

# 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, Social Workers, MFTs, Counselors, Coaches and Students.

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

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

## When

February 16th - February 18th, 2024  
9:00 am - 5:30 pm

## Where

Online

## Register

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

## Questions

Paul Lindberg - Office Manager  
paul@getconnected.works



## Cherie Lindberg

*Brainspotting Trainer & Consultant,  
Ph.D, LPC, NCC*

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



## 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.

positive change in the lives of individuals,  
communities, and beyond.

CHERIE LINDBERG<sup>PhD</sup>

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