

# Brainspotting

Brainspotting Couples Co-regulating (CC)

Online

## LEARNING OBJECTIVES

1. Utilize sender, receiver roles in Imago dialogue process along with mirroring, validation, and empathy.
2. Define key concepts of Attachment Theory, Polyvagal Theory and multiplicity of the mind and its implications for emotional regulation.
3. Practice integrating Imago Relationship Therapy dialogue, Brainspotting and Parts work interventions when working with couples as needed.
4. Define couples co-regulating and how this supports connection.
5. Demonstrate attunement with couple and attunement with self and understand clinical applications.

## 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

February 23rd - February 25th, 2023  
9:00 am - 5:30 pm

## Where

Online

## Register

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

## Questions

Paul Lindberg - Office Manager  
paul@getconnected.works



## Cherie Lindberg

*Brainspotting Trainer & Consultant,  
MSE, LPC, NCC*

Cherie Lindberg, is the owner of Cherie Lindberg 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. Cherie recently transitioned from counseling to coaching healers on thriving, flourishing, and leading a joyful life. Her specialties include performance enhancement, life transitions, personal growth coaching, relationship coaching, stress management, posttraumatic growth.



## Paul Lindberg

*Office Manager*

I was a teacher in the Appleton area school district for 29 years. I retired in January 2020 to join Get Connected full-time as the office manager. I have also taken Imago Relationship Therapy training as we hope to develop more educational training for couples here at GCC.

My teaching background varies as I have taught everything from computer repair, multimedia, web page development and welding/manufacturing. I served in the Coast Guard after graduating high school. I attended college at UW Stout where I received my B.S. in Technology education. Later, I attended UW Oshkosh and received my M.S. in Educational Technology.

CHERIE LINDBERG<sup>PhD</sup>

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