

**Workshop Proposal**  
**2<sup>nd</sup> International Brainspotting Conference**

**Critical Thinking in Brainspotting Theory, Practice, & Research**

Presenter: Martha S Jacobi, PhD, LCSW

**Learning Objectives:**

Participants will:

- 1--consider the question: "Why do we do what we do, when we do it, in Brainspotting?"
- 2--learn the application of critical thinking to Brainspotting
- 3--explore the reciprocal interrelatedness of Brainspotting theory, practice, and research

**Topic:** Open and/or Research

**5 bullet points summarizing the main point of the workshop:**

- The phenomenon of Brainspotting is an interactive process of theory development and practice
- The Critical Thinking process -- of thoughtful consideration, knowledge of relevant methods of inquiry and skill in applying them (Glaser, 1941) – has relevance to Brainspotting, leading to a consideration of the question “What is knowledge?” (epistemology) and different “ways of knowing” (philosophy) in relation to the foundational aspects of Brainspotting theory: the Uncertainty Principle of Brainspotting, the Dual Attunement Frame, and the location and function of the Brainspot, in practice
- Brainspotting practitioners can benefit from developing explicit awareness of Brainspotting as also embodying an integrative epistemology
- As such, Brainspotting uses, critiques, and expands common understandings of the scientific method within theory development, practice, and research
- Issues in theory development, practice, research will be identified and considered throughout the workshop as Brainspotting is explored within the frame of being interactive process with an integrative epistemological approach to clinical/practice wisdom and scientifically grounded healing knowledge

**Abstract:**

"A Critical Thinking approach can prepare leaders and thinkers in the Brainspotting field to influence further use of scientific methods in Brainspotting theory development, research, and clinical applications." (Grand/Jacobi, 2018.)

This session presents a summary of the advanced, 3-day course that Dr. Jacobi offers as part of the Brainspotting Concentration Residency program of the International University for Graduate Studies.

In the session, the "Critical Thinking" process is defined and applied to all aspects of Brainspotting, with a goal of helping Brainspotting Practitioners from all fields of practice grow in their responses to two fundamental questions: 1--What is Brainspotting? and 2--Why do we do what we do when we do it? -- in Brainspotting theory building, practice, and research. PowerPoint/lecture, personal and reflection exercises, and group discussion will be used throughout the session.

**Brief agenda of the presentation:**

- Introduction & overview of the workshop/presentation
- Lecture & PPT on Brainspotting as an interactive process of theory development & practice
  - Personal reflection exercise: *"What is Brainspotting?"*
- Lecture & PPT on Critical Thinking and its relevance to Brainspotting; epistemology & philosophy
  - Personal/group reflection exercise: *"What is knowledge?"*
- Discussion: relevance and benefit to Brainspotting practitioners from developing an explicit awareness of the integrative epistemology (multidimensional knowledge; multiple ways of "knowing;" consciously explicit and non-consciously present neuro-experiential)
- Lecture & PPT on scientific method and a mutually reciprocal process among exploration/discovery, benefits/outcomes, and community analysis/feedback, that is grounded in the gathering & interpretation of data
  - Discussion:* the use, critique, and expansion of scientific method within Brainspotting
- Lecture & PPT, with discussion, on ongoing challenges and opportunities in Brainspotting theory development, practice and research

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