

3-day Phase 2 Brainspotting Training

A Focused Mindfulness Tool for Healing

Phase 2 is a 3-day training, April 24, 25 and 26, 2020. Early bird is \$745, regular registration is \$795 and late registration is \$845.

Phase 2 expands and deepens the base of Brainspotting that was introduced in Phase 1. This Brainspotting Phase 2 training will begin with an extensive review of Outside and Inside Window Brainspotting and Gazespotting, with an emphasis on how to clinically interact with clients. Trainees will be introduced to One-Eye Brainspotting including the use of One-Eye goggles, 3-Dimensional Brainspotting using the "Z-Axis" of Brainspotting close and far, including Convergence Therapy which expands the Z-Axis to activate the vagus nerve through the ocular cardiac reflex. Additional technical refinements will be presented including "Rolling Brainspotting." Advanced techniques will also include combined Inside-Outside Brainspotting where both reflexive responses and client sense of highest activation are used together to find Brainspots. Day 3 will be devoted to the second level of the Advanced Resource Model. This will entail combining the resource aspects of One-Eye and Z-Axis Brainspotting. This addresses working with clients with Very Complex PTSD and those outside of the Brainspotting Window of Tolerance.

For more information or to register, please go to www.bspkat.com/april2020 or call 833-427-7528 or e-mail 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.

**April 24-26, 2020
9a-6pm daily**

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

Contact: Katherine Allen at 833-427-7528 or 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, couples and families.

Training: \$745 early bird until March 7
\$795 regular registration until April 11
\$845 late registration April 12 or after
Students (with valid ID) \$400

brainspotting
with Katherine

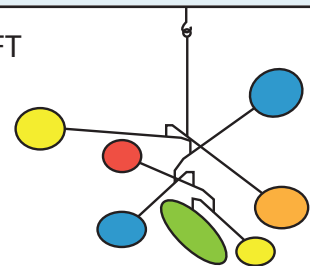


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kTherapy

Bringing balance back to lives