

An International Webinar Series to Benefit the US Brainspotting Association

CULTURAL COMPETENCY & BRAINSPOTTING FOR FIRST RESPONDERS, MILITARY VETERANS, AND THEIR FAMILIES

Presented by: Jennifer Alexander, LMFT



This workshop will review basic cultural competencies related to first responders, military veterans, and their families. Participants will be introduced to brainspotting theory and techniques to help promote initial engagement and strengthen dual attunement while limiting limbic countertransference in order to heal our heroes.

In this course, you will:

1. Gain a clear understanding of why cultural competency with these populations is important within brainspotting.
2. Define how brainspotting can be applied to these populations to promote engagement in services and increase reliability.
3. Learn the frame and focus of brainspotting specific to these populations through the use of the uncertainty principle and awareness of unique cultural processing characteristics.
4. Review components of brainspotting and unique utilizations of techniques within the context of their culture.
5. Define use of brainspotting for expanding performance and creativity in the context of their culture.

Experiential opportunities and comprehensive resources provided. A recording will be available for those that cannot attend live.



When: Tuesday, August 17th, 9-11am PT

Where: Online via Zoom

Register: bit.ly/CulturalCompBSP

Cost: \$50

For questions, contact Angela at 713-409-9834 or training@pacifictraumacenter.com.

MEET THE PRESENTER

Jennifer Alexander is a certified brainspotting therapist and consultant who specializes in the treatment of trauma and addictions with an emphasis on difficult to engage populations such as first responders, military personnel, and their families. Jennifer has over 30 years of combined experience in the field as a former first responder and current licensed marriage and family therapist. Married to a firefighter for 21 years, while raising children, Jennifer understands the complexities of these populations and their families firsthand and the need for effective therapeutic support combined with the importance of cultural competency.

