



Center for Traditional Medicine

Presents

Stress and Pain Reduction Clinic

With

Leslie Korn, Ph.D., MPH

3-10, Jan, 98

7-14, March 98

12-19, Dec 98

Location: Xipe Totec, Yelapa, Jalisco, Mexico

Much "dis-ease" is related to the accumulation of life's normal stressors and/or traumatic stressors that are not fully resolved and reside in and shape the body. Chronic stress results in pain, depression, poor digestion, heart disease, reduced flexibility, (mentally and physically) and a hyperactive nervous system.

Individuals receive tailored programs and the opportunity to join with others in small groups (maximum of 8) to spend a week or more devoted to assessment, self-care education, land and water exercise, cold waterfall swims, vegetarian nutrition, fresh juices, medicinal plants, bodywork treatments, long *siestas*, sun, relaxation and laughter. These clinics are designed to reset the natural biological rhythms of the body and thereby renew the mind and spirit.

Our unique clinics draw upon the diversity of the environment amidst the lush verdure, and the sounds of ocean and birds and burros integrated with professional, no-frills, attention to detail. Applicants should be in moderate physical condition (able to walk and sit with relative ease). Please inquire regarding rates and schedule. A doctor's note and report on physical status is required upon application.

Clinician: Leslie Korn has been in clinical practice since 1976. She received a dual Ph.D. in Behavioral Medicine and Medical Humanities from the Union Institute. She has a Masters in Public Health from Harvard, where she was also Clinical Fellow in Psychology and Religion integrating touch and psychotherapy for the treatment of severely disturbed patients at Cambridge and The Lemuel Shattuck Hospitals. She is a licensed psychotherapist, Registered Polarity Practitioner and founding National Certification Board member and Board Certified in Therapeutic Massage and Bodywork. She maintained a private practice in Cambridge for 11 years, and is Associate Professor at the California Institute of Integral Studies. She is the author of a monograph, *Somatic Empathy* (1996) and a book *Rhythms of Recovery: Trauma Nature and the Body*, due out in 1998. She is the Director of the Center for Traditional Medicine, a cross cultural health and education center that is the clinical training agency of the Center for World Indigenous Studies, a non-profit education and research organization. She currently lives with her husband and Registered International Therapy Dog, Bodhi, dividing her time between Mexico and the U.S.

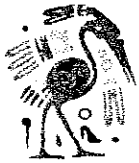
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CWIS



Center for Traditional Medicine

Presents

Healing the Bleeding Heart

*Cross cultural somatopsychic approaches to traumatic stress,
dissociation and chronic pain*

With

Leslie Korn, Ph.D., M.P.H., R.P.P.

17-24, Jan, 98 Location: Xipe Totec, Yelapa, Jalisco, Mexico

The Bleeding Heart, is a traditional Meso-American image of invasion and suffering, and the potential for restoration of compassion. *El Corazon Sangrante* provides an image for a cross-cultural exploration for treating and understanding pain, (traumatic) stress and dissociative disorders.

This seminar is designed for the professional practitioner or advanced student and presents innovations in somatic therapies that arise out of three interrelated movements of the past thirty years: Feminism, traumatology and the convergence of traditional systems of healing with conventional psychotherapy and medicine. Emphasis is placed on working with people who experience chronic and acute pain, stress disorders (including occupational and traumatic), and survivors of interpersonal and social violence. Specific topics include cumulative stress; thoracic outlet and carpal tunnel; back and neck pain, gastrointestinal, reproductive and sleep disorders, substance abuse, surgery and self-harm.

The focus is on stage-appropriate integration of somatic therapies, including energy medicine and manipulative therapies and understanding the access of memory, containment and integration of somatophysical experience. We also explore traditional healing approaches including cross cultural stress rituals, the role of nutrition including foods medicinal plants and entheogens. We will also address the role of animals as co-therapists.

This seminar is grounded in research, clinical cases and cross-disciplinary approaches that enable the participant to discuss theory, psychophysiology, psychobiology and practice methods that expand their clinical repertoire. We will review indications and contraindications for treatment, explore secondary traumatic stress and its effects on Caregivers and family and examine issues of the taboo of touch, boundaries and the practice of touch in private and public clinic/hospital settings. There will be ample time for individual questions and case discussion. Finally we will have the opportunity to discuss the political dimensions of trauma and social dissociation and the effects of community trauma on selected nations worldwide, understanding the integration of activism with clinical work and recovery.

Presenter: Leslie Korn has been in clinical practice since 1976. She received a dual Ph.D. in Behavioral Medicine and Medical Humanities from the Union Institute. She has a Masters in Public Health from Harvard, where she was also Clinical Fellow in Psychology and Religion integrating touch and psychotherapy for the treatment of severely disturbed patients at Cambridge and The Lemuel Shattuck Hospitals. She is a licensed psychotherapist, Registered Polarity Practitioner and founding National Certification Board member and Board Certified in Therapeutic Massage and Bodywork. She maintained a private practice in Cambridge for 11 years, and is Associate Professor at the California Institute of Integral Studies. She is the author of a monograph, *Somatic Empathy* (1996) and a book *Rhythms of Recovery: Trauma Nature and the Body*, due out in 1998. She is the Director of the Center for Traditional Medicine, a cross cultural health and education center that is the clinical training agency of the Center for World Indigenous Studies, a non-profit education and research organization. She currently lives with her husband and Registered International Therapy Dog, Bodhi, dividing her time between Mexico and the U.S.

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Center for Traditional Medicine

Presents

Secondary Trauma

Somato-Psychic Self Care and Renewal for
Therapists and Caregivers

With

Melissa Farley, Ph.D. and Leslie Korn, Ph.D., MPH

14-21, April 98 Location: Xipe Totec, Yelapa, Jalisco, Mexico

The word “therapist” is derived from the Greek word *therapeutae* referring to people who worship and serve. As an act of service and compassion, working with traumatized individuals and groups is spiritually rewarding. However listening to horrifying experiences, witnessing pain, attending to chronic stress and anger, shouldering suicidality, and responding to the compelling needs of traumatized individuals inevitably precipitates sequelae common to trauma itself: Autonomic hyperarousal, numbness, somatic complaints, disillusion, overwork and other addictive behaviors.

This clinical seminar integrates cognitive and didactic approaches to understanding secondary trauma. These presentations are grounded in discussions of the international literature on compassion fatigue and vicarious traumatization, the special issues of working with survivors of torture and other human rights violations, and the effects of long term treatment of interpersonal trauma. We address the stressors of the shifting socio-political climate, including practicing in managed care, professional “invisibility,” the backlash of social and professional denial; and the pressures of forensic cases. Special attention is given to the issues of care givers who have themselves experienced trauma.

Lectures and discussions are complemented by somatic exercises during morning and afternoon sessions designed to decondition the stress response and invigorate somato-emotional processes. This is a time for renewal, change, self-care and reflection. In the afternoons, the natural environment—the sun, sea, mountains, rivers and waterfalls, animal life, flora and fauna—movement, relaxation, bodywork and good food all contribute to resetting the natural rhythms of renewal. Presenters provide for informal opportunities to discuss creativity, work and strategies for managing change.

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Center for Traditional Medicine

Presents

Energy Medicine

With

Leslie Korn, Ph.D., M.P.H., R.P.P.

4-11, April, 98 Location: Xipe Totec, Yelapa, Jalisco, Mexico

This seminar presents a comprehensive introduction to the field of energy medicine. We review clinical applications, current research and the socio-political forces and controversies affecting the use of energy medicine. We discuss ancient and modern theories of energy medicine, explore cross-cultural visual representations of human energy systems, practice techniques from cross-cultural traditions, identify appropriate indications for clinical application and for integrating into health care practice. This seminar is designed to enable the practitioner to explore methods and techniques and become well versed in the philosophical, scientific and esoteric literature to bridge communication across disciplines and educate interested lay people.

Topics include:

History of Energy Medicine: Cross-cultural concepts and representations of the Human Energy field: Ancient cultures of Europe, Africa, North and South America, India and China; Chakras, subtle energy centers. Paracelsus, the humours and elements; Alchemy, the transmutation of gold and the elixir of life; crossroads of religion and medicine; medieval socio-political forces; perceiving the human energy field; Taoist Yoga; Anton Mesmer, Hahnemann and Homeopathy; Galvani; Vitalism; Energy medicine interface with 19th century mysticism and spirit healing, Blavatsky; Psychophysics and Fechner, Freud, Reich, Alyce and Elmer Green, Becker, Kunz, Dolores Kreiger, and Jahn. Socio-political forces in 21st century energy medicine. Comparative review of paradigms in science, medicine and healing.

Bioelectromagnetics, biological and magnetic resonance: Concepts of energetic and information transfer between people; mechanisms underlying energetic phenomena; human field interaction, anomalous cognitive phenomena and unusual perceptual capacities. Non-local field effects and anomalous cognition.

Clinical applications of energy medicine: Somatic Empathy. Psychophysiology and psychobiology; research and practice; Prevention, acute and chronic illnesses; pain, stress and trauma, energetic transfer through non-local touch. Endocrine system and neurotransmitters.

The Environment and Nature: The earth's geomagnetic fields; Effects of geomagnetism on health and behavior. Humans, animals and the earth. Energy pollutants and environmental health: theory and research. Energy fields and gender: is there a difference? a review of spiritual traditions and scientific evidence. Light and color as information (energetic) transfer: The pineal gland: esoteric and scientific knowledge, the eyes, sleep patterns, artificial and full spectrum lights; Seasonal Affective Disorder (SAD): the use of light, color and sound as Energy medicine.

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Center for Traditional Medicine

Presents

Traditional Medicine

With

Leslie Korn, Ph.D., MPH, Doña Alisia Rodriguez Arraisa and
Karen Frangos, N.D., R.P.T.

10-17, Jan, 98 Location: Xipe Totec, Yelapa, Jalisco, Mexico

For the North American Indians, "medicine" is defined as an object or ceremony to balance natural and magical forces. This seminar provides a comprehensive overview of the healing arts and sciences of Fourth World Nations. Presentations integrate lectures, discussion, methods and fieldwork embracing the evolution of medical systems flowing from an intimate relationship between human beings and the earth. Participants explore systems of pre-Christian medicine in Europe, Ayurvedic medicine of southern Asia, medicines of Africa and of the western hemisphere, including the Yupik, Cowlitz, and Miskito.

Drawing from healing practices from the four corners of the world and from diverse academic/clinical disciplines such as Ethnomedicine and Ethnobotany, Medical Anthropology, Medical Humanities, Behavioral Medicine, Gender Studies, Public Health, Psychology, Fourth World Studies and the integrative approaches of Naturopathy, Subtle Energy Medicine and Somatic therapies, presenters and participants engage practical experiences in healing. Village herbalists and elders present their work on *curanderismo*, the syncretic system of Mexican traditional medicine that integrates indigenous medical and spiritual systems with Christian traditions.

In preparation for the seminar participants are asked to begin research on their own culture's health and healing traditions. During the seminar we will explore and expand upon these traditions to illumine optimal approaches to personal and community health today.

We will also discuss the socio-political context of practice in the world today including the work of NGO's, the World Health Organization directives on traditional medicine and the CWIS Womens' Traditional Medicine Working Group, an international group of women chaired by Dr. Leslie Korn, working to preserve, promote and define policy about traditional medical practices.

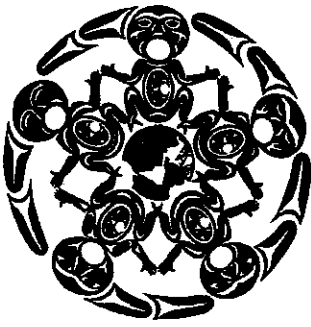
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CWIS



Fourth World Institute

Presents

Captive Nations and the Self-Determination Threat

With

Rudolph C. Rjuser, Ph.D.

10-17, Jan, 98 Location: Xipe Totec, Yelapa, Jalisco, Mexico

- ◆ Does the exercise of self-determination by indigenous peoples mean the dismemberment of the state?
- ◆ Does the exercise of self-determination mean Fourth World nations seek independence?
- ◆ Does a state dismember if a Fourth World nation declares its independence?
- ◆ The United Nations Declaration on the Rights of Indigenous Peoples was evolved from the 1970s to the late 1990s.
- ◆ Will this Declaration mean more or less freedom for indigenous peoples, all peoples?

This seminar examines how the (pre)dominant world view has traditionally focused on an analysis that proceeds from a states position, with all the priorities and rights it accords itself as a corporate construct ruled by central authority while denying those same rights to peoples whose interests do not parallel those of the State. States rely on the ideas of mutually recognized sovereignty, military defense of artificial boundaries and suppression of cultural diversity of nations. Cultural resistance, environmental breakdown, social instability, economic breakdown, military power and levels of external threat are explained as factors in the expansion, breakdown or collapse of states.

Recent historical examples include Soviet Union, Somalia, Yugoslavia, Zaire, Afghanistan, and Lebanon. Conventional ideological lines, both left and right, fail to account for the Fourth World perspective on divergent forces of the state witnessed, for example, during the war in Nicaragua and its social and environmental impact on the Miskito, Sumo and Rama Indians. Lectures and discussion proceed from the perspective of Fourth World nations, their territories and resources and their willingness to resist or cooperate with the state. We examine how the success or failure of culture, the dynamic and evolving relationship between a people, the land, environment and the cosmos affects whether a state expands, breaks down or collapses.

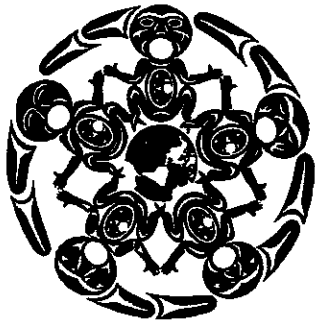
Participants directly consider the breakdown of the Soviet Union, Somalia, Yugoslavia and Burma and examine the factors that may influence the breakdown of Mexico and the United States of America and alternative scenarios leading to cooperative relations of mutual coexistence between self-determining nations and stable states.

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Fourth World Institute

Presents

Anti-Indian Movements in the Americas and Anti-Tribalism in Africa

With

Rudolph C. Rjser, Ph.D., Richard A. Griggs, Ph.D.

18-25, April, 98 Location: Xipe Totec, Yelapa, Jalisco, Mexico

Six hundred years after Europe's colonization of Africa and five hundred years after colonization of the Americas, environmental degradation, land grabs and displacement of indigenous peoples remain the central themes of political and social movements. The rich indigenous cultures and verdant lands of the Americas and Africa are targeted for displacement and appropriation by corporations, developers, land owners, and recreation activists, joined by bigoted extremists who seek to impose their racist ideologies as the rational for displacing indigenous peoples.

Movements in South Africa, Nigeria, Kenya, the United States of America, Canada, Brazil, Chile, Ecuador and the Mayan Region are particularly noted, with similarities and differences examined by presenters and participants. Environmental and economic terrorism are discussed while the role of regional economic trade agreements by states' governments are examined for their influence on the growth of violence against indigenous peoples and rapidly depleting ecological diversity, habitats and natural resources. Lessons taught by indigenous peoples for the preservation of ecological and cultural diversity are detailed and approaches to effective community organization are discussed.

Participants directly view and examine concrete examples of growing pressures on a culture and tropical environment flowing from development, corporate expansion, regional economic trade agreements and bigoted organizing. Trekking up the river, examining changes in the village, in the landscape and waters are among the specific factors documented by the seminar participants. Texts written by the conveners define the analytical context for examining movements and comparing the experiences of peoples in the Americas and in Africa.

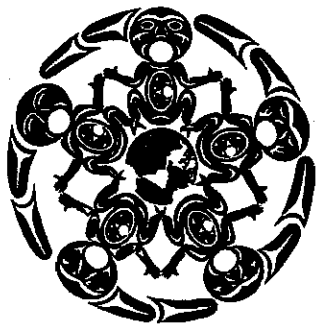
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Fourth World Institute

Presents

Terra Soma

With

Rudolph C. Rjser, Ph.D., Leslie Korn, Ph.D., MPH and Marjorie Bell Chambers, Ph.D.

14-21, Feb, 98 Location: Xipe Totec, Yelapa, Jalisco, Mexico

The wisdom of the Popol Vuh, the Mayan book of Days, provides the theme of this seminar suggesting that s/he who makes an enemy of the earth makes an enemy of his/her own body. We undertake an interdisciplinary study of the interdependence of human health (Soma) and the health of other animals with the natural environment (Terra) to understand the meaning traditional peoples attach to such relationships. Like the body, the earth exhibits all of the symptoms of stress and trauma when its flora and fauna are out of balance.

Our discussions proceed from our connection to our bodies and the local environment in Yelapa. We (ad)venture by boat across the water to remote beaches, exploring sea life, the jungle and mountain ecosystems. We also explore the social construction of the body—that often distant terrain, by engaging in somatic exercises and discussion.

When human demands for raw materials exceed the capacity of nature to replenish those raw materials the very life-giving substances on which humans and other animals depends become threatened, sometimes decline and even become extinct. We examine the environmental movement throughout the world, its effects on Fourth World peoples and we explore their links to corporate, governmental and private political entities. Special topics include nuclear power and toxic waste, and the effects of industrialization, development, issues of population, water supply and access to land. We explore modes of thought as functions of both geography and culture that influence our thoughts and behaviors somatically and environmentally and evaluate their relationship to concepts of human domination of nature. Presentations emphasize biologic and cultural diversity, traditional medicines, gender and power, and organizing interventions for resolving the imbalance between human demands and nature's ability to replenish.

Participants engage in field activities trekking up the *Rio Tuito* to examine human impacts on fresh and brackish waters, and visit sites of heavy versus light human development in subtropical jungle and Pacific Coastal terrain.

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