

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

October 4th - October 6th, 2024

9:00 am - 5:30 pm

Where

Online

Register

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

Questions

Paul Lindberg - Office Manager
paul@getconnected.works



Cherie Lindberg, PHD, LPC, NCC

Brainspotting Trainer & Consultant,

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

In addition to her practical expertise, Cherie is a Brainspotting Trainer and Consultant, specializing in integrating Brainspotting and IFS coaching approaches into a diversity of healing methods. Cherie draws upon ancient wisdom from Peruvian and Celtic traditions to enrich her practice, offering a holistic approach to personal and professional growth. She focuses on developmental healing, educates on healing collective and ancestral trauma, and teaches individuals how to open to their spiritual and intuitive wisdom. Cherie's mission is to uplift and empower those she works with, fostering a ripple effect of positive change in the lives of individuals, communities, and beyond.

CHERIE LINDBERG^{PhD}

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