



Nurturing the Heart with the Brain in Mind

A Year-Long, Experience-Rich Advanced Training
in the Application of Interpersonal Neurobiology
for 14 Participants, 72 CE hours

Portland, OR/Vancouver, WA area January – October 2026

Facilitated by Karen Welch, MA, LMFT and Heidi Struble, MFA

Nurturing the Heart with the Brain in Mind This year-long advanced program in interpersonal neurobiology (IPNB) is held in a quiet, supportive environment about 15 minutes from Portland, Oregon's international airport. Having discovered that three-day meetings in a small group seem to be optimal for this depth of learning and personal transformation, we will meet for four three-day gatherings. At each meeting, we will address particular topics in ways that are designed to foster both right hemisphere and left hemisphere learning. There will also be the opportunity for in-depth consultation about your relationship with your clients and how it may touch your own inner experience. We will be accompanied by sand, miniatures, art, and embodied work, as well as reflection, contemplation, and conversation to cultivate the embodiment of IPNB principles. We will create Listening Partnerships for the year, a process that provides a unique depth of support. People are reporting that this way of exploring fosters a rich felt sense experience for making IPNB their own. This deepening awareness of ourselves and our clients can foster our capacity for nonjudgmental presence and build a foundation of solid understanding that leads to broad compassion.

January 29-31, 2026: Deepening into Experience of the Embodied Brain/ The Felt Sense of Implicit Memory and its Transformation

Meeting and settling; becoming acquainted with our embodied and relational brains as the foundation of presence with ourselves and others; seeing from the perspectives of our two hemispheres; deepening our understanding of relationally-based brain development in the first two years of life; the felt sense and transformation of implicit memory; establishing Listening Partnerships for the year.

April 9-11, 2026: Exploring Attachment and the Establishment of Our Foundational "We"

Deepening our understanding and experience of our attachment processes and styles as a foundation for being more present with ourselves, our families, and our clients; exploring the neurobiology of memory processes; providing understanding and experiences of implicit memory transformation of attachment patterns; working in Listening Partnerships with sand and miniatures, collage, and non-dominant hand drawing.

July 16-18, 2026: Fostering Warm Connections in Our Inner Communities

Understanding the neurobiology of the inner community; experiencing the implicit change process through working with the internal pairs; meeting and supporting a deeper understanding of the inner self with our Listening Partnerships and through the processes of collage, sand tray, and non-dominant hand drawing.

October 15-17, 2026: Deepening into Inner Community Work/Applying Our Discoveries with Our Clients

How to be with adaptive protectors, supporting healing for unresolved pairs; building awareness of our client's inner communities; unfolding the neurobiology of narrative transformation; exploring how IPNB can guide the therapeutic process from start to transition.

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. Learning objectives available at <http://www.nurturingtheheart.org/our-programs>. NTH training facilities provide accommodation for the differently abled. Please contact Karen at ipnbworkshop@gmail.com about your needs.



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.

To reserve your place, please contact Karen at ipnbworkshop@gmail.com

Cost of Program: \$2900 (includes nourishing breakfast and lunch, all supplies for experiential work) – lodging and dinner on your own. \$500 non-refundable deposit to hold your place. The \$2,400 balance may be paid in full or may be made in 4 payments of \$600 each by 4/1/25, 7/1/25, 10/1/25, and 1/1/26. Cost of 72 CE hours - \$80. Contact us for additional information regarding availability and payment schedule. Refund and grievance policy available at <http://www.nurturingtheheart.org/our-programs>.



Karen is a psychotherapist in private practice in Southern California. She holds a bachelor's degree in Speech Communication Disorders from California State University Fullerton and a master's degree in Counseling Psychology from Trinity College of Graduate Studies. She began intensive training in Relational Neuroscience with Bonnie Badenoch in 2003. Since that time, Karen has incorporated Interpersonal Neurobiology, Bonnie's Heart of Trauma work, and the Polyvagal Theory not only into her therapeutic framework as a private practitioner, where she works with a broad spectrum of clients, but also into her role as a consultant for other mental health professionals. Karen's long-term commitment to the study of Relational Neuroscience has influenced all her relationships especially those of wife, mother, and grandmother. Exploration and integration of the embodied and relational brain within the context of relationships and the necessity of safe and caring others has become the foundation for Karen's personal, professional, and spiritual life.

"It has always been natural for me to put relationship first in therapy, but because our profession is so focused on protocols, interventions, and diagnosis, I thought there was something wrong with me. At times, I would work more from this left hemisphere way of doing things, but it never felt comfortable. When I began to learn about interpersonal neurobiology, it became clear that both hemispheres are meant to be in a collaborative relationship. Understanding how we are wounded and how we heal has helped put a stable foundation underneath the warmth of relationship so that I can easily flow back and forth between the hemispheres and meet people where they are."



With a lifelong interest in the intersection of science and art, **Heidi** received a bachelor's degree in Biology from Mills College and a Master of Fine Arts from San Jose State University. She began her studies in Interpersonal Neurobiology in 2014 under direct mentorship with Bonnie Badenoch. Her passion for relational neuroscience led her to formally complete the IPNB certificate program at Portland State University Graduate School of Education. In 2017-2018 she assisted Bonnie in the year-long and Heart of Trauma workshops in Berkeley, California. She currently works with individuals to explore IPNB using right brain modalities.

Heidi is also an artist devoted to the slow craft of weaving. Through this embodied practice she has found a felt-sense of connection to her ancestors and the natural world. She continues to feel deeply inspired by the relational threads of life, and is dedicated to a culture of care for human and more-than-human beings.

"Since my first encounter with relational neuroscience at least a dozen years ago, I have been so moved by its gentleness and the way it encourages us to be gentle with each other. When we approach our inner world through our bodies while also doing our best to listen without judgment or agenda, we can learn to trust our inner knowing to guide us. It is such a respectful way to be together. Over the years, as I deepened into the work, I began to understand and experience myself as an inner community of relationships rather than a single self. This was both a revelation and a gift. Now, as I work with others, it feels so important and caring to ask, 'Who inside is the one feeling this way?' The pathway to deep awareness and compassion seems to easily open with these words. Most of all, I find that this way of being offers an invitation of tending toward our hearts, and that begins to connect us not only with each other but with the whole web of life."