

After graduating with a master's degree in social work from University of Washington in 1983, Jo devoted 25 years to working with veterans suffering from PTSD and addiction in addition to maintaining a private practice for adults. During that time, she also trained in biodynamic craniosacral work, a practice that further fostered her capacity for embodiment and nonjudgmental receptive presence. In 2014, she began her deep study of Interpersonal Neurobiology and Relational Neuroscience, giving her a depth of wisdom about how we are wounded and how we heal.

“I came to being a therapist as a result of spending years trying to understand and ‘improve’ my own relationships. I searched spiritually as well as psychologically and eventually somatically to find avenues of healing and expanding my capacity to be loving. What I have come to know as a result of the integrative nature of Interpersonal Neurobiology and Relational Neuroscience is that all of these streams are essential. Everything is about relationship; everything is in relationship. Nothing exists outside of relationship. We discover and express ourselves, as does everything around us, in the context of relationship.

“Now as I listen to clients, I have an appreciation of the wisdom already flowing in them, and trust in the possibility that by being together something additional and healing can also emerge. I have trust in the process of being with each other in a place of as much non-judgment and open-hearted acceptance as possible. In such a field, amazing healing can occur.”