

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

March 15th-17th, 2019 • 9am - 6pm
Earn 21 CE's for training

Where

Hilton Garden Inn Milwaukee Airport
5890 S. Howell Avenue
Milwaukee, WI 53207

Register

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

Questions

Dawn Stiller - Office Manager
dawn@getconnected.works

Meet the Trainer



Cherie Lindberg
LPC, NCC

Cherie, the owner of Get Connected Counseling & Consulting, LLC, has been in the counseling field for more than 20 years. Cherie is a Licensed Professional Counselor, Nationally Certified Counselor, Brainspotting Trainer & Consultant. She is also trained in Imago Relationship Therapy, HeartMath and EMDR. She holds an undergraduate degree in Human Development from UW-Green Bay and a Masters in Counseling Education from UW-Oshkosh.

Her specialties include performance enhancement, life transitions, personal growth, anxiety disorders, marital therapy, stress management, PTSD, and inner-child work.

Brainspotting, "It is all about the relationship!" Brainspotting is a brain and body-based relational psychotherapy where clients are in the driver seat! The counselor supports and holds the counseling space in an attuned presence with the client as the client learns to focus mindfully inside themselves to shift, rework and release limiting beliefs and body sensations. New studies in neurosciences show the brain is capable of changing itself. Brainspotting supports symptom relief, self-awareness, healing, increased self-confidence and changes in behavior. Clients will experience what it is like to reconnect and reclaim their true selves. It is very exciting to see people heal and become fully alive again. It is very inspiring and a wonderful gift to participate in this deep type of healing.

GET CONNECTED CONSULTING, LLC

Transforming Ordinary Into Extraordinary

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