

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."