

# Foundations of Interpersonal Neurobiology (IPNB)

## 2024 Schedule

January 5 — July 29, 2024

The Program Orientation is on Tuesday, Jan. 9<sup>th</sup>. All class sessions start at 5:30pm Pacific Time.

**CLASS LIST:**

- 1. Introduction to IPNB
- 2. IPNB Navigation & Integration
- 3. Science of Interpersonal Neurobiology
- 4. A Mind for Learning Seminar
- 5. IPNB of Attachment & Trauma
- 6. Bridging Relational Neuroscience Across Differences
- 7. Embodied Systems & Mindful Resilience
- 8. Leadership Seminar
- 9. IPNB of Connection and Community

Date	Course Title	Instructor	Times
<b>JANUARY</b>			
8	ORIENTATION & IPNB Navigation	Amy Evans & Maureen Lowell	5:30-8:00pm PT
9	Intro to IPNB	Casey Sims	5:30-7:45pm PT
16	Intro to IPNB	Casey Sims	5:30-7:45pm PT
23	Intro to IPNB	Casey Sims	5:30-7:45pm PT
30	Intro to IPNB	Casey Sims	5:30-7:45pm PT

<b>FEBRUARY</b>			
6	Intro to IPNB	Casey Sims	5:30-7:45pm PT
13	IPNB Navigation & Integration	Maureen Lowell	5:30-7:45pm PT
20	Science of IPNB	Bum Sang Kim	5:30-7:45pm PT
27	Science of IPNB	Bum Sang Kim	5:30-7:45pm PT

<b>MARCH</b>			
5	Science of IPNB	Bum Sang Kim	5:30-7:45pm PT
12	Science of IPNB	Bum Sang Kim	5:30-7:45pm PT
19	Science of IPNB	Bum Sang Kim	5:30-7:45pm PT
28	NO CLASS – Spring Break		

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APRIL			
2	IPNB of Attachment & Trauma	Lisa Aasheim	5:30-7:45pm PT
9	A Mind for Learning Seminar	Bum Sang Kim	5:30-8:30pm PT
11 (Th)	Bridging Relational Neuroscience Across Difference*	TBD	9:00-5:00pm PT
12 (Fr)	IPNB of Attachment & Trauma*	Lisa Aasheim	9:00am-5:00pm PT
13 (Sa)	Bridging Relational Neuroscience Across Difference*	TBD	9:00am-12:00pm PT
	Science of IPNB*	Earnest Kim	1:15-4:30pm PT
	Optional Dinner w/ Students & Faculty*	Everyone	5:30-8:30pm PT
14 (Su)	Embodied Sys. & Mindful Resilience*	Ryan Hofer	8:45-3:30pm PT
16	NO CLASS – Integrate Immersion Weekend		
23	IPNB Navigation & Integration	Maureen Lowell	5:30-7:45pm PT
30	Embodied Systems & Mindful Resilience	Ryan Hofer	5:30-7:30pm PT

MAY			
7	Embodied Systems & Mindful Resilience	Ryan Hofer	5:30-7:30pm PT
14	IPNB of Attachment & Trauma	Lisa Aasheim	5:30-7:45pm PT
21	IPNB of Attachment & Trauma	Lisa Aasheim	5:30-7:45pm PT
28	IPNB Navigation & Integration	Maureen Lowell	5:30-7:45pm PT

JUNE			
4	Bridging Relational Neuroscience Across Difference	TBD	5:30-7:45pm PT
11	Bridging Relational Neuroscience Across Difference	TBD	5:30-7:45pm PT
18	Leadership Seminar	Lisa Aasheim & Emily Somervell	5:30-8:30pm PT
25	NO CLASS – Enjoy a little Summer		

JULY			
2	IPNB of Connection and Community	Maureen Lowell	5:30-7:45pm PT
9	IPNB of Connection and Community	Maureen Lowell	5:30-7:45pm PT
16	IPNB of Connection and Community	Maureen Lowell	5:30-7:45pm PT
23	IPNB of Connection and Community	Maureen Lowell	5:30-7:45pm PT
30	IPNB of Connection and Community	Maureen Lowell	5:30-7:45pm PT

\*In Person Immersion Weekend



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