

# Expansion Brainspotting

A specialty training to fast track your client's ability to manifest their deepest dreams & desires

Hosted by Lisa Larson, LMFT

*Lisa's Expansion Training is all about possibility both for you and your clients. Lisa magnificently teaches how her Expansion Model uniquely, powerfully, and effectively can be applied to clients across the clinical spectrum. Don't miss it!*

David Grand, PhD

## Details:

**WHEN:** April 21-23, 2023 | 9am-230pm daily

**WHERE:** Live on Zoom, register at  
[pacifictraumacenter.com/trainings](http://pacifictraumacenter.com/trainings)

**WHO:** Anyone who has completed Phase 1

**WHAT:** Expand and unleash your client's infinite potential, passion, and performance

**COST:** Standard rates: \$595 / \$400 student

**MORE INFO:** [training@pacifictraumacenter.com](mailto:training@pacifictraumacenter.com)

\*CEs may be available. See more on our website.



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



## Meet the Trainer:

Lisa is the founder and owner of Pacific Counseling & Trauma Center and Pacific Brainspotting Trainings. She has been in the counseling field for over 20 years. Her passion is healing the traumatized and mentoring other therapists to be outstanding trauma clinicians. Her specialties are trauma and PTSD in her work with individuals, couples, and families.

## Course Objectives:

Participants of this intermediate level course will be able to:

1. Discover how to effectively use a 'Healing Overeating' Brainspotting Set-up.
2. Solve the issue of clients who say "I don't want to Brainspot today."
3. Produce deep, subcortical results through Expansion Brainspotting.
4. Use Expansion Brainspotting to get better outcomes for your clients with less suffering.
5. Discover how to help your clients to "bear the unbearable" using Brainspotting techniques for your most fragile clients.
6. Examine how to help your clients achieve deeply desired states of being, such as peace, joy, or presence.
7. Identify how all your clients can benefit from Performance Expansion Brainspotting set-ups, not just athletes and creative performers.
8. Show how you can use your client's spirituality alongside Expansion to heal their worst and most complex traumas.
9. Illustrate set-ups such as "Truth & Lie" Double Spotting to deprogram the lie that breeds shame and self-loathing.
10. Apply Expansion to instill the deepest truth - that your clients have always been, and always will be worthy.
11. Apply the Expansion process through three practicums.
12. Examine how to do effective intakes for athletes, creative performers, and clients with everyday goals such as getting in shape.
13. Differentiate how to safely Brainspot your suicidal clients.

## Schedule:

### FRIDAY

9-915: Course Overview

915-1030: PowerPoint Lecture on Expansion  
Brainspotting

1030-1045: Break

1045-12: Demo of Basic Expansion Model w/Debrief

12-1230: Lunch

1230-230: Basic Expansion Practicum w/ Debrief



### SATURDAY

9-915: Review Friday

915-945: PowerPoint Lecture Cont.

945-11: Demo of Double Spotting w/ Debrief

11-1115: Break

1115-1245: Double Spotting Practicum

1245-115: Lunch

115-145: Debrief Practicum

145-230: Performance Expansion Powerpoint

### SUNDAY

9-930: Review Fri & Sat; Q&A

930-1045: Demo of Performance  
Expansion w/ Debrief

10:45-11: Break

11-1230: Performance Practicum

1230-1: Lunch

1-130: Debrief

130-230: Final Q&A

To inquire about early course access, email [training@pacifictraumacenter.com](mailto:training@pacifictraumacenter.com)