

# Brainspotting

Brainspotting Travel Trip - Scotland

Scotland's breathtaking landscape, with its lush greenery, glacial valleys, enigmatic lakes, and dramatic coastlines, has often served as the stunning backdrop for beloved dramas, suspenseful tales, and gripping narratives. Notable figures like James Bond, Harry Potter, and the characters from Outlander have introduced us to this awe-inspiring terrain, but it's the majestic moors, mountains, forests, and cascading waterfalls that truly steal the spotlight. Experience it all on a remarkable journey through Scotland, traveling along both the scenic routes and the winding paths that traverse the Lowlands, Highlands, and islands, allowing you to explore the country's remarkable castles, historic battlefields, and intriguing ruins. Along the way, we will take moments to savor the vibrant energy, Brainspot in dyads and we imprint these beautiful lands inside our bodies. This is an opportunity to witness some of the most pristine and untouched landscapes of your lifetime. This trip will be an intimate group of 16 for 14 days.

## Who

Classes are open to all healers that already have Brainspotting training.

## When

September 7th - September 20th, 2024  
9:00 am - 6:00 pm

## Where

## Register

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

## Questions

Paul Lindberg - Office Manager  
paul@getconnected.works



## Cherie Lindberg

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

In my role as a transformational coach, speaker, advisor, psychotherapist and visionary, I work collaboratively with mentors, leaders, trailblazers and high performers towards fully welcoming their life's purpose, focusing on the essential elements necessary for personal flourishing and thriving and supporting them in highlighting their unique abilities to the world!

My commitment extends to educating and mentoring coaches, therapists and healers, empowering them to excel in their respective fields and enabling their clients to unlock their fullest potential. As a seasoned Coaching Professional, Licensed Professional Counselor, Nationally Certified Counselor, and a Brainspotting Trainer and Consultant, I am currently in the final stages of completing my PhD in Behavioral Science. I specialize in integrating Brainspotting and IFS coaching techniques to deliver optimal results aligned with your objectives.

CHERIE LINDBERG<sup>PhD</sup>

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