

Brainspotting

PHASE 2 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 neuro-physiological 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.

Trainer:

- [Nancy Tung](#) - BSP Trainer and Consultant



Brainspotting Phase 2 This three-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 2 Seminar Objectives

Through lecture, demonstration and practicums participants will learn to:

- Define the components of Brainspotting
- Utilize the techniques of "One Eye BSP", "Z-Axis and Convergence", "Inside-Outside Window", "Rolling Brainspotting", and "Advanced Resource Model".
- Utilize the theories and practices of Brainspotting after training to work with clients effectively.



Dates

(North America)
Feb. 17,18,19, 2022
(Thur,Fri,Sat)
(Asia/Australia)
Feb. 18,19,20, 2022
(Fri,Sat,Sun)

Times

4:00 PM-11:50 PM
(Pacific Daylight Saving)
7:00AM-2:50 PM
(Hong Kong)

Where

Online Zoom

Tuition(USD)

Early Bird:
\$795

Standard:
(2/1/2022 or later)
\$845

Registration:

www.NancyTung.com

Questions:

NancyTungOffice@gmail.com

21 CE's are available

