

# Brainspotting

## PHASE 2 TRAINING

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 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 **intermediate level** Brainspotting Phase 2 training, participants will:

- Be given a review of the four basic Brainspotting techniques learned in the Brainspotting Phase 1 training.
- Acquire basic mastery of five more advanced Brainspotting techniques.

### 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=1584>

#### When:

July 8-10 2022 | 9am-530pm Pacific Time  
October 14-16, 2022 | 9am-530pm Pacific Time

#### Where:

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

#### Who:

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

#### Requirements:

Must have taken Phase 1 prior to enrollment.

#### 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@pacifictraumacenter.com](mailto:training@pacifictraumacenter.com)

## Course Objectives:

Participants of this intermediate level course will be able to:

1. Summarize the research on client-therapist attunement in in-person and online psychotherapy sessions.
2. Set and utilize the dual attunement frame.
3. Explain the way in which bilateral auditory stimulation may enhance processing during Brainspotting.
4. Explain the role of the allocortex and the agranular isocortex in Brainspotting.
5. Describe the oculocardio reflex and its relationship to the vagus nerve of the parasympathetic nervous system.
6. Demonstrate a basic mastery of the z-axis and vergence therapy techniques.
7. Explain how the one-eye Brainspotting technique can focus and enhance processing of trauma-related experiences.
8. Demonstrate a basic mastery of the use of the one-eye Brainspotting technique.
9. Demonstrate a basic mastery of the use of the rolling Brainspotting technique.
10. Demonstrate a basic mastery of the use of the advanced outside window Brainspotting technique.
11. Demonstrate a basic mastery of the use of the advanced resource model of Brainspotting.
12. Demonstrate a basic mastery of the combined inside-outside Brainspotting technique.
13. Demonstrate a basic mastery of the second level advanced resource model of Brainspotting.
14. Assess how specific advanced Brainspotting techniques can be used for complex PTSD and other trauma related conditions.

## Daily Schedule:

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

### FRIDAY

9-930: Course Overview

930-1030: Brainspotting

Phase 1 Review

---BREAK---

1045-1130: Phase 2 PPT with discussion

1130-1245: Demo Inside/ Outside Window with Debrief

---LUNCH---

145-315: Rolling Brainspotting PPT and Demo with Debrief

---BREAK---

330-5: Practicum: Rolling and Inside/Outside Window (one each)

5-530: Debrief Practicums

### SATURDAY

9-915: Friday Recap

915-1045: One Eye PPT and Demo with Debrief

---BREAK---

11-1245: Practicum: One Eye

---LUNCH---

145-215: Debrief Practicum

215-345: Z Axis and Vergence Demo with Debrief

---BREAK---

4-530: Practicum: Z Axis and Vergence

### SUNDAY

9-930: Saturday Recap,

Debrief Z Axis and

Vergence Practicums

930-11: Advanced Resource Model PPT and Demo with Debrief

---BREAK---

1115-1245: Practicum: Advanced Resource Model

---LUNCH---

145-215: Debrief Practicum

215-345: Small Group Break Out for Q&A

---BREAK---

4-530: Large Group Q&A, Final Recap

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