

2023 Yearlong

First gathering: Feb 2- 4

Second gathering: May 4- 6

Third gathering: Aug 3- 5

Fourth gathering: Oct 12- 14

2023/2024 Yearlong

First gathering: June 29- July 1

Second gathering: Sept 28- 30

Third gathering: January 11- 13

Fourth gathering: April 11- 13

2024 Yearlong

First gathering: Feb 22-24

Second gathering: May 23- 25

Third gathering: August 22- 24

Fourth gathering: November 7-9

2024/ 2025 Yearlong

First gathering: July 11- 13

Second gathering: October 17- 19

Third gathering: January 16- 18

Fourth gathering: April 17- 19

Day 1

Hours: 9:00am to 12:00pm; 2.75 hours of instruction

Hours: 1:00pm to 4:30pm; 3.25 hours of instruction

Total hours of instruction per date: 6.0

Day 2

Hours: 9:00am to 12:00pm; 2.75 hours of instruction

Hours: 1:00pm to 4:30pm; 3.25 hours of instruction

Total hours of instruction per date: 6.0

Day 3

Hours: 9:00am to 12:00pm; 2.75 hours of instruction

Hours: 1:00pm to 4:30pm; 3.25 hours of instruction

Total hours of instruction per date: 6.0

First Gathering, Day One

9:00 – 10:30 Reflective practice, introductions and orientation to the class
10:45 – 12:00 Discussion of how the work of Stephen Porges and Iain McGilchrist point us in the direction of right-hemisphere-based nonjudgmental presence as the foundation for healing
1:00 – 3:00 Begin discussion of our embodied brains (belly brain, heart brain, autonomic nervous system)
3:15 – 4:30 Discuss experiential practices that help access the deeper levels of embodied memory; first sand tray and collage experience

First Gathering, Day Two

9:00 – 10:30 Reflective practice, questions from yesterday (review)
10:45 – 12:00 Continue to discuss the embodied brain (skin, muscles)
1:00 – 3:00 Finish discussing the embodied brain (brainstem, midbrain)
3:15 – 4:30 Case consultation to apply these principles to practice the healing power of experiential methods

First Gathering, Day Three

9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days)
10:45 – 12:00 The nature of implicit and explicit memory, disconfirming experiences as the healing path for implicit memory
1:00 – 3:00 Nonjudgmental presence as the foundation for healing
3:15 – 4:30 Final collage practice to embody what has been learned, review of the weekend

Second Gathering, Day One

9:00 – 10:30 Reflective practice, questions from last gathering focusing on application with clients
10:45 – 12:00 Introduction to neurobiology of attachment
1:00 – 3:00 Group discussion of our own attachment patterns as a foundation for understanding
3:15 – 4:30 Collage practice to embody attachment

Second Gathering, Day Two

9:00 – 10:30 Reflective practice, questions from yesterday (review)
10:45 – 12:00 Deepening into understanding of disorganized attachment
1:00 – 3:00 Discuss the importance of the joined window of tolerance between client and therapist as the foundation for healing disorganization
3:15 – 4:30 Case consultation to explore the role of attachment in the therapeutic relationship

Second Gathering, Day Three

9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days)
10:45 – 12:00 Deepening into understanding avoidant and ambivalent attachment
1:00 – 3:00 Understanding the role of the therapeutic relationship in healing attachment wounds; collage process as a way to experience the power of experiential methods in healing attachment wounds
3:15 – 4:30 Questions, review, closing circle

Third Gathering, Day One

9:00 – 10:30 Reflective practice, questions from last gathering focusing on application with clients

10:45 – 12:00 Introduction to inner community development

1:00 – 3:00 Embodied practice of inner community development through sculpting

3:15 – 4:30 Collage practice to further embody inner community

Third Gathering, Day Two

9:00 – 10:30 Reflective practice, questions from yesterday (review)

10:45 – 12:00 Deepening understanding and experience of protectors in the inner community

1:00 – 3:00 Discussing how to relate to protectors to increase safety as our clients approach their traumatic memories

3:15 – 4:30 Case consultation to explore working with inner community with our clients

Third Gathering, Day Three

9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days) 10:45 –

12:00 The importance of radical inclusiveness for all parts; discuss relationship between protectors and unresolved pairs

1:00 – 3:00 Application of these principles with our clients

3:15 – 4:30 Discussion and review of the weekend, closing circle

Fourth Gathering, Day One

9:00 – 10:30 Reflective practice, questions from the whole year, speaking to the experience of this being our last weekend

10:45 – 12:00 Exploring the role of non-native inner community members in health and in trauma

1:00 – 3:00 Practicing introducing inner community work to clients and possible ways healing may unfold

3:15 – 4:30 Sand Tray and collage process with non-native parts

Fourth Gathering, Day Two

9:00 – 10:30 Reflective practice, questions from the whole year, integration from embodied brain to healing inner communities

10:45 – 12:00 Exploration of narrative change over the course of therapy

1:00 – 3:00 The movement from implicit memory to embodied anticipation to invariant representation and how these unfold over the course of therapy

3:15 – 4:30 Final case consultations to integrate the year as it manifests in practice

Fourth Gathering, Day Three

9:00 – 10:30 Reflective practice, questions from the whole year

10:45 – 12:00 Review and integration from embodied brain through healing inner communities

1:00 – 3:00 Celebration of Listening Partnerships, doing collage practice together

3:15 – 4:30 Group reflection on this year's experience and what comes next to support continued embodiment of the principles of IPNB