

3-day Phase 1 Brainspotting Training



A Focused Mindfulness Tool for Healing

Come learn Brainspotting in a spectacular location!

We are being hosted by Kimball Union Academy in beautiful Meriden, New Hampshire on June 5-7, 2020.

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.

Special focus will be paid to the particular challenges than many adolescents and young adults face when leaving home for the first time. School and college/university professionals are encouraged to attend. Limbic countertransference addressed for collegial support as well.

To register, visit www.bspkat.com/june2020ph1/, call 833-427-7528 or e-mail k@bspkat.com.

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

**June 5-7, 2020
9a-6pm daily**

**Kimball Union Academy (KUA)
64 Main St, Meriden, NH 03770**

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

Learn more about KUA at:
kua.org/admission/visit-us/visitors-guide

KUA is generously extending dorm style Lodging!

2 per room for \$30 per evening.
Single rooms \$40 per evening.

Training: \$745 early bird until April 18
\$795 regular registration until May 23
\$845 late registration May 24 and after
Students (with valid ID) \$400



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, couples and families.