

Brainspotting

Phase 1 Training -- Hanover, NH

October 26-28, 2018 9a-6p Friday-Sunday

**Early Bird \$695 until October 4
\$745 to 10/20, \$795 from 10/21 on**

For further information contact:

Katherine Allen at k@bspkat.com or 833-427-7528

Brainspotting is a powerful and effective approach to healing and wellness that harnesses the nervous system's ability to reorganize and realign itself, enhancing resilience and facilitating change. Discovered in 2003 by psychotherapist Dr. David Grand, Brainspotting accesses the brain-body's innate self-scanning and self-healing capacities in the context of neurobiological and relational attunement. In Brainspotting, a person's brain-body activation around a particular issue is paired with a relevant eye position, called a Brainspot that locates, processes and releases trauma, allowing the brain-body system to regain homeostasis.

Brainspotting was found to be the most effective therapy for treatment of trauma in adults in the 2016 Sandy Hook Community Report.

BSP Trainer: Katherine Allen, MA, LMFT was introduced to Brainspotting after the tragic Sandy Hook incident, where she is a local therapist. She is a Brainspotting Trainer and Certified Consultant, and has been a member of David Grand's private NY supervision group since 2013, She is also an approved Supervisor of Brainspotting, able to provide local ongoing support for those newly trained in Brainspotting. Katherine is a licensed Marriage & Family Therapist in both CT and NH. In 2008 she opened a private group practice in CT, MFT3, and in 2017 she opened a new private practice in Hanover, NH called kTherapy and Brainspotting with Katherine.

Location: Center for Integrative Health, 45 Lyme Road, Suite 200, Hanover, NH 03755

Schedule: Registration and breakfast 8:30-9, training each day from 9a-6p, lunch on your own.

Registration Form: PLEASE PRINT CAREFULLY 21 CEs available from R Cassidy for \$30, separately

Name: _____

Address: _____

Phone: _____ Email: _____

Credit Card: # _____

Exp date: _____ Security code: _____ Zip code: _____

Or send check to:

Katherine Allen

kTherapy and Brainspotting with Katherine

45 Lyme Road, Suite 310A, Hanover, NH 03755