

# 3-day Phase 1 Brainspotting Training

## A Focused Mindfulness Tool for Healing

Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment, combined with BioLateral sound, which is deep, direct, powerful yet focused and containing.

Brainspotting identifies activated eye positions designated as Brainspots. Located through either one or both eyes, Brainspots are observed from either the "Inside Window" of the clients felt sense and/or the "Outside Window" of the clients' reflexive responses (i.e., blink, eye twitches or wobbles, pupil dilation, quick breaths and subtle body shifts). Students will first learn the phenomenological approach that underpins strategies for Brainspotting, followed by strategies for identifying and processing Brainspots. Attention will be given to the utilization and integration of Brainspotting into ongoing treatment, including highly dissociative clients. Brainspotting is adaptable to almost all areas of specialization.

**To register, visit [www.bspkat.com](http://www.bspkat.com), call 833-427-7528 or e-mail [k@bspkat.com](mailto:k@bspkat.com).**

Training is eligible for **21 CE** through R. Cassidy Seminars (\$30).

## November 8-10, 2019 9a-6pm daily

Hosted at Monadnock Family Services  
17 93rd Street  
Keene, NH 03431

Contact: Katherine Allen at 833-427-7528 or [k@bspkat.com](mailto:k@bspkat.com)



BSP Trainer: Katherine Allen, MA, LMFT is a Brainspotting Trainer and Certified Consultant, and has been a member of Dr. David Grand's private NY supervision group since 2013.

Katherine is a licensed Marriage & Family Therapist in both CT and NH. In 2017 she opened a private practice in Hanover, NH called *kTherapy and Brainspotting with Katherine*. Katherine specializes in working with abuse, emerging from simple or profound trauma (T and t), attachment, adoption, addiction, couples and families.

\$745 early bird until 10/6  
\$795 regular registration 10/7-10/27  
\$845 late registration after 10/27

**brainspotting**  
with Katherine



Katherine Allen, LMFT  
Psychotherapist

Individual, couple  
and family therapy

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Serving the Upper Valley

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