

# Brainspotting

## Phase 1 Training

### What is Brainspotting?

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.

### Who

Classes are open to all counselors, psychologists, and students who are curious and seek to expand their knowledge.

### When

February 22nd-24th, 2019 • 9am - 6pm  
Earn 21 CE's for training

### Where

Three Points Center  
1500 E 2700 S  
Hurricane, UT 84737

### Register

<http://bit.ly/gcc-bst>

### Questions

Dawn Stiller - Office Manager  
[dawn@getconnected.works](mailto:dawn@getconnected.works)

## Meet the Trainer



### 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.



### Melanie Young *Brainspotting Trainer & Consultant, PSYD*

Dr. Melanie Young received her PSYD from the University of Denver, School of Professional Psychology. She has over 34 years of clinical experience and has been in private practice for 24 years. She works with couples and individuals. She assists adolescents, adults and seniors in overcoming difficulties with trauma, mood issues, anxiety, grief, brain injuries, ADD, and chronic illness. She was first trained in Brainspotting in 2007 and is a trainer and consultant. She can be contacted at [info@melanieyoungpsyd.com](mailto:info@melanieyoungpsyd.com).

## GET CONNECTED CONSULTING, LLC

*Transforming Ordinary Into Extraordinary*

5497 W Waterford Lane Ste A  
Appleton, WI 54913  
(920) 750-6120  
[cherie@getconnected.works](mailto:cherie@getconnected.works)

