

Carly Henderson is a psychotherapist in private practice in Portland, Oregon. Carly has masters' degrees in Social and Developmental Psychology (Cambridge University, 1998) and Counseling Psychology (Lewis & Clark College, 2002). After graduate school, Carly again lived abroad for several years, working as a counselor and educator in international schools in Tanzania, Czech Republic, and Italy. After returning to the US, Carly was introduced to relational neuroscience and in 2016 she earned a post-graduate certificate in Interpersonal Neurobiology from Portland State University. It was early in this program that Carly was fortunate to meet Bonnie and to begin in-depth studies in IPNB under Bonnie's mentorship. Through numerous Nurturing the Heart retreats, monthly study group meetings, dyadic sand tray sessions, consultation and mentorship with both Bonnie and Jo, Carly considers herself blessed to have the guidance of peers and elders and to be an emerging elder herself in sharing her therapeutic presence in the world.

"Before I began to integrate Interpersonal Neurobiology into my evolving practice as a human, both personally and professionally, I didn't know how to authentically name my experience. It wasn't until I was within the safety created by Bonnie's circles that I felt able to begin to unpack all of the parts. Here I found fellowship with people who have forever become a part of my inner community and who provide foundation, connection, and strength. Through the practice of IPNB I've learned that not only do I have the permission to authentically connect, but that relationship is the key ingredient to healing. IPNB is a way of life now, confirming that connection is a biological imperative, and providing a heuristic to grow curiosity and compassion for myself and for my people."