

Bonnie has masters' degrees in Comparative Literature and Marriage and Family Therapy and a PhD in Comparative Religion/Mysticism. Since 2003, she has been immersed in the study and teaching of Interpersonal Neurobiology and Relational Neuroscience. In her 30 years as a therapist, her work focused on supporting trauma survivors and those with significant attachment wounds reshape their neural landscape, most often with the help of sand and miniatures, to support a life of meaning, resilience, and warm relationships. In her elder years, she is focusing on what she considers to be the deeply meaningful work of being a mentor to those who want to expand their ability to be a therapeutic presence in the world. Her books include *Being a Brain-Wise Therapist*, *The Brain-Savvy Therapist's Workbook*, *The Interpersonal Neurobiology of Group Psychotherapy and Group Process* (co-edited with Susan Gantt), and, most recently, *The Heart of Trauma*.

“My sister and I grew up in a family trapped inside an intergenerational legacy of extreme abuse. Thanks to the spiritual support of one grandfather who was a mystic, hope stayed alive inside me through numerous breakdowns. In my late 40s, I met a therapist who was the first see me deeply enough for these wounds to come to the surface for healing. I was so astonished and grateful for this possibility that I became a therapist so I might be able to support others in this way.

“After graduation, in an effort to give back to the community, we opened a nonprofit agency that specialized in working with severe abuse. Then, in 2003, I heard Dan Siegel speak and realized that he was offering a foundation for a deeper understanding of how we are wounded and how we heal. I dove into the study of Interpersonal Neurobiology and saw how much it helped both our seasoned therapists and interns become the safe, wise, warm presence that our suffering people needed to access their own healing pathway. In the midst of all this, another healing experience found me in the form of three-years of work with a profoundly present craniosacral therapist. His capacity for Stillness, for waiting, for following where my system was taking us fostered deeper embodiment of all I was learning. Now, it feels like the greatest privilege to share all these gifts that I've been given with others.”