

# Brainspotting

MINDFUL CO-REGULATION IN RELATIONSHIPS: Brainspotting Specialty Workshop

Northbrook, IL

## 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

November 15th - November 17th, 2024  
9:00 am - 5:30 pm

## Where

Cancer Wellness Center  
215 Revere Drive  
Northbrook, IL 60062

## Register

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

## Questions

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



## Cherie Lindberg, PHD, LPC, NCC

### *Brainspotting Trainer & Consultant*

I am a seasoned transformational coach, speaker, advisor, psychotherapist with a completed doctorate. I am dedicated to guiding those that mentor others, leaders, and high performers in embracing their life's purpose. With a focus on personal flourishing, I help individuals highlight their unique abilities and contribute positively to the world. I am committed to educating and mentoring fellow coaches, therapists, and healers in empowering them to excel in their fields and unlock their clients' fullest potential.

In addition to my practical expertise, I am a Brainspotting Trainer and Consultant, and specialize in integrating Brainspotting and IFS coaching techniques into my diversity of healing approaches. My mission is to continue uplifting and empowering those I work with, fostering a ripple effect of positive change in the lives of individuals, communities, and beyond.