

3-day Phase 1 Brainspotting Training

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.

Brainspotting is a collaborative, augmentative tool to add to any healing approach, be it traditional licensed mental health approaches or energy and body work professionals. Brainspotting does not replace your current expertise, it is a tool to be added to your already rich experience.

For further questions or to register call 833-427-7528 or e-mail Katherine Allen at k@bspkat.com.

This training is eligible for **21 CE** through R. Cassidy Seminars. You can purchase them by clicking on the link at www.ktherapy.com.

**October 26-28, 2018
9a-6pm daily**

Hosted at Center for Integrative Health
45 Lyme Road, Suite 200
Hanover, NH 03755

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



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.

brainspotting
with Katherine



Katherine Allen, LMFT
Psychotherapist

Individual, couple
and family therapy

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