

Abstract:

BSP Peer Support Groups provide ongoing learning and practice which are key to skill growth. Having a safe place to ask questions and get answers shortly after training facilitates the use of the new skills and builds confidence. Experienced Brainspotters sharing in their community creates value and sparks new ideas for applications, encouraging all of us to “be curious”. Pairing therapists newer to BSP with more experienced BSP-ers for personal dyad work inspires confidence and growth of skills as well as ongoing personal processing to release personal trouble spots and further enhance our personal expansion as people and therapists. Good peer support groups will provide all these opportunities, building a community and excitement for BSP healing and practice. Having facilitated such a group for several years, we want to share how other Certified Brainspotters can establish this kind of wonderful supportive group in their community too!