



## 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, 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 [relational fee model](#). Please don't let cost create a barrier to your attendance. To assess fit, discuss payment, to register and pay set up your [20 minute free consultation](#).



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 or to register, contact Pearl: [beyou@pearlwaldorf.com](mailto:beyou@pearlwaldorf.com)