



# Introduction to Intersectional Healing: exploration at the intersection of

IPNB

and the healing arts

two workshop/retreat gatherings

with

Vanessa Timmons

These workshops 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

We have inherited deep ancestral knowledge about how to nourish ourselves and our communities. We are restored through storytelling, drumming, movement, art, and deep listening. Our power is in our relationships, time spent in nature, rest, and nourishment in its varied forms. Play, learn, and practice therapeutic healing techniques together.

***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**

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

**Space for 15 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 the deposit and payments to Vanessa Timmons, 10102 SE 10<sup>th</sup> St, Vancouver, WA 98664. PayPal available upon request.

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

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