

Traditional Medicine Without Borders: Curanderismo in the Southwest & Mexico
 Dr. Eliseo “Cheo” Torres, Instructor 277-0952 or cheo@unm.edu
 Office: 229 Scholes Hall

Class is located in Anthropology Building Room 163, UNM Main Campus
July 21-August 1, 2008 MTWRF 8:10-12:40

This course is cross-listed as:

Women Studies 379-370
 Chicano-Hispano-Mexico Studies 393-370
 Anthropology 340-370
 Latin American Studies 400 sec. 002

Language, Literacy, & Sociocultural Studies 590 (graduate credit only)
 3 credit hours (for the above listings)
 Continuing Education # 38409 (non-credit)

Required Texts:

Curandero: A Life in Mexican Folk Healing, Eliseo Torres & Tim Sawyer
 (Available at UNM Bookstore)

Healing with Herbs & Rituals: A Mexican Tradition, by Eliseo Torres, edited by Tim Sawyer
 (Available at UNM Bookstore)

Woman Who Glows in the Dark, by Elena Avila RN, Curandera
 (Available at UNM Women’s Resource Center, Mesa Vista Hall Room 1160 and also available for purchase at the class during the first week).

Optional Text:

Curandero: Una vida en la medicina tradicional mexicana, Eliseo Torres & Tim Sawyer (this is the Spanish language version of the book above). (Available from NIEVES PRESS, P.O. Box 4564, Albuquerque, NM 87196-4564, or at Masks y Más at 3021 Central Ave. NE in Nob Hill, Albuquerque.)

HOME PAGE for this class: www.unm.edu/~ovpsa/curanderismo.html

COURSE DESCRIPTION: This course will provide information on the history, traditions, rituals, herbs, and remedies of *Curanderismo*, a folk healing tradition of the Southwest United States and Mexico.

REQUIREMENTS: Students will be responsible for the following in order to receive a grade for this course:

- **Daily attendance, punctuality and participation are *mandatory*.** Each student is required to attend every day of this class in order to pass, unless some extraordinary circumstance arises, in which case you will need to speak to Dr. Torres as soon as possible. Failure to do so will result in a failing grade. Each day, you are required to sign in before you sit down. We also request that you wear nametags (provided by instructor).
- **Daily reflection papers.** Completion and submission of daily reflection papers (form is provided for you each morning in the classroom) is required. Every day, you will be asked to write a reaction to the lecture and/or demonstration(s) that you have observed. You must turn in a Daily reflection at the **beginning** of each class day discussing the previous day’s class.

IMPORTANT: Failure to turn these reflections in on time will result in a reduced, and possibly a failing, grade.

- **Final paper.** Completion and submission of the final paper on impressions of the class, using the course readings, is required. Each student will be required to turn in a paper on the final day of class (Friday, August 1). In your paper, you must relate how this class has affected you, how it has changed your life, outlook, philosophy, etc., and you must also relate this information to the two books by Dr. Torres or to ONE of the books by Dr. Torres and to the book by Elena Avila, Woman Who Glows in the Dark. Be as specific as you can when you mention how the readings and/or the class have affected you, that is, describe the course content or event or specific readings from the book that you are discussing. This paper should be at least four pages in length. (Graduate students signed up for LLSS 590 will be required to turn in a more extensive 6-7 page summary paper). Dr. Torres may also request that graduate students aid in other class projects.
- **Good citizenship.** Respecting instructors, interpreters and healers and being properly attentive in class is required. Students will respect the instructors and the healers. This means paying attention during lectures and demonstrations, refraining from socializing during lectures and demonstrations, and participating in a way that is conducive to helping lectures and demonstrations progress in a positive, helpful way.

VERY IMPORTANT: Please realize that the interpreters who are working for our benefit in this class are listening and translating difficult material from one language to another, and that you must be QUIET AND RESPECTFUL during the translation process.

- **Extra credit.** You can also visit B. Ruppe Drug store, 807 4th St. SW, and write a 1-2 page paper on what you learn from this experience. Maclovia, herbalist and owner of Ruppe Drug, may host sessions, and dates for these sessions will be given to you during class. (See Sandra Gonzales to sign up for sessions with Maclovia.)

CLASS SCHEDULE:

Week One, Anthropology Building Room 163:

Monday, July 21 -- Opening ceremony led by *Sandra Gonzales, Director of the Women's Resource Center, Julie Zuniga, Social Worker and their "comadres."*
Dr. Cheo Torres, VP for Student Affairs, will discuss the syllabus and give an overview of Curanderismo with emphases on rituals and the Three Great Curanderos. *Dr. Anselmo Torres* will ask for materials for Wednesday's Dia de los Muertos presentation and ceremony. Please see *Sandra Gonzales* today to arrange visits with Maclovia, an herbalist, at Ruppe's Herb & Drug store for extra credit.

Tuesday, July 22 -- Review of previous day.

Dr. Torres will continue Monday's topics, with a video on Don Pedrito and three recent curanderos. After the break at approximately 11AM, A Panel of local Curanderas will present information. The presenters are:
 Marcella Atencio-Lopez, Curandera, Massage Therapist, and certified Accu-Detox -
 Dr. Jane Rael DOM, Curandera - Sally Moon "Wild Women Workshops, Body, Mind, Spirit Energy work -
 Judith Ann Pancho Claver, Curandera, Native Healer & Massage Therapist -
 Virginia Garcia, Massage Therapist, Retreat Facilitator and Journaling thru Collage.

Wednesday, July 23 -- Review of previous day.

Dr. Yvette Arellano, DOM LMT and Norman Arellano, Energetic Healing Practitioner will be presenting information about Luminous Healing and Energy Medicine. There will also be a demonstration.

Dr. Anselmo Torres from Cuernavaca, Mexico will present on Dia de los Muertos and its healing ceremonies.

Thursday, July 24 -- Review of previous day.

A panel of local healers: *Sandrea Gonzales MA LPCC, Director of the Women's Resource Center, Julie Zuniga MSW, Dr. Diane Martinez-Hursh DOM, Paula Terrero Reiki Master, and Lorraine Cordova-Carriaga RN/Nurse Practitioner*, will discuss their personal experiences and work in the fields of Holistic/Traditional and Integrative medicine. There will be a demonstration and question and answer period.

After the break, *Felina Ortiz CNM, MSN, Partera (Midwife)*, will be speaking about her research on New Mexico Parteras and showing clips of the film that she produced.

Friday, July 25 -- Review of previous day.

Elena Avila, RN, an Albuquerque-area Curandera, world-wide lecturer and author of the text *Woman Who Glows in the Dark*, will be conducting class. Elena will address Platicas, Limpias, and treating folk diseases, using Curanderismo and Integrative Medicine. *Women Who Glows In the Dark* can be purchased at the Women's Resource Center in Mesa Vista Hall, Room 1160, call 277-3716, and will also be available for purchase at the class during the first week.

WEEK TWO OF CLASS

Monday, July 28 -- Opening ceremony. Introduction of Mexican curanderos(as). There will be lectures by several curanderos(as) on psychosomatic illness, insomnia, dealing with fear, depression, stress, the nervous system, spirituality and spiritual cleansings, and various treatments pertaining to these areas.

Tuesday, July 29 -- Opening ceremony and continuation of the above (see Monday, July 28, class description).

Wednesday, July 30 -- Opening ceremony and continuation of the above (see Monday, July 28, class session description).

Thursday, July 31 -- Opening ceremony and continuation of the above (see Monday, July 23, class session description).

Friday, August 1 -- Opening ceremony and continuation of above (see Monday, July 28, class description), plus **final paper due**, Certificate Ceremony, and Course Evaluation.

***Please note:** There may be some additional presenters or activities added to the class that will be announced at a later date. Also, the curanderos(as) from Mexico may be delivering other presentations in the afternoon and/or evenings. These will be announced as soon as we become aware of the dates, times and locations.

We require that all students be especially courteous and patient with respect to lectures and demonstrations during the second week of class, due to the fact that much information needs to be translated to be understood by all members of the class. Translation is difficult work, and this particular subject matter makes for particularly difficult translation work. Please remain silent during all lectures and demonstrations and during the translation process; making conversation simply impedes the process since it distracts everyone.

If during or after you take this class you decide that you are interested in amulets, you can find an excellent selection at Masks y Más at 3021 Central Ave. NE in Nob Hill, Albuquerque. Supplies for Wednesday's class on Dia de los Muertos can also be purchased there.

Several outlets in the Albuquerque area carry herbs and tinctures, including B. Ruppe Drug at 807 4th St. SW., Whole Foods, La Montanita Co-op on Central, The Herb Store at 107 Carlisle SE, Herb Junction at 5 Highway 344, and the Herb Garden at 1108 Dakota NE.

Class websites:

Home page for the curanderismo class, with links to syllabus and order info for Dr. Torres' books: www.unm.edu/~ovpsa/curanderismo.html

Campus Map to Anthropology Building on UNM Main Campus:
www.unm.edu/~ovpsa/Map.pdf

Syllabus online: <http://www.unm.edu/~ovpsa/syllabus08.pdf>