

Introduction to Brainspotting

A Focused Mindfulness Tool for Healing

What is Brainspotting?

Brainspotting is a powerful, focused mindfulness treatment that works by using eye position and dual attunement to identify, process, and release core neurophysiological emotional/body pain from trauma, dissociation, addiction, etc. Brainspotting can also enhance peak performance in athletes and creative professionals.

Brainspotting functions as a neurobiological tool to support the clinical healing relationship. While there is no replacement for a mature, nurturing therapeutic presence and the ability to engage clients in a safe and trusting relationship, Brainspotting offers a rapid healing experience so clients are back in their lives, functioning at their highest, as quickly as possible.

Learn about Brainspotting

This presentation will introduce you to Brainspotting, including a demonstration, and resources for further information and training. The combination of mindfulness, current neuroscience and intuitive relational presence makes Brainspotting a wonderful tool to augment any therapeutic training or skill set.

Please register today by calling 833-427-7528 or e-mailing Katherine at k@bspkat.com

This workshop is free of charge and is eligible for **2 CE** through R. Cassidy Seminars. You can purchase them by clicking on the link at www.ktherapy.com.

There will be a networking and refreshment gathering afterwards.

**Friday, March 2, 2018
5-7pm**

Networking/Refreshments afterwards

Hosted at Center for Integrative Health
45 Lyme Road, Suite 200
Hanover, NH



Katherine Allen, MA, LMFT is a licensed Marriage and Family Therapist with over 12 years experience. I was introduced to Brainspotting after the tragic Sandy Hook incident, where I am a local therapist. I have been a part of David Grand's personal supervision group for over 4 years now, meeting monthly with the developer of this therapy, and have reached the top training level as a Certified Consultant, and I am an approved Supervisor of Brainspotting.

I am proud and eager to bring this amazing healing tool to the Upper Valley and to help local residents heal faster and more completely than has been possible until now.

brainspotting
with Katherine



Katherine Allen, LMFT
Psychotherapist

Individual, couple
and family therapy

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Serving the Upper Valley

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