

3-day Phase 2 Brainspotting Training



A Focused Mindfulness Tool for Healing

We are being hosted by Kimball Union Academy in beautiful Meriden, New Hampshire on June 12-14, 2020.

Phase 2 is a 3-day training, June 12, 13 and 14, 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.

To register, visit www.bspkat.com/june2020ph2/, call 833-427-7528 or e-mail k@bspkat.com.

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

**June 12-14, 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 25
\$795 regular registration until May 30
\$845 late registration May 31 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.