

With a lifelong interest in the intersection of science and art, **Heidi Struble** received a bachelor's degree in Biology from Mills College and a Master of Fine Arts from San Jose State University. She began her studies in Interpersonal Neurobiology in 2014 under direct mentorship with Bonnie Badenoch. Her passion for relational neuroscience led her to formally complete the IPNB certificate program at Portland State University Graduate School of Education. In 2017-2018 she assisted Bonnie in the year-long and heart of trauma workshops in Berkeley, California. She currently works with individuals to explore IPNB using right brain modalities.

Heidi is also an artist devoted to the slow craft of weaving. Through this embodied practice she has found a felt-sense of connection with her ancient ancestors and the natural world. She continues to feel deeply inspired by the relational threads of life, and is dedicated to a culture of care for human and more-than-human beings.

"Since my first encounter with relational neuroscience at least a dozen years ago, I have been so moved by its gentleness and the way it encourages us to be gentle with each other. When we approach our inner world through our bodies while also doing our best to listen without judgment or agenda, we can learn to trust our inner knowing to guide us. It is such a respectful way to be together. Over the years, as I deepened into the work, I began to understand and experience myself as an inner community of relationships rather than a single self. This was both a revelation and a gift. Now, as I work with others, it feels so important and caring to ask, 'Who inside is the one feeling this way?' The pathway to deep awareness and compassion seems to easily open with these words. Most of all, I find that this way of being offers an invitation of tending toward our hearts, and that begins to connect us not only with each other but with the whole web of life."