

# Brainspotting

Phase I

Northbrook, IL

## 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

August 11th - August 13th, 2023  
9:00 am - 5:30 pm

## Where

Cancer & Wellness Center  
215 Revere Drive Northbrook  
Northbrook, IL 60062

## Register

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

## 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 transition 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.