



## *Nourishing Our Capacity for Attunement and Presence* Advancing the Application of the Principles of Interpersonal Neurobiology

[pre-requisite: completion of the year-long IPNB immersion program through Nurturing the Heart or PCPSI]

14 Participants, 36 CE hours

Portland, OR/Vancouver, WA area Sept 25-27, 2025 and Dec 11-13, 2025

Facilitated by

Carly Henderson LPC, LMHC and Kathleen Thompson LPC, CRC

What comes after the year-long *Nurturing the Heart with the Brain in Mind Advanced Training*? Embracing the principles of IPNB draws us into a deeper understanding of the immensely complex neural processes that govern all aspects of relating. It takes many repetitions and lots of practice to fully digest this transforming vision of who we are as human beings. Relational neuroscience invites us into a deeper awareness of our own neuro-circuitry, too, especially as we relate to our clients. In this community of like-minded healers, we will have the opportunity to deepen our wisdom and practice the skills of attunement and nonjudgmental presence together. We can develop the intuitive capacity to track our client's unique healing process. Even beyond the counseling room, we can become a therapeutic presence to ourselves, to our broader community, and to the world.

We'll be together for two 3-day gatherings with people who have completed the *Nurturing the Heart with the Brain in Mind* year-long training. Participants will have the opportunity to earn 36 CE hours. Carly Henderson LPC, LMHC and Kathleen Thompson LPC, CRC will facilitate a warm learning environment to grow in the practice of IPNB principles. The gatherings will focus on applying the knowledge of the core IPNB principles you studied in the year-long program. Sand tray, collage, expressive art, reflection, support of listening partners, and client consultations will bring this knowledge to life in service of your clients.

### Weekend #1 - Fostering the Empathic Observer

- Our narratives matter / early attachment history
- Being a therapeutic presence in the counseling room and the world
- Health of the therapist / how to recognize when we reenact our old wounds/injuries
- Our inner community in the therapeutic relationship
- Reviewing core IPNB principles and skills
- Client consultation

### Weekend #2 - Incorporating IPNB in Our Everyday Practice / Weaving the Brain into the Flow of Therapy

- Reviewing core IPNB principles and skills
- Cultivating our intuition to help track client's healing
- Developing the skills for non-judgement presence
- Our client's inner community in the therapeutic relationship
- Client consultation



Nurturing the Heart with the Brain in Mind has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7476. Programs that do not qualify for NBCC credit are clearly identified. Nurturing the Heart with the Brain in Mind is solely responsible for all aspects of the programs.

Cost of Program: \$1400 (includes nourishing breakfast and lunch, all supplies for experiential work) – lodging and dinner on your own. \$200 non-refundable deposit to hold your place. The \$1200 balance may be paid in full or may be made in 2 payments of \$600 each by 5/15/25 and 7/1/25. Cost of 36 CE hours - \$40.

**For information and registration, email Kathleen and Carly at [contact@nurturing-presence.com](mailto:contact@nurturing-presence.com).**

Refund and grievance policy available at <http://www.nurturingtheheart.org/ourprograms>.



Carly Henderson is a psychotherapist in private practice in Portland, Oregon. Carly has masters' degrees in Social and Developmental Psychology (Cambridge University, 1998) and Counseling Psychology (Lewis & Clark College, 2002). After graduate school, Carly again lived abroad for several years, working as a counselor and educator in international schools in Tanzania, Czech Republic, and Italy. After returning to the US, Carly was introduced to relational neuroscience and in 2016 she earned a post-graduate certificate in Interpersonal Neurobiology from Portland State University. It was early in this program that Carly was fortunate to meet Bonnie and to begin in-depth studies in IPNB under Bonnie's mentorship. Through numerous Nurturing the Heart retreats, monthly study group meetings, diadic sand tray sessions, consultation and

mentorship with both Bonnie and Jo, Carly considers herself blessed to have the guidance of peers and elders and to be an emerging elder herself in sharing her therapeutic presence in the world.

"Before I began to integrate Interpersonal Neurobiology into my evolving practice as a human, both personally and professionally, I didn't know how to authentically name my experience. It wasn't until I was within the safety created by Bonnie's circles that I felt able to begin to unpack all of the parts. Here I found fellowship with people who have forever become a part of my inner community and who provide foundation, connection, and strength. Through the practice of IPNB I've learned that not only do I have the permission to authentically connect, but that relationship is the key ingredient to healing. IPNB is a way of life now, confirming that connection is a biological imperative, and providing a heuristic to grow curiosity and compassion for myself and for my people."



Kathleen Thompson is a therapist in private practice in the Portland, Oregon. She earned a Bachelor's degree in Human Development (Warner Pacific College 1988) and went on to work in the helping field in different capacities for over two decades. In 2009 she returned to school to start a second career and entered the Masters of Science in Certified Rehabilitation Counseling at Portland State University Counselors Education Program. Since 2012 she has been a student of Relational Neuroscience with Bonnie Badenoch and learned from many other IPNB teachers and writers. Joining consultation groups and participating in trainings has helped her continue to grow and develop in the transformative principles. Since that time, Kathleen has

incorporated Interpersonal Neurobiology into her therapeutic practice where she works with a broad spectrum of clients.

"Learning about IPNB felt like coming home. It made me feel like my life made sense and there was a place for me in the therapeutic landscape. I found room to engage with my interpersonal intuitions and to test the efficacy of collaboration that could naturally unfold between the client and myself. I have found the IPNB community to be supportive and grounding as we helpers navigate the pressures of professional measures and protocols as well as facing challenges in our own lives and the ones we love. Not only have I felt freedom to explore and incorporate wisdom from various modalities and life experiences, I feel like I'm becoming a better human."