. w/o Borders: Ch. 3 (pgs.19-20).
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch 4 (Pgs. 20-21)

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

3. Daily Reflection – Day 4 via UNM Canvas

8:30 a.m.	Reflection of Previous Day Activities	Dr. Eliseo Torres & Dr. Mario Del Angel Guevara
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8:45 a.m.	Special Session: Maya Uterine Health	Alex Jackson (MO)
Break 10:15 a.m. to 10:30 a.m.	Workshop A: Juice Therapy Location: Anthropology Auditorium 163. If your bracelet is any of these colors, you start in Workshop A. Colors: Yellow, Black, Red, White. 1st group: 9: 45 a.m. to 11:15 a.m. / 2nd group: 11:30 a.m. to 1:00 p.m.	Rita Navarrete (MX)
	Workshop B: Limpías Energetic & Spiritual Cleansings. Location: Grassy Area outside of Anthropology Auditorium. If your bracelet is any of these colors, you start in Workshop B. Colors: Orange, Blue, Green, Purple. 1st group: 9: 45 a.m. to 11:15 a.m. / 2nd group: 11:30 a.m. to 1:00 p.m.	Laurencio López Núñez (MX)

Workshop Day Details:

- Each workshop is 1 hour and 30 minutes.
- The 2 workshops will be happening simultaneously.
- Students will attend all workshops starting in the one that matches their bracelet color (Bracelets will be distributed during class).
- Students will move to the next workshop in alphabetical order. (If you start in Workshop A, then you will move to B. If you start in Workshop B, then you will move to Workshop A)

Friday, June 6
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 Canvas

8:30 a.m.	Overview of Previous Day Activities	Dr. Eliseo Torres & Dr. Mario Del Angel Guevara
8:45 a.m.	<i>La Luna en Pena: A Lunar Cycle Healing Ritual for Grief.</i>	Jesús Villa (AZ)
9:30 a.m.	<i>Día de los Muertos: Closing Cycles between Life & Death.</i>	Rita Navarrete
10:30 a.m.	Echoes of Loss: Death, Grief and Rituals Around the World	Bob Vetter (NY)
11:15 a.m.	Transformational Grief Work with <i>Lágrimas</i> – Sacred Tobacco Ceremony	Bernadette Torres (NM) & Mino Asheninka (Peru)
12:00 p.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 6, 2025

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 (see syllabus above).

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 9

Theme: Proposing a New Health Model: Merging Curanderismo Traditional Medicine with Allopathic Practice

Course Readings:

1. Curandero: A Life in Mexican Folk Healing: Ch. 11 & Ch. 12 (pgs. 129-154)

Optional Reading:

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

Assignment Due by 8:00 a.m. Tuesday

Daily Reflection – Day 6 via UNM Canvas

8:30 a.m.	Overview of Last Day Activities	Dr. Eliseo Torres & Dr. Mario Del Angel Guevara
8:45 a.m.	Movement toward Collaboration, Integration and Transformation: Curanderismo and Conventional Medicine.	Dr. Selma Sroka, M.D. (MN)
9:30 a.m.	Mothers, Women & More. From Scared to Sacred.	Dr. Ricardo Carillo (CA)
10:30 a.m.	Ancestral Medicine in and as Behavioral Health-Reclaiming our Medicine in Toxic Times	Dr. Jorge Partida (CA)
11:15 a.m.	Weaving Together Modern and Traditional Medicine to Serve Traditional Communities	Erica Flores-Vigil (NM)
12:15 a.m.	Integrative Medicine, HealthCare and Traditional Beliefs	Marika Alvarado (TX)

Tuesday, June 10

Theme: Herb Walk / Traditional Medicine for the Body & the Spirit

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)

Optional Reading:

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

Assignment Due by 8:00 a.m. Wednesday

Daily Reflection – Day 7 via UNM Canvas

8:30 a.m.	Reflection of the Previous Day's Events	Dr. Eliseo Torres & Dr. Mario Del Angel Guevara
8:45 a.m.	Break & Meet with your Groups	Group Leaders: Yellow: Paulina Mendes Black: Leandra Garcia Red: Jennifer Schoenhol White: Elise Padilla

		Orange: Candace Quintana Blue: Sierra Guzzio Green: Carolina Miranda Purple: Antoinette Tafoya
9:00 a.m.	<p style="text-align: center;">Herb Walk at UNM Campus</p> <p>This is an activity where you will learn about common medicinal plants in New Mexico that can be observed on the University Campus.</p> <ul style="list-style-type: none"> Follow your Group Leader who will lead you to a Master Herbalist. One herbalist will be assigned to your group that will show you the different flora on campus. 	<p style="text-align: center;">Herbalist Team:</p> <p style="text-align: center;">Dara Saville Diane Rand Kate Viers Thomas Enos Monica Lucero Lucero Sánchez Navarrete Rita Navarrete Pérez Laurencio López Núñez</p>
10:45 a.m.	Break & Return to Auditorium	
11:00 a.m.	Moxa and Acupressure	Dr. Monica Lucero (NM)
11:45 p.m.	Mexican Spiritual/Energetic Cleansing with the <i>Atecocolli</i> and Obsidian	Juan Carlos Solano (MX)
12:30 p.m.	Traditional <i>Toltec</i> Cleansing	Dr. Aadrian Rivera (UT)

Wednesday, June 11
Theme: Traditional Health Fair / Traditional Medicine for the Body & the Spirit

Course Readings:

- Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 2.1 (Pg 10-12)
- Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 35).

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

- Daily Reflection – Day 8 via UNM Canvas

8:30 a.m.	Overview of Last Day Activities	Dr. Eliseo Torres & Dr. Mario Del Angel Guevara
8:40 a.m.	Healing through Love + Movement	Dr. Anthony Fleg M.D. (NM)
9:00 a.m.	Craniosacral Therapies from a Mesoamerican Perspective.	Margarita Camarena (CA)
10:00 a.m.	Mayan Spiritual/Energetic Cleansings.	Efrain Vicente (GUAT)
10:45 a.m.	Healing Plants of the Southwest	Dr. Tomas Enos (NM)

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

Time: • For Students: starting at 11:30 a.m. • Open to the public: 1:00 p.m. – 3:30 p.m.

Location: Grass area east of the 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 \$25** for any treatment. 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 12
Theme: Workshop Day. Practice sessions.

Course Readings:

1. Curanderismo: The Art of Trad. Med. w/o Borders: Ch. 8 (pgs.43-48), Ch. 2.4 (pgs. 16-18).
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 4 (pg.25, 37, 67)

Optional Reading:

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

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

3. Daily Reflection – Day 9 via UNM Canvas

8:30 a.m.	Reflection of the Previous Day’s Events	Dr. Eliseo Torres & Dr. Mario Del Angel Guevara
8:35 a.m.	Special Panel Session: Merging the Eagle & the Condor. Reclaiming the Sweat Lodge Traditions in the United States.	Julie McGaharan (NM) Melody Tsui (NM) Laurencio López (MX) Albino García (NM) Rita Navarrete (MX)
Break 10:15 a.m. to 10:30 a.m.	Workshop A: Preparation of Medicine with Traditional Herbs. Tinctures & Micro Dosis. Location: Anthropology Auditorium 163. If your bracelet is any of these colors, you start in Workshop A . Colors: Yellow, Black, Red, White. 1st group: 9: 45 a.m. to 11:15 a.m. / 2nd group: 11:30 a.m. to 1:00 p.m.	Rita Navarrete & Juan Carlo Solano (MX)
	Workshop B: Making of Traditional Ointment with Wild Oregano from Chihuahua. Location: Hibbens Auditorium. If your bracelet is any of these colors, you start in Workshop B . Colors: Orange, Blue, Green, Purple. 1st group: 9: 45 a.m. to 11 :15 a.m. / 2nd group: 11:30 a.m. to 1:00 p.m.	María Teresa Baeza (MX)

Workshop Day Details:

- Each workshop is 1 hour and 30 minutes.
- The 2 workshops will be happening simultaneously.
- Students will attend all workshops starting in the one that matches their bracelet color (Bracelets will be distributed during class).
- Students will move to the next workshop in alphabetical order. (If you start in Workshop A, then you will move to B. If you start in Workshop B, then you will move to Workshop A)

Friday, June 13

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 18th no later than 11:59 p.m.

8:30 a.m.	Outdoor Community Closing Ceremony - Optional	
9:00 a.m.	Canto y Corazon: Opening the Heart and Voice through Songs	Elizabeth del Puerto (NM)
9:45 a.m.	The Medicine of the Drum (if you have one, bring your own drum or rattle)	Elisa Lucero (NM) & Kathy Vega (NM)
10:45 a.m.	Panel of Authors: Experiences in Teaching and Writing in Traditional Healing	Atava Garcia (CA) & Dara Saville (NM)
11:30 a.m.	<i>Risoterapia</i> Laugh Therapy	Rita Navarrete (MX)
12:00 a.m.	Healing through Music	Mariachi Tenampa
12:30 p.m.	Closing Comments and Conclusion	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel-Guevara