

# Brainspotting

BRAINSPOTTING WITH COUPLES ONLINE CONSULTATION GROUP

, ONLINE

## Couples Online Consultation Group:

We will discuss how to assess, prepare, teach and support couples how to co-regulate to move from conflict to connection in their partnerships.

We will explore and discuss how to incorporate Polyvagal theory, Attachment theory, Parts work(ego state therapy), Imago Relationship Therapy and Brainspotting into our work with couples.

Specific topics covered:

- 1 . Cross triggering between partners
- 2 . Assessing readiness for deep vulnerability
- 3 . Psych Education on how the past attachment patterns show up in current relationship
- 4 . Understanding the lizard brain vs. neocortex and how it impacts relationship
- 5 . Concept of Conscious Connection
- 6 . Resources to give couples

**WHEN:** 2nd Monday of each month from 9:30am-11am Central

**COST:** 60.00 per group (8 months) =\$420.00 (Pay for 7, 1 freebie)

## Who

Are you looking to take your counseling practice to the next level? Want to enhance your presence with couples? Consider joining your colleagues at this 7 month ONLINE Couples Consultation Group. Starts October 2020 and goes through May 2021.

## When

October 12th - October 12th, 2020  
9:30 am - 11:00 am

## Where

, ONLINE

## Register

<https://cherielindberg.com/s/VHAX0mYHEksn>

## 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.

My purpose in life is to share knowledge on how we can heal ourselves. We are powerful beyond our wildest dreams! Learning how to go inside yourself to connect to your story, can help you heal, release, rebuild, and realign your life. Bringing hope and inspiration into your life again supports you making the changes you have always wanted to make, but were afraid.

I teach therapists, coaches, body workers, healers and clients on how to hold space for themselves and others. We focus on supporting ourselves so we can transform our lives and teach others how to do it as well. Pay it forward, heal it forward for generations to come! Connection to conscious self and connection to others saves lives.

When I work with couples we talk a lot about conscious, intentional connection. How to bring our best selves into relationship with another.

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.

