

Relational Neuroscience Study Groups



Facilitated by
Carly Henderson, LPC, LMHC and Kathleen Thompson, LPC, CRC

In person: 2nd Tuesday of the month beginning June 2026

10:00 - noon

at the NTH retreat in Vancouver, WA

Online: 4th Tuesday of the month beginning June 2026

8:00 - 10:00 am Pacific Time

We'll study together, practice gentle presence with each other, and let the wisdom of the science work its way into our bones, month after month. Focusing on the theory as it becomes practice, we will have conversations about how this work unfolds with our clients and in our daily lives. Bonnie Badenoch's *The Brain-Savvy Therapist's Workbook* will provide some guidance along with whatever questions and experiences you bring to the group. Your needs, challenges, and curiosities will be the cornerstone of our time together. To deepen the experience, we'll be offering some reflective homework between our meetings.

We are imagining spending time with these topics as well as others you bring.

- Types of memory and the role that implicit memory plays in the therapeutic relationship and in healing trauma.
- How inner communities are built and application of this perspective when working with our clients.
- Basics of our embodied brains, particularly focusing on how this knowledge can assist us in our therapeutic relationships.
- How we can increase our own somatic awareness as we explore how we show up in the therapeutic relationship as we seek to open into a receptive space in therapy and daily life.
- Resonance circuitry, mirror neurons, right-brain to right-brain connection, and co-regulation with our clients and others.

At our in-person meetings, we will have access to sand and miniatures as well as nondominant hand drawing to embody our learning.

\$60 per session, prepaid via a 6-session punch card: \$360

\$70 per session if paid at time of meeting

In-person class will meet at 13108 SE Forest Street, Vancouver, WA 98683

For inquiries and registration, contact Kathleen and Carly – contact@nurturing-presence.com.

Because of the personal components of this program, we cannot offer credit through NBCC. We will provide a certificate of completion that you can share with your licensing board to see if they will allow credit.



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."