

# Brainspotting

Online Clearing Limbic Counter-Transference: Enhancing Attunement

Online

## Seminar Objectives

- Define secondary exposure and how it relates to Limbic Countertransference.
- Identify Fight, Flight, Freeze and Fawn as central nervous system responses to threat.
- Utilize and practice Dual Attunement Frame to enhance therapist attunement in session.
- Practice clearing and expanding therapist's physiology for self-care utilizing Doublespotting method of Brainspotting.

## Who

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

Click on CE Disclosure button on registration page before purchasing CE's.

Earn 21 CE's for training (*Additional Cost*)

## When

March 4th - March 6th, 2022

9:00 am - 5:30 pm

## Where

Online

## Register

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

## Questions

Paul Lindberg - Office Manager  
[paul@getconnected.works](mailto: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.

CHERIE LINDBERG<sup>PhD</sup>

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