

# Brainspotting

Phase II

St. Louis , MO

## 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.
- Explain the role of the allocortex and the agranular isocortex in Brainspotting.
- Describe the oculocardio reflex and its relationship to the vagus nerve of the parasympathetic nervous system.
- Demonstrate a basic mastery of the z-axis and vergence therapy techniques.
- Explain how the one-eye Brainspotting technique can focus and enhance processing of trauma-related experiences.
- Demonstrate a basic mastery of the use of the one-eye Brainspotting technique.
- Demonstrate a basic mastery of the use of the rolling Brainspotting technique.
- Demonstrate a basic mastery of the use of the advanced outside window Brainspotting technique.
- Demonstrate a basic mastery of the use of the advanced resource model of Brainspotting.
- Demonstrate a basic mastery of the combined inside-outside Brainspotting technique.
- Demonstrate a basic mastery of the second level advanced resource model of Brainspotting.
- Assess how specific advanced Brainspotting techniques can be used for complex PTSD and other trauma related conditions.

## 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

February 3rd - February 5th, 2023  
9:00 am - 5:30 pm

## Where

1630 Corporate Hill Drive Bldg. #2  
St. Louis , MO 63131

## Register

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

## 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 transitioned 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.

**CHERIE LINDBERG** PhD

5497 W Waterford Lane Ste A  
Appleton, WI 54913  
(920) 750-6120  
cherie@getconnected.works