

Recently, the Brainspotting community in the USA has entered in a deliberate process of increasing the diversity of Brainspotting practitioners who practice in the USA. The first training specifically aimed at this process was the Brainspotting Phase 1 training for Therapists of Color in December 2019 in Atlanta, GA. This training was lead by David Grand, PhD with John R. Edwards, LCSW as co-trainer.

There are two general purposes of this presentation. The first is to clarify the need for these specific types of training that target non white mental health and healthcare professionals. The second is to begin to shift the dynamic perception held by white professionals that have traditionally negatively impacted non white professionals. The Brainspotting community is no exception to the second purpose.

The processes by which these general purposes will be addressed include but are not limited to:

Learning to address issues of whiteness, systemic and structural racism

Uncovering ones own aversion to the process itself

Opening an access point to privilege, power, implicit and explicit biases in the context of race, racial trauma and the Brainspotting community.

Learning the relevance and necessity of doing one's own work in relation to racial trauma.