

MODULE 9

Interpersonal Neurobiology

How Relationships Shape Healing and Growth

Healing rarely happens alone. It happens in relationship, in the presence of someone who can stay regulated while another person is not. This module explores that idea, how connection between two nervous systems can actually change the course of someone's recovery.

Why This Module Matters

Understanding co-regulation changes how you see your role. You're not just offering kind words. Your own steadiness can help someone else's nervous system settle. This module gives language and understanding to something many good helpers already do instinctively.

What You'll Walk Away With

You'll leave understanding what co-regulation actually is and how it works between two people. You'll see your own presence as an active part of someone else's healing, not just a passive kindness, and you'll learn how to use that understanding intentionally.

What's Inside

Accessible teaching on interpersonal neurobiology, translated out of clinical language and into everyday terms. Examples of co-regulation in action. Reflection on how your own steadiness affects the people around you, for better or worse.

PRESENCE™ and ATTUNE™ in Practice

This module explains the mechanism underneath PRESENCE™ and ATTUNE™ working together. When you regulate yourself and stay attuned to someone else, you're not just being kind, you're offering their nervous system something to borrow from until they can find their own footing again

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A Story You Might Recognize

A chaplain sits quietly with a grieving spouse who can't stop shaking. He doesn't say much. He just breathes slowly, stays present, and lets his own calm be something the room can settle around. Over time, without either of them naming it, her breathing slows to match his.

Who This Is For

Chaplains and spiritual care providers. Peer support team members, coordinators, and supervisors. Fire and EMS, law enforcement, dispatch, and other public safety personnel. Nurses, healthcare workers, and other helping professionals.

How We Ground This Work

This module draws on interpersonal neurobiology and relational neuroscience, along with polyvagal-informed concepts used as an educational lens for co-regulation and social engagement, not as a diagnostic instrument.

Scope and Safety

This module is educational and doesn't authorize clinical treatment. Co-regulation is a real and valuable part of support, but it isn't a substitute for professional care when someone's needs go beyond what presence alone can offer.

Where This Leads

This module deepens everything you've already learned about presence and self-regulation, showing you why those skills work the way they do.

Learn the skill. Practice the encounter. Become the presence your people can trust.