



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 July 2024 - April 2025

Facilitated by Karen Welch, MA, LMFT

Nurturing the Heart with the Brain in Mind This year-long advanced program in interpersonal neurobiology (IPNB) is held in a quiet, supportive environment 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 be accompanied by sand, miniatures, art, and embodied work, as well as reflection, contemplation, and conversation to cultivate the embodiment of IPNB and support personal healing experiences. 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.

July 11-13, 2024: 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.

October 17-19, 2024: 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.

January 16-18, 2025: 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.

April 17-19, 2025: 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/her/their work. Learning objectives available at <http://www.nurturingtheheart.org/our-programs>. NTH training facilities provide accommodation for the differently abled. Please contact Karen at ipnbworkshop@gmail.com about your needs.

In support of improving patient care, this activity has been planned and implemented by CE-Classes.com and Nurturing the Heart. The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content. 18 CE are available for each three-day gathering; a total of 72 CE hours are available. Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form. Licensed Professionals should contact their regulatory board to determine course approval. There are no known conflicts of interests for this workshop.



For more information about the program and to reserve your place, please contact Karen at ipnbworkshop@gmail.com

Cost of Program: \$2900 (includes nourishing breakfast and lunch, all supplies for experiential work) – lodging and dinner on your own. \$500 non-refundable deposit to hold your place. Contact us for additional information regarding availability and payment schedule. Refund and grievance policy available at <http://www.nurturingtheheart.org/our-programs>.



Karen is a psychotherapist in private practice in Southern California. She holds a bachelor's degree in Speech Communication Disorders from California State University Fullerton and a master's degree in Counseling Psychology from Trinity College of Graduate Studies. She began intensive training in Relational Neuroscience with Bonnie Badenoch in 2003. Since that time, Karen has incorporated Interpersonal Neurobiology, Bonnie's Heart of Trauma work, and the Polyvagal Theory not only into her therapeutic framework as a private practitioner, where she works with a broad spectrum of clients, but also into her role as a consultant for other mental health professionals. Karen's long-term commitment to the study of Relational Neuroscience has influenced all her relationships especially those of wife, mother, and grandmother. Exploration and integration of the embodied and relational brain within the context of relationships and the necessity of safe and caring others has become the foundation for Karen's personal, professional, and spiritual life.

"It has always been natural for me to put relationship first in therapy, but because our profession is so focused on protocols, interventions, and diagnosis, I thought there was something wrong with me. At times, I would work more from this left hemisphere way of doing things, but it never felt comfortable. When I began to learn about interpersonal neurobiology, it became clear that both hemispheres are meant to be in a collaborative relationship. Understanding how we are wounded and how we heal has helped put a stable foundation underneath the warmth of relationship so that I can easily flow back and forth between the hemispheres and meet people where they are."