Brainspotting

PHASE 1 TRAINING

FOR MENTAL HEALTH, HEALTHCARE AND HEALING PROFESSIONALS
ASIA PACIFIC (ONLINE IN ENGLISH)

Brainspotting is a powerful, brain-body based healing modality that accesses the deepest regions of the brain where clients store their traumatic experiences as well as their infinite capacities for expansion. This access to the mid-brain and the brainstem allows profound transformation to occur. It works by identifying, processing and releasing the core neurophysiological sources of trauma. The symptoms of unprocessed trauma include pain (emotional and physical), dissociation, anxiety, insomnia, flashbacks, numbing, depression and other challenging symptoms. These symptoms are notoriously difficult to eliminate through talk therapy. Verbal engagement does not reach the deep regions of the brain (and body) where the traumatic experiences are held.

Brainspotting was voted the most effective trauma treatment by the parents and survivors of the Sandy Hook massacre after a five-year study comparing over 25 therapeutic modalities. The parents ranked Brainspotting first in its effectiveness in treating the traumatic loss of their young children.

Who can take Brainspotting? This training is available to all counselors, social workers, psychologists, healthcare and healing professionals such as doctors, nurses, physical therapists, acupuncturist, coaches and body workers with strong clinical backgrounds.

Trainers:

- **Nancy Tung** - BSP Trainer, Washington
- **John Edwards** - BSP Trainer, California
- **David Grand** - Founder & Developer of Brainspotting, New York

Brainspotting Phase 1 This four-day training will provide attendees with advanced somatic therapy for the treatment of clients with PTSD. It provides clinicians with powerful tools to resolve severe traumatic experiences and the resulting emotional and somatic pain, insomnia and flashbacks.

Phase 1 Seminar Objectives

Through lecture, demonstration and practicums participants will learn to:

- Define the components of Brainspotting
- Utilize the techniques of "Inside Window," "Outside Window," "Body Resource," and "Gaze-Spotting."
- Utilize the theories and practices of Brainspotting after training to work with clients effectively.

Dates

Feb. 26-27, Mar 5-6, 2021 (North America)

Feb. 27-28, Mar 6-7, 2021 (Asia)

Times

5:00 PM-11:00 PM

(Pacific Standard)

9:00 AM-3:00 PM (Hong Kong)

Where

Online Zoom

Tuition (USD)

Early Bird

(Ends 1/10/2021):

$745

Standard:

$795

Late:

(2/5/2021 or later)

$875

Non-working full-time graduate students:

$400

Registration:

www.NancyTung.com

Questions:

NancyTungCoaching@gmail.com

bsptrainer@westcoastpsychotherapy.com

Continuing Education Credits:

21 CE's are available