



# Journaling as a Conversation with Our Inner World: Deep Listening, Reflecting, Making Meaning

April 19-21, 2024

(developing a personal practice and  
skill in offering this process to individuals and groups)

A 3-day retreat facilitated by Vanessa Timmons

Space for 15 participants

These gatherings are held at a beautiful home and garden in Vancouver, WA  
(15 minutes from Portland International Airport)

Offered through Nurturing the Heart with the Brain in Mind

For several decades, Vanessa has offered this work in settings like Coffee Creek Correctional Facility for Women in Oregon and domestic violence shelters across the state. She has seen the depth of healing that can arise from gentle and true encounters with the parts of ourselves who often remain hidden, both those who hold our creativity and those who are aching with fear and pain. Grounded in the wisdom of relational neuroscience and resting in the embrace of safe community, these parts of ourselves can find expression and healing.

Rather than beginning with a specific prompt, we start with deep listening in this moment. Listening that includes the body, that welcomes all thoughts and feelings without labeling them good or bad, that brings as much compassion and warm curiosity as we have in that moment to whatever wants to come whether it is scary, surprising, or delightful. We go slowly and intentionally. Then we reflect on what has arisen. As we stay with this offering from our inner world, meaning often begins to emerge along with more understanding of why we move through the world the way we do. Our inborn resources of healing are touched and awakened in these moments.

Meeting at the Nurturing the Heart house, our explorations will be supported by collage, non-dominant hand drawing, and sand and miniatures - other rich journaling "languages" through which our inner world can express itself.

As you complete this weekend, you will have the foundation for a lifelong personal practice as well as the pathway for facilitating individuals and groups in doing this deep healing work.

**Who might consider coming:** therapists, social workers, psychologists, bodyworkers, healthcare professionals, pastoral counselors, teachers, advocates, behavioral specialists – anyone for whom relationships are central to her/his/their work.

**Cost: \$500. \$100 nonrefundable deposit to hold your place with the balance to be paid at registration or 4 months before class begins. \$50 discount if paid in full at time of registration.** Refund and grievance policy available at <http://www.nurturingtheheart.org/our-programs>.

**Cost includes** registration, art supplies, breakfasts, and lunches. Dinners and lodging on your own.

**Register @ <https://www.vanessatimmons.com/registration>**

We are unable to provide CEs at this time, but are currently applying for them. We will provide a certificate of completion at the end of the training.

Vanessa Timmons is a healer, life coach, writer, social justice activist, and advocate with over 35 years' experience working with survivors of trauma. She attended Marylhurst University's Multidisciplinary Studies Program in Portland, Oregon, and has continued her formal education through certificates and training, including the Interpersonal Neurobiology Certificate Program at Portland State University, and Light Song school of 21st century shamanism and energy medicine. She is an ordained priestess through SisterSpirit, a women's spirituality community located in Portland, Oregon.

Vanessa has worked extensively with survivors of domestic violence and sexual trauma, and currently serves as the executive director of the Oregon Coalition Against Domestic and Sexual Violence. She lives in Vancouver, Washington with her family.

Vanessa says, "It is my lived experience with trauma, both personal and historical, that led me to my profession as a healer and advocate. I was introduced to Interpersonal Neurobiology and Relational Neuroscience as a student at Portland State University, as part of the IPNB certificate program in the fall of 2012, and have continued to explore, learn, question, and study these practices for over 15 years (most of that time with my primary teacher, Bonnie).

INPB offers me a framework for understanding and navigating the power and wisdom within our woundedness and the path we take together to fully heal. I love the practice of IPNB because it mends the connection between the wisdom of our ancestors, the wisdom of our bodies, and the power of the stories we carry. I believe that as we tenderly explore the relationships within us, and our relationships with each other, we can heal the woundedness in our world."

