

# Therapy as Spiritual Practice: Deepening into Presence Together - an Advanced IPNB Experience

a three-day workshop/retreat for graduates of NTH's year-long training who want to explore some spiritual dimensions of the therapeutic relationship

with Karen Welch, LMFT and Heidi Struble, MFA

April 29 – May 1, 2027

at the NTH retreat house and garden in Vancouver, WA (15 minutes from Portland International Airport)

Offered through Nurturing the Heart with the Brain in Mind

We have all spent some time studying interpersonal neurobiology and how it can be helpful in learning to cultivate a wider receptivity to whatever our people bring to a therapy session. We have practiced attending to our own inner processes so we can be more present to ourselves and whomever we meet.

It seems that Presence is the foundation of spiritual practice in all paths that seek to connect to something greater than ourselves, so perhaps our offer of connection to our people is a kind of spiritual practice for them and for us. We believe that the quest for meaning is an inherent dimension of life for all humans, so it is important for us to cultivate an openness to the infinite variety of the ways this expresses in the lives of our clients.

You are welcome to this gathering wherever you may be in your spiritual explorations personally and with your clients. We are all just human beings walking down the road together. In this retreat, we will take three days to settle in with each other and begin to explore the ways each of us has found connection between our practice of therapy, our unique movement toward spirit, and support for our clients in this realm of human experience. To support this exploration, we will

- Cultivate a nourishing environment of mutual support—this is the foundation
- Practice stillness, contemplation, interpersonal mindfulness, and attending with time to share how this is experienced by each of us
- Share personal spiritual histories, significant moments, and challenges in our lives and with our clients
- Explore our relationship with the dimensions of deeper meaning through sand and miniatures, collage, and storytelling
- Consider ways that the study of IPNB has affected the experience of being with your clients as they relate to experiences of meaning and transcendence

**Space for 14 participants**

**Cost:** To hold your place – a $100 non-refundable deposit
Full tuition - $750 with two payments of $325 on 10/15/26 and 1/15/27. Refund and grievance policy available at http://www.nurturingtheheart.org/our-programs.

**Cost includes**: Tuition, Art Supplies, Breakfasts and Lunches – Dinners and lodging on your own

**To register and for questions:** Contact Karen at ipnbworkshop@gmail.com

Because of the personal components of this program, we cannot offer credit through NBCC. We will provide a certificate of completion that you can share with your licensing board to see if they will give you credit.