

Online Brainspotting Phase 1

BIPOC Mental Health and Healthcare Professionals

Asian | African American/Black | Latinx | Indigenous/Native | Middle Eastern |
Mixed Race | Southeast Asian | Pacific Islander



Trainer: John R. Edwards, LCSW
Certified Brainspotting Practitioner
International Brainspotting Trainer & Consultant

**WHERE YOU
LOOK AFFECTS
HOW YOU FEEL**

Dates: January 15th, 16th, 17th-2021 Friday/Saturday/Sunday

Location: Online via Zoom Time: 7:30am to 4:30pm each day Pacific time

Register/More information: www.westcoastpsychotherapy.com Cost: \$599

Training Overview - In a Counter-Space Learning Environment

What is Brainspotting?

Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment, enhanced with BioLateral sound, which is deep, direct, powerful yet focused and containing.

Brainspotting identifies activated eye positions designated as Brainspots. Located through either one or both eyes, Brainspots are observed from either the "Inside Window" of the client's felt sense and/or the "Outside Window" of the client's reflexive responses (i.e., blink, eye twitches or wobbles, pupil dilation, quick breaths, and subtle body shifts). Students will first learn the phenomenological approach that underpins strategies for Brainspotting, followed by strategies for identifying and processing Brainspots. Attention will be given to the utilization and integration of Brainspotting into ongoing treatment, including highly dissociative clients.

Brainspotting is adaptable to almost all areas of specialization.

Brainspotting provides therapists with powerful tools which enable their patients to quickly and effectively focus and process through the deep brain sources of many emotional, somatic and performance problems.

Training Objectives:

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

- Define the components of Brainspotting
- Utilize the techniques of "Inside window", "Outside window" and "Gazespotting"
- Define how Brainspotting can be applied to Trauma, Dissociation, Sports psychology, Somatic conditions
- Demonstrate the theories and practices of Brainspotting