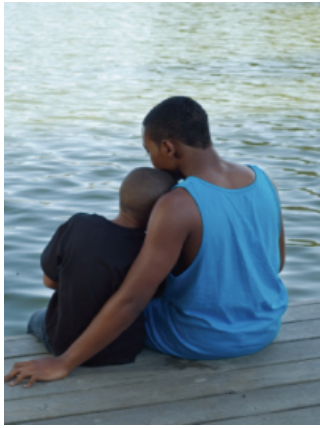




The Heart of Trauma: Healing Our Embodied Brains in the Context of Relationships

a two-part workshop series exploring the nature of trauma for graduates of the year-long IPNB intensive through NTH or PCPSI

with Karen Welch, MA, LMFT and Heidi Struble, MFA

July 22-24 and October 21-23, 2027 (14 spaces, 36 CEs available)

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

offered through Nurturing the Heart with the Brain in Mind

Interpersonal neurobiology is pointing the way toward a broader, kinder understanding of the roots of trauma and then providing guidance for how we can best support healing for others. *It appears that trauma is much less about what happens to us than about who is truly with us before, during, and after any event.*

Karen and Heidi are dedicated to cultivating a safe, warm, nonjudgmental space in which we can develop a deeper understanding through gently exploring the small and large traumas of those we work and live with. Over the years, we have found that this kind of embodied learning, combining didactic and experiential processes, helps to anchor the principles in our bodies so that they are available in our daily lives, personally and professionally.

To support this learning experience, we will

- Cultivate a nourishing environment of mutual support – this is the foundation.
- Deepen connection through Listening Partnerships.
- Work with sand, miniatures, and art to practice holding space for our client's implicit memories.
- Converse about how relational neuroscience can help us develop the kind of presence that facilitates healing from trauma.
- Explore how working with the wisdom of our bodies, our divided brains, and nervous systems can provide a safe healing space.
- Share stories about healing experiences, personal and professional.
- Practice contemplation to help us deepen our capacity for therapeutic stillness and presence.

Who might consider coming: therapists, social workers, psychologists, bodyworkers, healthcare professionals, pastoral counselors, teachers – anyone for whom relationships are central to his or her work. Learning objectives available at <http://www.nurturingtheheart.org/our-programs>.

Space for 14 participants

Cost: To hold your place – a \$200 non-refundable deposit

Full tuition - \$1,500 with two payments of \$650 on 11/15/26 and 2/15/27. Cost of \$40 for 36 CEs. Refund 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



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.