

Brainspotting Phase I Training

Seminar Overview

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 clients felt sense and/or the “Outside Window” of the clients’ 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.

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” and “Outside window”
- Define how Brainspotting can be applied to Trauma, Dissociation, Sports psychology, Somatic conditions
- Demonstrate the theories and practices of Brainspotting

Agenda

DAY 1 8:30am registration Training 9-6pm

AM

Introduction “The Story of Brainspotting” (including Powerpoint)

PM

Outside Window

Demo and Practicum

DAY 2 9-6pm

AM

Inside Window

Demo and Practicum

PM

Gazespotting

Demo and Practicum

DAY 3 9-6pm

AM

Resource Model of Brainspotting

Demo and Practicum

PM

Summary and Conclusion of Training