



Embodied Liberation: A Racial Justice Workshop

with

Vanessa Timmons & Pearl Waldorf

Space for 14 in person participants and up to 5 online participants
Workshops are held at a beautiful home and garden in Vancouver, WA (15 minutes from
Portland International Airport)

offered through Nurturing the Heart with the Brain in Mind

October 16-18, 2025

Embodied Liberation is an interactive anti-racism workshop for therapists, advocates, healers, and helpers. We will explore systemic racial bias through the lens of interpersonal neurobiology. We will look at the role our collective and individual history played in the wounding and trauma we carry about race, and explore opportunities for the healing of our world and each other. This workshop is also available to participants who would like to join online.

Participants will:

- Explore the personal and collective impact of racism.
- Understand our embodied responses to racial trauma.
- Learn to heal the generational anguish of white supremacy.
- Be in community, break isolation, challenge fear with tender bravery.

To support this healing/learning experience, we will

- Cultivate a nourishing environment of mutual support – this is the foundation.
- Work with sand, miniatures, and art to facilitate gently touching our implicit memories.
- Explore how working with the wisdom of our bodies, our divided brains, and nervous systems can provide a safe space for healing from racial trauma.
- Share stories about our experiences, personal and professional.

Who might consider coming therapists, social workers, psychologists, bodyworkers, healthcare professionals, pastoral counselors, teachers – anyone for whom racial justice and healing are central to her/his/their work.

Cost: \$750. \$200 nonrefundable deposit to hold your place with the balance paid in 2 installments of \$275 – 5/15/25 and 7/15/25.

A \$50 discount if paid in full at time of registration. Refund and grievance policy available at <http://www.nurturingtheheart.org/our-programs>.

Cost includes registration, art supplies, breakfasts, and lunches. Dinners and lodging on your own.

Register at <https://www.vanessatimmons.com/registration>

We are unable to provide NBCC credit for this class. We will provide you with a certificate of completion for you to share with your licensing board to see if they will give you credit.

Vanessa Timmons is a healer, life coach, writer, social justice activist, and advocate with over 35 years' experience working with survivors of trauma. She attended Marylhurst University's Multidisciplinary Studies Program in Portland, Oregon, and has continued her formal education through certificates and training, including the Interpersonal Neurobiology of Trauma Certification Program at Portland State University, and Light Song school of 21st century shamanism and energy medicine. She is an ordained priestess through SisterSpirit, a women's spirituality community located in Portland, Oregon.



Vanessa has worked extensively with survivors of domestic violence and sexual trauma, and is recently retired from being the executive director of the Oregon Coalition Against Domestic and Sexual Violence. She lives in Vancouver, Washington with her family.

Vanessa says, "It is my lived experience with trauma, both personal and historical, that led me to my profession as a healer and advocate. I was introduced to Interpersonal Neurobiology and Relational Neuroscience as a student at Portland State University, as part of the IPNB certification program in the fall of 2012, and have continued to explore, learn, question, and study these practices for over 15 years (most of that time with my primary teacher, Bonnie Badenoch). INPB offers me a framework for understanding and navigating the power and wisdom within our woundedness and the path we take together to fully heal. I love the practice of IPNB because it mends the connection between the wisdom of our ancestors, the wisdom of our bodies, and the power of the stories we carry. I believe that as we tenderly explore the relationships within us, and our relationships with each other, we can heal woundedness in our world."

Pearl Waldorf, MEd, LPC is a queer-identified, Jewish, white-bodied human. Her Master's work at the California Institute of Integral Studies supported the integration of her spiritual self into the therapy room and awakened her calling as a group leader. Her training spans from her years grounding in Somatics with META (Mindful Experiential Therapy Approaches), to ongoing Modern Analytic Group Psychotherapy with the Center for Group Studies and its faculty, to in depth study of Interpersonal Neurobiology with Bonnie Badenoch.



Currently, her passion lies in learning beyond her limited Western Eurocentric frames of reference from texts, podcasts, in writing rooms and in healing spaces with, as Resmaa Menakem puts it, teachers "of Culture." Since 2016, Pearl has immersed herself in anti-racist learning on her own, cross-racially, and with other similarly committed white-bodied folk. She's had the honor of training with such wisdom keepers as Resmaa Menakem, Ken Hardy, Foluke Taylor, and others. For Pearl, well-being is collective. She helps folk be more of the person they envision for themselves while also bringing respect and kindness to the person they already are.

"I remember the first time I sat with Bonnie in the warmth of her home listening, sensing with others another way to heal. At the time, I was in post-graduate training practicing and learning skills that I still use today. Bonnie's IPNB, the relational circle she welcomed me to in 2013, opened me to the possibility of my knowing. I see IPNB as an implicit map, the permission my cortical brain needed to believe what I felt, to simply be with my clients. My years of learning and now teaching this non-method have taught me relational responsibility is radical. The scientific "stories" shared with me and that I now share with my clients create a kind of magic. I am grateful for a pathway my being could follow home to embodiment."