Brainspotting

PHASE 1 TRAINING
Hosted by Lisa Larson, LMFT

Folsom, California

21 CE Hours Available (see next page for details)

Brainspotting is a powerful, brain-based trauma therapy that accesses the deepest regions of the brain where clients store their traumatic experiences and survival terror. This access to the mid-brain and the brainstem allows deep transformation to occur. It works by identifying, processing and releasing the core neurophysiological sources of trauma. The symptoms of unprocessed trauma include emotional and body pain, dissociation, anxiety, insomnia, flashbacks, numbing, disconnection and other challenging symptoms. These symptoms are notoriously difficult to eliminate through talk therapy. Verbal engagement does not reach the deep regions of the brain (and body) where the traumatic experiences are held so they cannot heal. The brain becomes overwhelmed and is unable to process verbal information about these traumatic events.

Brainspotting was voted the most effective trauma treatment by the parents and survivors of the Sandy Hook massacre after a five-year study comparing over 25 therapeutic modalities. The parents rated it first in its effectiveness in treating the traumatic loss of their young children.

Meet the Trainer: Lisa Larson, LMFT - Lisa is the founder of Pacific Counseling and Trauma Center. She has been in the counseling field for over twenty years.

Who can take Brainspotting? This training is available to all counselors, social workers, psychologists, addiction counselors and others in the healing professions with strong clinical backgrounds, as well as students and interns.

Brainspotting Phase 1 This three-day seminar will provide attendees with training in advanced somatic therapy, for the treatment of clients with PTSD. It provides clinicians with powerful tools to resolve severe traumatic experiences and the resulting emotional and somatic pain, insomnia and flashbacks.

Seminar Objectives

Through lecture, demonstration and practicums participants will learn to:

- Define the components of Brainspotting
- Utilize the techniques of “Inside window,” “Outside window”, ”Body Resource,” and “Gaze-Spotting”.
- Define how Brainspotting can be applied to PTSD, Trauma and Somatic Conditions.
- To effectively utilize the theories and practices of Brainspotting with clients after the training.

WHEN

February 7- 9, 2020

SCHEDULE

Friday 2/7
8:30 Registration
9:00am-5:30pm class

Saturday 2/8:
8:30am-5:30pm class

Sunday 2/9:
8:30am-5:30pm class

WHERE

Ala Moana Hotel
410 Atkinson Drive Honolulu Hawaii 96814

TICKET COST

Early Bird (Ends 1/18/2020): $745

Standard: $795

Late (2/1 or later): $845

Only non-working graduate/ doctoral students: $400

For information or to register for this training: www.pacifictraumacenter.com and select Training.

If you have specific questions about Brainspotting call Lisa Larson at: (916) 608-4569

For administrative or scheduling questions call Peter Fitch at: (916) 715-8326

TESTIMONIALS

"What an amazing transformative experience. I felt seen, supported, and able to learn on all the levels I'd hoped for- body, mind, heart and soul. Beautiful to be in this space of expansive, compassionate learning backed by research and science. I am so grateful and know my clients will be thrilled by his new modality I am bringing back to my office. I have been looking to find a way to combine the potency of compassion and neuroplasticity. This is it! -Alissa Blackman, MFT

"I love this work and these presenters. Lisa and Kelly's command of the material and the process is profound, deep and spiritual. I am looking forward to using ***Brainspotting*** *in my practice tomorrow. I only wish that I had this in my toolbox 25 years ago when I learned EMDR. Many of my clients would have benefitted."* -Richard Platt, MFT

"As a volunteer for the demonstration I had an amazing experience with Lisa. I worked through a lifetime of trauma in one hour." -Renee Miller, MFT

"*This was an excellent training. The demonstrations were a highly effective teaching tool. Lisa Larson is a deeply skilled and empathic clinician as well as a clear communicator when teaching.* ***Brainspotting*** *will be invaluable in my practice."* -Athena Papadakos, Ph.D.

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"Excellent training. It is a much more relational process than the name of the training might suggest. An excellent way to heal trauma especially for clients who don't want to talk about It." -Phase One Evaluation

"***Brainspotting*** *has changed the way I look at therapy. Often there are underlying issues with trauma that no amount of talk therapy can help.* ***Brainspotting*** *has given me an awesome tool to help clients resolve trauma." -Helene E. Goble, MFT*

"*Lisa and Kelly are phenomenal! The* ***Brainspotting*** *training enhanced and surpassed my previous trauma and EMDR training.* ***Brainspotting*** *truly is revolutionary! Thank you David Grand, Lisa Larson and Kelly Larson for what you are doing for our field as well as for the precious hearts and souls in my practice."* -David Wever, LMFT

*"****Brainspotting*** *is based on the profound attunement of the therapist with the patient, finding a somatic cue and extinguishing it by down-regulating the amygdala. It isn't just PNS (Parasympathetic Nervous System) activation that is facilitated, it is homeostasis."* - Robert Scaer, MD, "The Trauma Spectrum"

CONTINUING EDUCATION CREDITS

21 CE's are available

R. Cassidy Seminars will provide the processing of CE Certificates.

Click here to register for CE credit or paste the following into your browser: https://www.academeca.com/CEUReg/SeminarInfo.aspx?seminarId=1373

Ala Moana Hotel Room Discount

12% discount off of the Best Available ("Mantra Daily") Rate at time of booking in the Kona and Waikiki Towers.

To get the discount, please advise your guests they may book and pay for their own reservations either of two ways:

1. Online at: **www.alamoanahotelhonolulu.com**, using Promo Code: PACTRAUMA

2. By phone, calling the reservations department. Ala Moana Hotel reservations can be reached at: 1-800-367-6025; or 955-4811 from Oahu

The discount is only valid for travel between February 5-12, 2020