

# Brainspotting

Phase II

Online

## What is Brainspotting?

Brainspotting is a brain-based therapy based on the hypothesis that specific eye positions designated as “brainspots” activate and access specific areas of the midbrain that allow for the reprocessing and releasing of core neurophysiological reactions to trauma-related and other psychological experiences.

In addition, Brainspotting is built on a model that emphasizes therapist-client attunement in the healing process. As an open and integrative model, Brainspotting is adaptable to many different areas of specialization and can be integrated with other treatment models.

## Brainspotting Phase 2 Seminar Objectives

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

Participants of this *intermediate level course* will be able to:

- Summarize the research on client-therapist attunement in in-person and online psychotherapy sessions.
- Set and utilize the dual attunement frame.
- Explain the way in which bilateral auditory stimulation may enhance processing during Brainspotting.
- Continued on website.....

## Who

Classes are open to all licensed professional counselors, licensed social workers, psychologists, psychoanalysts, MFTs, Substance Abuse Counselors 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

March 8th - March 10th, 2024  
9:00 am - 5:30 pm

## Where

Online

## Register

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

## 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.