

*Nourishing Our Capacity for Attunement and
Presence:
Advancing the Application of the Principles of
Interpersonal Neurobiology*

Session 1

Day 1

9:00 - 10:30 Reflective practice, introductions and orientation to the class

10:4 - 12:00 Discuss and review the core IPNB concepts as they relate to the therapeutic relationship

1:00 - 3:00 Opening a nonjudgemental space, exploring implicit memory

3:15 - 4:30 Small and large group discussion, experiential methods for participants to share how they have incorporated IPNB into their work after participating in the year-long immersion program

Day 2

9:00 - 10:30 Reflective practice, questions from yesterday and review

10:45 - 12:00 Fostering an empathic Inner Community - as applied to the helper

1:00 - 3:00: Discuss experiential practices that help access the deeper levels of embodied memory; first sand tray and collage experience.

3:15 - 4:30 Large group discussion and integration of experiential practice, case consultation

Day 3

9:00 - 10:30 Reflective practice, questions from last two days and review

10:45 - 12:00 Joining the strands of narrative and practicing the art of compassionate release

1:00 - 3:00 Final experiential work and discussion with focus on embodying what has been learned

3:15 - 4:30 Case consultation to apply principles from the weekend

Session 2

Day 1

9:00 - 10:30 Reflective practice, questions from first session focusing on application with clients

10:45 - 12:00 Discussion and further integration of the Inner Community model and application to the therapeutic relationship

1:00 - 3:00 Experiential work, small and large group discussion

3:15 - 4:30 Case consultation to explore working with Inner Community with our clients

Day 2

9:00 - 10:30 Reflective practice, questions from yesterday and review

10:45 - 12:00 Applying the principles of change: reshaping memories and resolving Inner Community conflict

1:00 - 3:00 Experiential work, small and large group discussion

3:15 - 4:30 Case consultation to explore the presence of protectors and the roles they play for therapist and for client

Day 3

9:00 - 10:30 Reflective practice, review and questions from yesterday

10:45 - 12:00 Supporting emerging narratives

1:00 - 3:00 Final experience with sand tray, collage and nondominant hand drawings

3:15 - 4:30 Questions, review, closing circle