

Brainspotting

INTERNATIONAL TRAINING ONLINE Clearing Limbic Countertransference

Brainspotting Advanced Clinical Seminar

This 3-day Brainspotting Advanced Seminar is an opportunity for Brainspotting professionals to deepen their understanding and have personal experience with clearing limbic countertransference. We will also focus on enhancing their clinical presence. This seminar will be taught through didactic discussions, demonstrations and practicums. Process will include strengthening our experience with the uncertainty principle, staying in the tail of the comet, focused mindfulness, W.A.I.T. (why am I talking) and the no assumptions model.

This 3-day training will begin with an extensive review of Brainspotting Theory around limbic countertransference and new developments in neuroscience regarding the difference between empathy and compassion. The teaching opportunities are designed to make available the open, integrative, free-form approach of Brainspotting to enhance presence and support clinicians in applying Brainspotting to all diagnostic categories, including Dissociative and Attachment Disorders.

Attendees will learn neurobiological implications of the differences between empathy and compassion, impacts of secondary exposure to client's content and have opportunities to clear these neurobiological reactions. Teachings will include developing skills for when the therapist loses attunement, falls out of the tail of the comet and ways to develop and apply expansion model to self-care. Minimum requirement for attendance is Brainspotting Phase 1.

MODEL: Clear Enhance Expand

LEARNING OBJECTIVES:

- Enhancing therapist's attunement
- Identify and transform physiological reactions with limbic countertransference
- Understanding implications for client processing
- Understanding the difference between empathy and compassion.
- Applying expansion model for self-care

Who

Classes are open to all counselors, psychologists, and students who are curious and seek to expand their knowledge. Earn 21 CE's for training (*Additional Cost*)

When

July 24th - July 26th, 2020
9:00 am - 6:00 pm

Where

ONLINE

Register

<https://cherielindberg.com/s/tsyqchRk7h9p>

Questions

Paul Lindberg - Office Manager
paul@getconnected.works



Cherie Lindberg

*Brainspotting Trainer & Consultant,
MSE, LPC, NCC*

Cherie Lindberg, is the owner of Get Connected Counseling & Consulting, LLC, has been in the counseling field for more than 20 years. She is a Licensed Professional Counselor, Nationally Certified Counselor, Brainspotting Trainer & Consultant. She is also certified in Imago Relationship Therapy and trained in EMDR. Her specialties include performance enhancement, life transitions, personal growth, anxiety disorders, marital therapy, stress management, PTSD, and ego state therapy.



Cynthia Schwartzberg

Cynthia Schwartzberg, LCSW

Cynthia Schwartzberg, LCSW, owner of Cynthisis, has been in the counseling field for over 30 years and in Brainspotting since its inception. She specializes in trauma, PTSD, relationship issues, life patterns and transitions, performance enhancement, and spiritual guidance. She practices psychotherapy in Atlanta GA, and is President of the Southeast Brainspotting Institute.

