

Brainspotting Training - Phase 1



Cherie Lindberg has over 20 years of experience in the human development field. She is an LPC, Nationally Certified Counselor, and a Brainspotting Trainer and Consultant. Her experience and additional education includes training in EMDR, Ego State Therapy, Certification in Imago Relationship Therapy, and Appreciation at Work. Cherie's specialties include performance enhancement for professionals, life transitions, personal growth, anxiety disorders, marital therapy, stress management, PTSD, and ego state therapy.

Cottonwood Tucson
4110 W. Sweetwater Drive
Tucson, AZ 85745

SEMINAR OBJECTIVES

Through lecture, live demonstration and small group practice, participants will learn to do the following:

- Define the components of Brainspotting
- Utilize the techniques of "Inside Window", "Outside Window" and "Gazespotting."
- Define how Brainspotting can be applied to Trauma, Dissociation, Sports Psychology, Somatic conditions.
- Demonstrate the theories and practices of Brainspotting.



June 18th – June 20th 2020 | 9:00am – 6:00pm
Tucson, AZ

Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of challenging symptoms.

Brainspotting is a simultaneous form of diagnosis and treatment, enhanced with BioLateral sound, which is deep, direct, powerful yet focused and containing.

Brainspotting identifies activated eye positions designated as Brainspots. Located through either one or both eyes, Brainspots are observed from either the "Inside Window" of the client's felt sense and/or the "Outside Window" of the client's reflexive responses (i.e. blink, eye twitches or wobbles, pupil dilation, quick breaths, and subtle body shifts). Students will first learn the phenomenological approach that underpins strategies for Brainspotting, followed by strategies for identifying and processing Brainspots. Attention will be given to the utilization and integration of Brainspotting into ongoing treatment, including highly dissociative clients.

Brainspotting is adaptable to almost all areas of specialization. Brainspotting provides therapists with powerful tools which enable their patients to quickly and effectively focus and process through the deep brain sources of many emotional, somatic and performance problems.

REGISTRATION

Early	(Until 5/7/20) \$745
Standard	(5/8/20 – 6/4/20) \$795
Students	\$400
Retake	\$400

Brainspotting

www.getconnected.works/events