

# Brainspotting

Brainspotting, Spirituality & Intuition (BSI)

Online

## Seminar Learning Objectives

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

- Describe and explain how to utilize advanced frame set-ups to access subcortical processes that deepen intuition, cultivate creativity and expansive spiritual experiences.
- Describe & explain the Neuroexperiential Model of Brainspotting and its terms: uncertainty, frame set-ups, attunement, presence, body awareness, neurobiology, relevant eye positions, focused mindfulness, dysregulation to regulation, attachment disruption, developmental trauma and survival/adaptive dissociation.
- Identify blocks to change and transformation.
- Identify body up processes that support the emergence of connecting to an internal paradigm shift.
- Apply techniques to build and explore internal confidence in subcortical processes from the body up that may lead to spiritual experiences, deeper knowing through intuition and creativity.

## Who

Classes are open to all Psychologists, Psychoanalysts, Social Workers, MFTs, Counselors, Substance Abuse Counselors, Occupational Therapists, Nurses, Educators, Massage Therapists, Coaches and Students.

Click on CE Disclosure button on registration page before purchasing CE's.

Earn 21 CE's for training (*Additional Cost*)

## When

May 17th - May 19th, 2024  
9:00 am - 5:30 pm

## Where

Online

## Register

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

## Questions

Paul Lindberg - Office Manager  
[paul@getconnected.works](mailto: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.



## Heather Corbet

*Brainspotting Consultant, B.A.,  
MOTR/L*

Heather is an Occupational Therapist, Holistic Healer, Brainspotting Consultant and Coach with over 20 years in the human development field. Background & specialties include Sensory processing, Spirituality, Grief and loss, Parts work, Neurodivergence, Highly Sensitive People, Medical Anomalies, Performers, Creatives, Group & family dynamics, Couples, Self-development courses and retreats. Heather enjoys witnessing the deep healing with couples, families, and individuals as they shift into new paradigms and increased connection.

