

Congratulations, you have completed Brainspotting Phase 1. Now what? Have you wondered what it takes to become an expert Brainspotter? How does the trainer make it look so easy? In this workshop we will review and expand on 3 core principles of Brainspotting - The Uncertainty Principle, Staying in the Tail of the Comet, and the Dual Attunement Frame. We will discuss how to integrate these three principles with your own subject matter knowledge to help you become an expert Brainspotter.

Objectives:

1. Participant will understand how the Uncertainty Principle can be applied to their specific area of practice
2. Participants will be able to describe the meaning of Staying the Tail of the Comet
3. Participants will be able to describe how to integrate the Dual Attunement Frame into their Brainspotting sessions.
4. Participants will learn how to integrate 1 - 3 from a psychotherapy expansion perspective that focuses on healing and recovery and then into growth and development.