Introduction to Intersectional Healing:
exploration at the intersection of
IPNB
and the healing arts
three workshop/retreat gatherings
with
Vanessa Timmons

This workshop series is 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

We have inherited deep ancestral knowledge about how to heal ourselves and our communities. We heal through storytelling, drumming, movement, art, and deep listening. We heal through our relationships, time spent in nature, rest, and nourishment in its varied forms. Yet the complexities of 21st century life often disrupt our connection to this wisdom. Intersectional healing combines interpersonal neurobiology with ancient healing arts and practices. We explore the answers to the deepest questions of wounding, what has happened, what does it mean that this has happened, and now that I know that this has happened, what must I do.

Restoring Ourselves: A Healing Circle of Care provides an opportunity for deep healing and restoration. The pandemic is taking us through a collective journey of deep change, which at times has felt overwhelming. But what I know about change is that it is also a fertile time, allowing us to heal, practice our unique wholeness, and build collective and personal resiliency.

The Restoring Ourselves Healing Circle is my personal offering to this complex time. Over the course of two days, we will gather to explore the lessons, gifts, and grief of this moment and engage in restorative healing practices. We will experience deep listening, sand tray, visual journaling and collage, healing storytelling, and experience the healing power of community. Our circle will be intimate, playful, and fun. January 7-8, 2023 and September 22-23, 2023

Journaling as a Healing Practice: This workshop combines interpersonal neurobiology and the art of journaling. Journaling is a joyful yet powerful way of working beyond the habit of analysis to open new perspectives and meaning in our life journey. Current research tells us that journaling increases the efficacy of numerous healing paths, supporting our ability to understand ourselves and navigate our challenges. We will explore the art and science of a healing journal to support ourselves and our clients. September 23-24, 2022

Somatic Journaling: In this workshop, we will explore the somatic journal writing practice and examine the impact of trauma on our body. Stress and trauma exert a powerful influence on our physical system. Through awareness and expression, Somatic Journaling provides a path for healing from the hidden impacts of stress. Together, we will explore the role stress plays in our lives and its impact on our resiliency. We will learn to trust the hidden wisdom that lives deep within us. March 18-19, 2023

Space for 14 participants
Cost: $350 - $100 nonrefundable deposit, balance to be paid 3 months before class begins. $50 discount if paid in full at time of registration. Please send deposit and payments to Vanessa Timmons, 10102 SE 10th St, Vancouver, WA 98664. PayPal or Venmo on request.
No CEs available for these trainings. A certificate of completion will be available at the end of the class.

Cost includes registration, art supplies, breakfasts and lunches – dinners and lodging on your own

To register and for questions: Contact Vanessa – vanessa@vanessatimmons.org