



## Being with Difficult Feelings

a three-day exploration of our collective emotional landscape,  
rooted in relational neuroscience

For 14 participants, 18 CE hours  
(including 6 Ethics CE hours)

*Licensed Professionals should contact their regulatory board  
to determine course approval.*

Portland, OR/ Vancouver, WA Area – September 19-21, 2024

There are some feelings our culture acknowledges, welcomes, and celebrates, while others are viewed as negative and to be fixed. These biases, when unexamined, can cause harm. What if we understood all emotions to be essential and valuable communication? Utilizing didactic and experiential formats, relational neuroscience will help us explore the expression of powerful embodied experiences such as Fear, Grief/Panic, Shame and Rage in our muscles, autonomic nervous system, gut and heart brains. Gaining greater understanding of what is challenging for us provides a foundation for ethical counseling relationships and supports responsible decision-making in service of our clients' self-determination and well-being.

Being with Difficult Feelings is held in a quiet, retreat-like environment about 15 minutes from Portland, Oregon's international airport. We will come together to engage these important transference and countertransference experiences through deepening understanding, sand and miniatures, embodied interpersonal process, conversation, and quiet reflection practices. Periods of consultation regarding client work will be folded into our three days together. Remembering the humans we are in relationship to the human in front of us supports the curiosity, humility and respect we know is the true ground of healing.

Program Investment: I offer a variety of payment categories (\$900/\$750/\$500/\$350) within a reparative fee model - <https://www.pearlwaldorf.com/reparative-fee-s>. To assess fit, register and pay, set up your 20- minute consultation - <https://pearlwaldorf.wufoo.com/forms/zsbj2d71c3cpgt/>.



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.

**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. NTH training facilities provide accommodation for the differently abled. Contact us for additional information. Learning objectives available at <http://www.nurturingtheheart.org/our-programs>. There are no known conflicts of interest for this workshop.

Facilitated by Pearl Waldorf MA, MEd, LPC Certified Group Psychotherapist

For more information about the program, contact Pearl: [beyou@pearlwaldorf.com](mailto:beyou@pearlwaldorf.com)  
<https://www.pearlwaldorf.com/clinicians>



**Pearl Waldorf** is a queer-identified, Jewish, white-bodied human. Her Master's work at the California Institute of Integral Studies supported the integration of her spiritual self into the therapy room and awakened her calling as a group leader. Her training spans from her years grounding in Somatics with META (Mindful Experiential Therapy Approaches) to ongoing Modern Analytic Group Psychotherapy with the Center for Group Studies and its faculty to in depth study of Interpersonal Neurobiology with Bonnie Badenoch. Currently, her passion lies in learning beyond her limited Western Eurocentric frames of reference from texts, podcasts, in writing rooms and in healing spaces with, as Resmaa Menakem puts it, teachers "of Culture." For Pearl, well-being is collective. She helps folx be more of the person they envision for themselves while also bringing respect and kindness to the person they already are.

"I remember the first time I sat with Bonnie in the warmth of her home listening, sensing with others another way to heal. At the time, I was in post-graduate training practicing and learning skills that I still use today. Bonnie's IPNB, the relational circle she welcomed me to in 2013, opened me to the possibility of *my* knowing. I see IPNB as an implicit map, the permission my cortical brain needed to believe what I felt, to simply be with my clients. My years of learning and now teaching this non-method have taught me relational response-ability is radical. The scientific "stories" shared with me and that I now share with my clients create a kind of magic. I am grateful for a pathway my being could follow home to embodiment."