



## *Nurturing the Heart with the Brain in Mind*

*A Year-Long, Experience-Rich Advanced Training in the Application of Interpersonal Neurobiology - for 14 Participants*

*Portland, OR/Vancouver, WA area*

*August 2021 – May 2022*

**Facilitated by Bonnie Badenoch, PhD, LMFT and Jo Hadlock-King, LICSW** Bonnie is an in-the-trenches therapist, mentor, teacher, and author who has spent the last sixteen years integrating the discoveries of relational neuroscience into the art of therapy. Out of this experience, combined with her three decades of working with survivors of trauma and attachment struggles, come her books *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology* (2008), *The Brain-Savvy Therapist's Workbook* (2011), and *The Heart of Trauma* (2017). Jo's 25 years of working with veterans, combined with her deep study of relational neuroscience, give her a depth of wisdom about how we are wounded and how we heal. Her training as a biodynamic craniosacral practitioner grounds her work in embodiment and nonjudgmental presence. She brings these gifts now in support of helping others deepen into their capacity for being truly present.

**Nurturing the Heart with the Brain in Mind** This year-long advanced program in interpersonal neurobiology (IPNB) is held in the quiet, supportive environment of Bonnie and Jo's home and garden, about 15 minutes from Portland, Oregon's international airport. Having discovered that three-day meetings in a small group seem to be optimal for this depth of learning and personal transformation, we will meet for four three-day gatherings. At each meeting, we will address particular topics in ways that are designed to foster both right hemisphere and left hemisphere learning. There will also be the opportunity for in-depth consultation about your relationship with your clients and how it may touch your own inner experience. We will use sand, miniatures, art, and embodied work, as well as reflection, contemplation, and conversation to cultivate embodiment of IPNB and support personal healing experiences. At our first gathering, we will create Listening Partnerships for the year, a process that provides a unique depth of support. People are reporting that this way of exploring fosters a rich felt sense experience for making IPNB their own. This deepening awareness of ourselves and our clients can foster our capacity for nonjudgmental presence and build a foundation of solid understanding that leads to broad compassion.

**August 19-21, 2021: Deepening into Experience of the Embodied Brain/ The Felt Sense of Implicit Memory and its Transformation** Meeting and settling; becoming acquainted with our embodied and relational brains as the foundation of presence with ourselves and others; seeing from the perspectives of our two hemispheres; deepening our understanding of relationally-based brain development in the first two years of life; the felt sense and transformation of implicit memory; establishing Listening Partnerships for the year.

**November 4-6, 2021: Exploring Attachment and the Establishment of Our Foundational "We"**

Deepening our understanding and experience of our attachment processes and styles as a foundation for being more present with ourselves, our families, and our clients; exploring the neurobiology of memory processes; providing understanding and experiences of implicit memory transformation of attachment patterns; working in Listening Partnerships with sand and miniatures and non-dominant hand drawing.

**February 24-26, 2022: Fostering Warm Connections in Our Inner Communities**

Understanding the neurobiology of the inner community; experiencing the implicit change process through working with the internal pairs; meeting and supporting our inner selves within our Listening Partnerships and through the process of sand tray and non-dominant hand drawing.

**May 5-7, 2022: Deepening into Inner Community Work/Applying Our Discoveries with Our Clients**

Being with our adaptive protectors, supporting healing for unresolved pairs; building awareness of our client's inner communities; unfolding the neurobiology of narrative transformation; exploring how IPNB can guide the therapeutic process from start to transition.

**Who might consider coming:** therapists, social workers, psychologists, bodyworkers, healthcare professionals, pastoral counselors, teachers – anyone for whom relationships are central to his or her work. Learning objectives available at <http://www.nurturingtheheart.org/our-programs>. NTH provides accommodation for the differently abled. Please contact us at [bonnie@nurturingtheheart.org](mailto:bonnie@nurturingtheheart.org) about your needs.

Nurturing the Heart contracts with CES to provide CE hours. Commonwealth Education Seminars (CES) is entitled to award credit for Licensed Professional Counselors/Licensed Mental Health Counselors, Social Workers, Licensed Marriage & Family Therapists, Nurses and Psychologists. Please visit <http://www.nurturingtheheart.org> and <https://www.commonwealthseminars.com/seminar-ce-credit.html> for all the states covered for each licensure. CES maintains responsibility for this program and its content. 72 CE hours available for a \$50 additional fee.

**Cost of Program: \$2800 (includes nourishing breakfast and lunch, all supplies for experiential work) – lodging and dinner on your own. \$300 non-refundable deposit to hold your place, sent to Nurturing the Heart, 13108 SE Forest St, Vancouver, WA 98683. PayPal is also available upon request. Balance to be paid in 5 installments of \$500 each – 10/20/20, 12/20/20, 2/20/21, 4/20/21, 6/20/21. \$200 discount if full amount paid at time of registration or by February 1, 2021. Refund and grievance policy available at <http://www.nurturingtheheart.org/our-programs>.**

## What some participants in previous year-long trainings found most meaningful....

"This has been a deep experience of learning, sharing, and healing. I will carry the compassion of our group with me for the rest of my life. Learning IPNB in this way has transformed my practice because it has transformed me. My capacity to be with my clients (and myself) has expanded and deepened. The simplicity of "being with" instead of "doing" is a breath of fresh air in the mental health continuing education world."

Rita Grayson, LCSW, RPT-S

"One of the unique gifts that Bonnie brings to her IPNB training is the opportunity to experientially work with a master therapist using these scientifically proven concepts through clinical supervision and personal experience in the group setting. This has led to a powerful level of integration of the material for me both personally and as a clinician as well as enhancing the natural cohesion of the group."

Vicki F. Allen, LISW

"Bonnie's presence and grounded knowing of this material seeps through every pore of her. The safety of the group experience allowed me to grasp the material in a new and deep way that I could then bring to all relationships of my life. My passion for learning was ignited and the flame will continue as the year-long experience concludes. Thank you for holding us all so closely and significantly."

Trish Phillips, LMFT

"It is one thing to study IPNB and learn the concepts intellectually, but Bonnie's approach in her teaching and workshops has allowed me to deeply experience the concepts of attachment and implicit memory. Bonnie's presence as well as the variety of left and right hemisphere activities allowed our entire group to embody the work of profoundly caring for ourselves, each other, and our clients."

Charlotte Underwood, LMHC

"It has been immeasurably valuable to have a community to rest into while learning and practicing IPNB principles this deeply. The group-embodied experience has brought so much more ease to my own practice of being with clients in their dark places. And it has been profoundly personally healing as well."

Melanya Helene, practitioner of Embodied Relational Healing

"This year of learning and experiencing together has been so profound for me. I came expecting to increase my understanding of interpersonal neurobiology in order to enrich and deepen my work. I leave quite literally a different person, which shows up in all aspects of my life, including my work. Bonnie's knowledge, teaching style, and who she is as a human being make this training such a gift."

Sally Crocker, LCSW