

# Brainspotting

Phase I

Online

## What is Brainspotting?

Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment, enhanced with BioLateral sound, which is deep, direct, powerful yet focused and containing.

## Seminar Objectives

Through lecture, live demonstration and small group practice participants will learn to do the following:

- Define the components of Brainspotting
- Utilize the techniques of "Inside window", "Outside window" and "Gazespotting"
- Define how Brainspotting can be applied to Trauma, Dissociation, Sports psychology, Somatic conditions
- Demonstrate the theories and practices 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

January 26th - January 28th, 2024  
9:00 am - 5:30 pm

## Where

Online

## Register

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

## Questions

Paul Lindberg - Office Manager  
paul@getconnected.works



## Cherie Lindberg

*Brainspotting Trainer & Consultant, Ph.D, LPC, NCC*

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.

CHERIE LINDBERG<sup>PhD</sup>

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