

Brainspotting Phase 2

Online AGENDA

Updated 11-8-23

DAY 1

MORNING

9:00 - 10:30 AM Introductions, Review of BSP Phase 1 extensive Q&A.
10:30 - 10:45 AM Break
10:45 - 12:30 PM Intro to Phase 2 including PowerPoint lecture and Q&A
12:30 - 1:30 PM Lunch

AFTERNOON

1:30 - 3:15 PM One Eye BSP demonstration, debrief
3:15 - 3:30 PM Break
3:30 - 5:00 PM One Eye BSP practicum
5:00-5:30 PM Large Group Debrief

DAY 2

MORNING

9:00-9:30 Check in
9:30-10:45 AM Z-Axis and Vergence, demo, debrief.
10:45-11:00 AM Break
11:00-12:30 PM Z-Axis and Vergence practicum
12:30-1:00 Large group debrief
1:00-2:00 PM Lunch

AFTERNOON

2:00-3:30 PM Outside-Inside Window demo, debrief.
3:30-3:45 PM Break
3:45-5:15 PM Outside-Inside Window practicum
5:15-5:30PM Large group debrief

Day 3

Brainspotting Phase 2

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Updated 11-8-23

MORNING

9:00-9:30AM Check in, debrief

9:30 - 10:30AM Rolling Brainspotting brief demo, debrief

10:30 - 10:45AM Break

10:45 – 11:45AM Rolling Practicum

11:45-12:00PM Large group debrief

AFTERNOON

12:00pm-1:00pm Lunch

1:00-3:15PM Introduction of Advanced Resource Model demo (One-Eye and Z Axis Brainspotting Frame) debrief

3:15-3:30 Break

3:30 - 5:00 PM Resource Frame of One-Eye and Z Axis Brainspotting practicum

5:00-5:30 Large group debrief and wrap up