

BRAINSPOTTING COREGULATING COUPLES ABSTRACT:

Couples desiring to nurture deep, meaningful long-term relationships can achieve their goal by developing skills for self-mastery through intentional connection. “Brainspotting-Couples Co-regulating” (BSP-CC) introduces four distinct therapeutic steps which interweave the following: Brainspotting; four psychological theories (*attachment, polyvagal, interpersonal neurobiology, internal family systems*), and Imago Relationship therapy.

Step one: *Understanding Your History* uses psychoeducation to help participants comprehend their familiar attachment patterns for relating to others, for managing physiological states, for making meaning (both past and present), and for learning to be present.

Step two: *Processing & Reorganizing Your History* uses Brainspotting to develop participants’ awareness of triggers and reactivity in order to enhance self-awareness overall.

Step three: *Making Peace With Your History* both teaches and practices safe conversations.

Step four: *Self-Mastery Over Your History* integrates the couples’ prior work by using Brainspotting with dialogue to achieve self-mastery, let go of old stories, and attain conscious connection.

Learning Objectives

1. Define key points of Attachment Theory, Polyvagal Theory, Interpersonal Neurobiology, Brainspotting, Parts work and Imago Dialogue process.
2. Define sender, receiver roles in Imago dialogue process along with mirroring, validation, and empathy.
3. Demonstrate integrating Imago dialogue, Brainspotting and Parts work interventions.
4. Define couples co-regulating and how this supports connection.
5. Discuss clinical applications of integrating the above theories and interventions with Brainspotting.

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