

Clearing Limbic Countertransference: Enhancing Attunement Pre-Conference

Brainspotting is a modality to support clients and also applied to help us clinically and personally. This workshop is designed for us to dive into our own journey as a therapist. All attendees will have completed the Brainspotting Phase One Training or higher. The workshop will focus on clearing the Limbic Countertransference which impairs our ability to stay in the tail of the comet, impacts our feelings of burn out and prevents us from staying present. We will end the pre-conference with an exercise to enhance attunement .

Learning Objectives

- Define secondary exposure and how it relates to Limbic Countertransference.
- Identify Fight, Flight, Freeze and Fawn as central nervous system responses to threat.
- Utilize and practice Dual Attunement Frame to enhance therapist attunement in session.
- Distinguish between empathy and compassion.
- Utilize methods to shift from empathic distress to compassion.
- Practice clearing and expanding therapist's physiology for self-care utilizing Doublespotting method of Brainspotting.

Methods used to convey the content:

Brainspotting, guided imagery, live lecture, demonstration, group experiential

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