

This workshop on Expansion Brainspotting will help attendees understand how important Expansion BSP is in alleviating the profound suffering of our most vulnerable clients as well as facilitating peak performance and strengthening desired states of being. Expansion Brainspots have infinite healing potential and are far more potent in resourcing our fragile clients than the Body Resource which is limited to a SUDS of 0 to 10. In addition, Expansion Brainspots strengthen positive neural networks thus fast forwarding the desired change and transformation.

With lecture, step by step instructions, case presentations, demonstration, practicum, and easy to use hand-outs; attendees will learn how to effectively use Expansion Brainspotting with the majority of their clients with exponentially more effective results.

Attendees will learn to do Double Spotting with Activated and Expansion Brainspots as well as straight Expansion work to achieve peak performance and creativity with athletes, artists, and every kind of performer.

Course Outline:

1. Power Point highlighting the breakthroughs possible with Expansion BSP.
2. Live demonstration illustrating how to set up and find effective expansion spots with simple step by step instructions.
3. Case presentations on Expansion Double spotting, Expansion work with our most vulnerable clients, and utilizing Expansion to facilitate peak performance or stepping into new behaviors and healthier states of being.
4. Practicum- Expansion Brainspotting
5. Questions and Answers
6. Helpful handouts including an Intake form for athletes and performers and an extensive list of Expansion Brainspotting ideas and possibilities so attendees can feel confident using Expansion BSP broadly in their practices.