

# Brainspotting

## PHASE 1 TRAININGS

Presented by: Lisa Larson, LMFT

“

Lisa & Kelly are phenomenal! This training enhanced and surpassed my previous trauma and EMDR training. Brainspotting truly is revolutionary!  
~D. Weaver, LMFT

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Brainspotting is a brain-based therapy based on the hypothesis that specific eye positions designated as “brainspots” activate and access specific areas of the midbrain that allow for the reprocessing and releasing of core neurophysiological reactions to trauma-related and other psychological experiences.

In addition, brainspotting is built on a model that emphasizes therapist-client presence and attunement in the healing process. As an open and integrative model, brainspotting is adaptable to many different areas of specialization and can be integrated with other treatment models.

In this 3-day **introductory** Brainspotting training, participants will learn four basic brainspotting techniques. In addition, participants will receive an overview of the:

- standards of care and professional practice for brainspotting practitioners
- research that supports the primary assumptions of brainspotting
- challenges of research and evidence-based treatment for conditions such as Complex PTSD

### 21 Continuing Education Credits Available:

R. Cassidy Seminars will provide the processing of CE certificates. Register at: <https://www.academeca.com/CEUReg/SeminarInfo.aspx?seminarid=1373>

### When:

Choose from one of the following dates:  
April 29-May 1, 2022 | 9am-53pm Pacific Time  
June 3-5, 2022 | 9am-530pm Pacific Time  
Aug 5-7, 2022 | 9am-530pm Pacific Time

### Where:

Online via Zoom  
Register at [pacifctr Traumacenter.com/trainings](http://pacifctr Traumacenter.com/trainings)

### Who:

Available to all psychologists, counselors, social workers, and others in healing professions with a strong clinical background, as well as students and interns.

### Cost:

Early Bird: \$745  
Standard: \$795 / \$400 Student  
Late: \$845 / \$450



Lisa Larson, LMFT is the founder of Pacific Counseling & Trauma Center. She has been in the counseling field for over twenty years.



PACIFIC BRAINSPOTTING TRAININGS  
*with Lisa Larson*

For questions, contact  
Angela at 713-409-9834 or  
[training@pacifctr Traumacenter.com](mailto:training@pacifctr Traumacenter.com)

## Course Objectives:

Participants of this introductory level course will be able to:

1. Summarize the standards of care and professional practice of the International Brainspotting Association.
2. Describe the hypothesized neurological underpinnings of how brainspotting works.
3. Summarize the research that supports the hypothesized way in which eye positions activate and accesses midbrain activity.
4. Explain the uncertainty principle as it relates to brainspotting.
5. Describe the concepts of simultaneous neurobiological and relational attunement.
6. Explain the importance of client-therapist attunement during brainspotting.
7. Explain how the treatment frame is set and held by the therapist.
8. Explain the role of focused mindfulness in brainspotting.
9. Discuss the similarities and differences between the activation and resource models of brainspotting.
10. Explain the concept of limbic countertransference.
11. Demonstrate a basic mastery of the use of the outside window brainspotting technique.
12. Demonstrate a basic mastery of the use of the inside window brainspotting technique.
13. Demonstrate a basic mastery of the use of the gaze spot brainspotting technique.
14. Demonstrate a basic mastery of the use of the resource model of brainspotting technique.
15. Assess the appropriate brainspotting techniques for the treatment of Post-traumatic stress disorder, including the Dissociative Subtype, and other trauma-related symptoms.
16. Describe two challenges to assessing and providing evidence-based treatment to individuals with Complex PTSD.

## Daily Schedule:

**\*\*Breaks are 15min each, lunch is from 12:45-1:45 daily.\*\***

### FRIDAY

9-930: Course Overview

930-1045: Brainspotting Intro, History, Research, etc.

---BREAK---

11-1130: Discussion/PPT cont.

1130-1245: Outside Window Demo with Debrief

---LUNCH---

145-2: Outside Window Recap

2-4: Outside Window Practicum with Debrief

---BREAK---

415-530: Inside Window Demo with Debrief

### SATURDAY

9-915: Friday Recap

915-930: Inside Window Recap

930-1130: Inside Window Practicum with Debrief

---BREAK---

1145-1245: Gazespotting Demo with Debrief

---LUNCH---

145-2: Debrief cont. with Recap

2-4: Gazespotting Practicum with Debrief

---BREAK---

415-5: Small Group: Gen. Q&A

5-530: Large Group Q&A

### SUNDAY

9-930: Saturday Recap

930-1045: Resource Approach Intro, DID with PowerPoint

---BREAK---

11-1130: Cont. Resource, DID

1130-1245: Resource Demo with Debrief

---LUNCH---

145-2: Resource Recap

2-4: Resource Practicum with Debrief

---BREAK---

415-445: Small Group: Using BSP with Various Populations

445-530: Large Group Q&A, Final Recap

**There is no conflict of interest or commercial support for this program.**