



Therapy as Spiritual Practice: Deepening into Presence Together - an Advanced IPNB Experience

a three-day workshop/retreat for graduates of NTH's year-long training who want to explore some spiritual dimensions of the therapeutic relationship

with Bonnie Badenoch, PhD, LMFT and Jo Hadlock-King, LICSW

September 7-9, 2023

at their home and garden in Vancouver, WA (15 minutes from Portland International Airport)

Offered through Nurturing the Heart with the Brain in Mind

We have all spent some time studying interpersonal neurobiology and how it can be helpful in learning to cultivate a wider receptivity to whatever our people bring to a therapy session. We have practiced attending to our own inner processes so we can be more present to ourselves and whomever we meet.

It seems that Presence is the foundation of spiritual practice in all paths that seek to connect to something greater than ourselves, so perhaps our offering of this to our people is a kind of spiritual practice for them and for us.

You are welcome to this gathering wherever you may be in your spiritual explorations. We are all just human beings walking down the road together. In this retreat, we will take three days to settle in with each other and begin to share ways each of us has found connection between our practice of therapy and our unique movement toward spirit. To support this exploration, we will

- Cultivate a nourishing environment of mutual support—this is foundation
- Practice stillness, contemplation, and attending with time to share how this is experienced for each of us
- Deepen connection through Listening Partnerships
- Share personal spiritual histories, significant moments, and challenges
- Explore personal experience by way of sand and miniatures, collage, and storytelling
- Consider ways that the study of IPNB has affected the experience of relationship in general and also specifically with the transcendent

Space for 14 participants

Cost: To hold your place - a \$100 non-refundable deposit

sent to NTH at 13108 SE Forest St., Vancouver, WA 98683. PayPal and Venmo on request.

Full tuition - \$750 with two payments of \$325 on 3/15/23 and 6/15/23. Refund and grievance policy available at <http://www.nurturingtheheart.org/our-programs>.

Cost includes: Tuition, Art Supplies, Breakfasts and Lunches - Dinners and lodging on your own

To Register and for questions: Contact Jo Hadlock-King at johadlock7@hotmail.com

No CEs available for this training. We will provide a Certificate of Completion on the last day of the retreat.