

# Brainspotting Phase 2

## ONLINE & IN-PERSON AGENDA

Updated 10-20-24

### 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 - 1:45 PM Lunch

#### AFTERNOON

1:45 - 3:30 PM One Eye BSP demonstration, debrief

3:30 - 3:45 PM Break

3:45 - 5:15 PM One Eye BSP practicum

5:15-5:30 PM Large Group Debrief

### DAY 2

#### MORNING

9:00AM-9:30AM Check in

9:30AM-10:45AM Z-Axis and Vergence, demo, debrief.

10:45AM-11:00AM Break

11:00AM-12:30PM Z-Axis and Vergence practicum

12:30PM-12:45PM Large group debrief

12:45PM-2:00PM Lunch

#### AFTERNOON

2:00PM-3:30PM Outside-Inside Window demo, debrief.

3:30PM-3:45PM Break

3:45PM-5:15PM Outside-Inside Window practicum

5:15PM-5:30PM Large group debrief

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## **DAY 3**

### **MORNING**

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

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

10:30AM-10:45AM Break

10:45AM-11:45AM Rolling Practicum

11:45AM-12:00PM Large group debrief

### **AFTERNOON**

12:00PM-1:15PM Lunch

1:15PM-3:30PM Introduction of Advanced Resource Model demo  
(One-Eye and Z Axis Brainspotting Frame) debrief

3:30-3:45 Break

3:45PM-5:15PM Resource Frame of One-Eye and Z Axis  
Brainspotting practicum

5:15PM-5:30PM Large group debrief and wrap up