

Brainspotting

BRAINSPOTTING ONLINE CONSULTATION GROUP

, ONLINE

Online Consultation Group

Starts in *October, 2020* and goes through *May, 2021*. It will be the **1st** Tuesday of each month from 10:00AM-11:30AM online through Zoom. Cost is 60.00 per person. Group is usually 6-8 people. Please keep the intention if you sign up you are committing to attending all 8 sessions. We will also be going the the Power of Brainspotting book as a reference.

TOPICS:

October 6 - Group Meet & Greet, Desires/Intentions exercise

November 3 - Attunement & Presence

December 1 - Self-care, grounding

January 5 - BSP & Parts, Couples

February 2 - Limbic-countertransference

March 2 - Brainspotting & Grief

April 6 - W.A.I.T

May 4 - Framing, Expansion & Performance (Wrap up)

Who

Are you looking to take your counseling practice to the next level? Want to enhance your presence? Consider joining your colleagues at this 8 month ONLINE Consultation Group. Starts October 2020 and goes through May 2021.

When

October 6th - October 6th, 2020
10:00 am - 11:30 am

Where

, ONLINE

Register

<https://cherielindberg.com/s/bj8es48dkHgK>

Questions

Paul Lindberg - Office Manager
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.

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.

CHERIE LINDBERG^{PhD}

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