

# Entering the Heart of Trauma

**A free virtual seminar with  
Bonnie Badenoch, PhD**

Friday, February 23, 2024  
12-4 pm EST

Virtual

4 CE hours available



## Program Description:

We'll begin with a short mindfulness practice for getting settled into our bodies (for whole-brain learning) and widening our window of nonjudgmental receptivity. Then we'll discuss how we might understand trauma through the lens of interpersonal neurobiology. This will bring us to several questions: How are traumas held in our system? How does trauma heal? What is therapeutic presence and what is its role in healing trauma? How does our inner community develop in the presence of trauma? How does approaching healing from the inner community perspective deepen the resolution of the traumas we all carry? We will make room for questions and conversation throughout.



GRADUATE & PROFESSIONAL PROGRAMS

**Following the seminar,  
participants will be able to:**

1. Discuss the difference between potential traumas and embedded traumas.
2. Describe the process by which traumas are held in our bodies while they await what they need to heal.
3. List the two necessary conditions for changing the felt sense of implicit memories.
4. Discuss the qualities of therapeutic presence and how they support the process of healing.
5. Discuss the development of our inner community during traumatic experiences.
6. Describe the way the inner community approach can deepen the healing of trauma.

Registration is open to all. Visit <https://emu.edu/graduate-counseling/continuing-ed> to fill out the registration form

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**Bonnie Badenoch, PhD** has been a therapist, mentor, teacher, and author, spending the last 20 years integrating the discoveries of relational neuroscience into the art of therapy. In 2008, she co-founded the nonprofit agency Nurturing the Heart with the Brain in Mind ([nurturingtheheart.org](http://nurturingtheheart.org)) to offer this work to the community of therapists, healthcare providers, and others interested in becoming therapeutic presences in the world. For 30 years, she has supported trauma survivors and those with significant attachment wounds to reshape their neural landscapes for a life of meaning, resilience, and warm relationships. Her conviction that wisdom about the relational brain can support healing experiences for people at every age led to the publication of *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology* in 2008 and *The Brain-Savvy Therapist's Workbook* in 2011. Bonnie's latest writing is *The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships* (2017). These books seek to build a bridge between science and practice with clarity, compassion, and heart.



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