

*Nourishing Our Capacity for Attunement and  
Presence:  
Advancing the Application of the Principles of  
Interpersonal Neurobiology*

[pre-requisite: completion of the year-long IPNB immersion program through Nurturing the Heart or PCPSI]

36-hour advanced training in the integration and application of Interpersonal Neurobiology within helping relationships

Facilitated by Carly Henderson, LPC, LMHC and Kathleen Thompson, LPC, CRC

The training consists of 2 3-day 18-hour training sessions, no partial credit.

## Session 1 - Fostering the Empathic Observer

Our narratives matter / early attachment history

Being a therapeutic presence in the counseling room and the world

Health of the therapist / how to recognize when we reenact our old wounds/injuries

Our inner community in the therapeutic relationship

Reviewing core IPNB principles and skills

Client consultation

### Day 1:

We will begin each session with a mindfulness practice to foster embodiment and nonjudgmental awareness as a foundation for cultivating greater presence with our clients. We will form Listening Partnerships for this course and then begin to discuss the ways Interpersonal Neurobiology can assist us in increased awareness of self and attunement with clients. We will begin to explore our own attachment histories using the Inner Community model. We will discuss how experiential methods (sand tray, non-dominant hand drawing, collage) can provide insight and further integration of our own experiences as we grow our windows of receptivity for our clients.

## Learning objectives:

- List the steps in the mindfulness practice for embodiment and nonjudgemental awareness.
- Discuss how empathic self-awareness aids the therapist within a relational therapeutic context.
- Discuss the value of having a non-judgmental caring observer (listening partner) for the therapist's health and professional capacity / the importance of accompaniment for integration.
- List the core components of the Inner Community model.
- Describe the fundamental components of Interpersonal Neurobiology as a cross-disciplinary framework that informs the therapeutic relationship.

## Day 2:

After beginning the day with the mindfulness practice, we will discuss the importance of ongoing exploration/integration/peer support for the therapist, especially during times of particular personal or community challenge. We will introduce the neurobiology of sand tray and collage work and non-dominant hand drawing. We will have our first sand tray experience, focusing on our attachment history and our inner community. Small and large group discussion will be interspersed throughout the day. We will discuss how inner community members are formed, reviewing the IPNB concepts of resonance circuitry and mirror neurons. Time will be made for client consultation, with a focus on the therapist's awareness of their own relational experiences and inner community.

## Learning objectives:

- List three ways that experiential methods such as sand tray, non-dominant hand drawing, and collage can help therapists integrate implicit memory and provide increased capacity for self-awareness.
- Discuss the Inner Community model as it relates to our own relational attunement and window of receptivity.
- Describe how mirror neurons and resonance circuitry play a central role in relational therapeutic practice.
- Explain the components of implicit memory and discuss how we can identify them in ourselves and others.
- Discuss how our own narratives impact our views of self as a therapist, and our capacity to be present for clients, especially during challenging times.

## Day 3:

After opening with the mindfulness practice, we will revisit our sand trays, collages, and non-dominant hand drawings to discuss what may have integrated overnight as a way to connect more fully with the narratives that impact our work as therapists. Small and large group discussion will assist in the process of identifying how our own relational experiences and implicit memory impact the quality of our attunement with others. Time will be held for client consultation, focusing also on the therapist's awareness of their own inner community and relational experiences. We will review approaches to working with the imported person in the Inner Community pairing as a potent resource for healing trauma. We will conclude the day with a review of the principles we have discussed during our first weekend together.

### Learning objectives:

- Explain how relational experiences shape our narratives and impact our attunement with others.
- Explain the role of coherence in narratives as it relates to attachment styles / Explain how listening for coherence in narratives provides information about our own and client's attachment styles.
- Discuss the ways in which we can recognize when we reenact old wounds and/or when the health of the therapist becomes an area in need of support.
- Explain the importance of right-mode awareness and connection in the role of therapist.
- Describe the neurobiology of disconfirming experiences and the importance of our default mode network in the integration of traumatic experiences.

## Session 2 - Incorporating IPNB in Our Everyday Practice / Weaving the Brain into the Flow of Therapy

Reviewing core IPNB principles and skills

Cultivating our intuition to help track client's healing

Developing the skills for non-judgement presence

Our client's inner community in the therapeutic relationship

Client consultation

## Day 1:

Review the mindfulness practice for embodiment and nonjudgmental presence. Discuss how the information and experiences from the first gathering are informing our experience as helpers and with clients. We will expand our practice of inner community, exploring how the application of this model can aid clients in the integration of trauma. Through large group discussion, we will review core IPNB concepts and skills that apply to the therapeutic relationship, including the works of Bonnie Badenoch, Iain McGilchrist, and Steven Porges. We will return to the sand tray, collage, and non-dominant hand drawing to demonstrate how these processes can be applied with our clients as we assist them in identifying their own personal narratives and implicit worlds.

### Learning objectives:

- List two ways you are utilizing the principles from the first gathering to increase your awareness of implicit memory and/or inner community in your work.
- Describe the various types of memory.
- Discuss the window of receptivity and shared windows of receptivity in the therapeutic relationship.
- Explain the ways that implicit memory can influence the therapist's perceptions and attunement and provide clients with a resonant therapeutic experience.
- Discuss how therapists can use the natural processes of embodied brains and minds to foster integrative neuroplasticity.

## Day 2:

After opening with the mindfulness practice, we will discuss any questions from the previous day, as well as the importance of ongoing reflection and peer support for the therapist, especially during times of particular challenge for therapist and/or client. We will return to our sand trays, collages, and non-dominant hand drawings, describing how yesterday's tray may have integrated overnight. We will further discuss the quality and value of protectors to expand our capacity to be with these aspects of our clients, emphasizing how symptoms are adaptive. Time for case consultation will be provided.

### Learning objectives:

- Describe co-regulation, the myth of self-regulation, and shared windows of receptivity.
- Discuss the importance of authentic presence with clients, awareness of own biases, agenda or imposter syndrome, and "why therapy works."
- List three ways therapists can invite clients' implicit roots/right mode processing into explicit awareness.
- Describe how protectors are adaptive as well as essential for the safety of our clients.

- Discuss ways IPNB can assist therapists when navigating challenging circumstances, both personal to the therapist, as well as community challenges that are shared by therapist and client.

## Day 3:

We will begin with our morning practice, continuing to build neural strength for the foundation of nonjudgmental presence to support safety with our clients. Particular attention will be given to the internalization of the therapist as a resource for clients. We will discuss ways that participants have and hope to apply the themes of this course in their work with clients and in being a therapeutic presence in our larger communities. In our final sand tray, we will increase our skill in supporting inner community work with our clients. We will review what we have gained through didactic learning and experience, and discuss ways to continue deepening in the practical application of Interpersonal Neurobiology.

### Learning objectives:

- Discuss the neurobiology of both vertical and horizontal integration as it relates to forming and being impacted by narratives, as well as helps us maintain a coregulatory presence for our clients.
- Discuss how the practice of nonjudgmental awareness from caring observers supports therapist health and client safety.
- Identify four ways we can provide a therapeutic presence in our broader communities.
- Discuss how the learning from this course is becoming a narrative that supports nonjudgmental awareness and increased compassion for self and others.
- Identify three core areas of learning or curiosity from this course to continue to explore and apply in our therapeutic practice.



