



Sept. 26-28, 2025
Portland, Oregon

Optional Outdoor
Exploration
Sept 29

Neuroqueer Somatics Learning Lab for Somatic Practitioners & Therapists

Content: We will explore neuroqueer¹ experiences of internal and external sensing; interest/excitation/ overwhelm; collapse/burnout, emergence; boundaries and co-creation of relational fields; touching somatic stories of relational rupture/misattunement and resonance; masking and release of holding; and neuroqueer attunement and play.

Format & Facilitation: The Learning Lab will consist of a web of related explorations that begin with information and inquiry, offers guidance/invitation for exploration (with demonstration), and connected through group wonderings and learnings. Finn Gratton, autistic and genderqueer somatic therapist, will set and support the frame and container, while inviting participants to co-create the field and practices. We will all, in multiple ways, be teachers and learners.

Who will be coming? Movement and embodiment teachers, physical and occupational therapists, as well as psychotherapists engaged in somatic explorations are all welcome. Group size will max at 30. This Lab will be a neuroqueer-organized liberatory space. There are many ways to participate in explorations, including resting. You need not be autistic, VAST(ADHD) or otherwise neurodivergent to participate, only to be willing (even excited) to be in a neuroqueer and LGBTQIA majority space.

¹ Focus on autism, VAST (ADHD) and related neurotype experiences. [See Neuroqueer: An Introduction](#) by N. Walker

Schedule: 9-5 every day, with lunch 12:30-2, and two 20-minute breaks. Monday outdoors would probably last until 1.

Space: Carvlin Hall, [Phillip Neri Church](#).

This is a large meeting space, with ADA access, including to bathrooms, at least one being single use/all gender. There is room to spread out, to tuck into a corner, and to move around. There's a grassy spot outside, and large parking lot (except during Sunday church time). Public transit is great and there are lots of places to eat and walk in the neighborhood. We will have bodywork tables for touchwork exploration.

Access

Scent-free environment: Please do not use scented personal products. We will ask Carvlin Hall to reframe from scented cleaning products. Information on scent-free products will be provided at registration.

Covid-safety: Testing on the morning of participation. Please plan to mask unless actively teaching. If ventilation is very good (equivalent to outdoor CO₂ levels) then we may decide as a group to shift COVID policies to masking optional.

Physical access: Please contact me with questions about Philip Neri ADA accessibility, audio and visual needs. Chairs will be like the ones seen in the picture of Carvlin Hall. Everyone is welcome to lie down or walk around.

Registration

Name

pronouns

Email

phone

Address

Date

Please describe your work or life explorations that connect with neuroqueer somatics/your interest in this Learning Lab.

**Do you have access needs that weren't addressed in the invitation?
Please describe.**

Do you plan to attend optional outdoor Monday (9-1, location TBD)

How would you like to participate? (Check all that apply)

- ☐ **Show up and participate.**
- ☐ **Share this invitation with people who feel like great co-explorers. (Please share directly-email/text/call. Do not post on social media).**
- ☐ **Help with logistics:** Picking up/returning massage tables, buying & setting up snacks, helping with A/V etc. (reduced fees of \$100-\$300 for this shared labor depending on how much of these tasks you take on)
- ☐ **Plan/co-plan an outdoor connection/integration extra day on Monday.** (will need at least one local area person in co-planning, reduced fees of \$800 divided between co-planners)

- _____ **Help hold the container and flow/pacing of the learning lab:** Help with attending to field, including space prior to beginning of each day, attend to pacing—listen for needs to slow down, pause, attend to ruptures and repairs, reflection periods at end of each day, and check-ins during day as they arise, attend to accessibility needs. This kind of participation can be for a day for the whole time together. Talk with Finn if you are interested in doing this.
- _____ **Co-create a learning experience:** Please note the theme (listed in invitation or your own idea) Finn will reach out to you to discuss.
- internal and external sensing boundaries & co-creation of relational fields,
 - interest/excitation/overwhelm/collapse/burnout/emergence,
 - touching somatic stories of relational rupture and misattunement,
 - masking and release of holding,
 - neuroqueer attunement and play
 - your ideas

Fees: Note \$ amount next to your level. (Shared labor listed above can reduce these fees. Shared labor to be recompensed at the the Learning Lab)

- _____ **Scholarship level: \$200 - \$600 + \$50 optional outdoor Monday**
For those with low income, little savings, do not own home and do not have access to intergenerational wealth, annual vacations, 401K, etc.
- _____ **True cost: \$750 + \$100 optional outdoor Monday**
cost of rent, supplies, facilitation preparation and delivery
- _____ **Wealth redistribution level \$900-\$1200 +\$150 Opt.outdoor Mon**
for those who own their home (or have paid off large part of mortgage), have access to annual vacations, intergenerational wealth, 401K, etc. \$900-1200. Fees from this level will go towards scholarships for those with less financial access.

Payment Options: Invoice(s) will be sent based upon receipt of registration.

- _____ **Half of fee at registration,** remaining half by August 15, 2025
- _____ **Full payment at registration**

Cancellations: If there is someone on the wait list to take your place upon cancellation, fees will be returned minus \$100 administrative fee. If there is no one to take your place, registration fees will not be returned.