**PROCESS FOR BECOMING AN APPROVED BRAINSPOTTING CONSULTANT**

**Tasks of the “Consultants’ Standards Development Committee”:**

1. **Draw up guidelines on selection and application process by determining eligibility criteria for Brainspotting Consultants-in-Training, Approved Brainspotting Consultants, and Continuing Approved Brainspotting Consultant**
2. **Develop a training process for becoming an Approved Brainspotting Consultant**
3. **Develop a process for assessment of readiness of Consultants-in-Training to become Approved Brainspotting Consultants**
4. **Develop a process for continuation of Approved Brainspotting Consultant status with Brainspotting Trainings, LLC**

1. **ELIGIBILITY TO BECOME A CONSULTANT-IN-TRAINING:**

**A Potential Consultant-in-Training**

* **Has been a Certified Brainspotting Practitioner** for a minimum of 1 year.
* **Has attended, in person, the most recently developed trainings:**
  + Phase 1 (3-day)
  + Phase 2 (3-day)
* **Has attended** **at least two (2) of the following four (4) trainings:**
  + Phase 3
  + Phase 4
  + Master Class
  + Intensive experience
* **Possesses** **characteristics** of an Approved Brainspotting Consultant:
  + Self-initiates when they see help is needed
  + Organized
  + High level of communication skills (clarity and specificity)
  + Excellent at networking
  + Self-aware
  + Highly attuned with clients and colleagues
  + Responsible
  + Action-oriented
  + Creative
  + Engaged and involved consistently in Brainspotting community
  + Enthusiastic around wanting to spread Brainspotting
  + Altruistic
  + Commitment to Brainspotting Culture
  + Open-mindedness & willingness to learn
  + Engages regularly in own Brainspotting sessions
* **Affirms Brainspotting Culture**
  + Has a spirit of growing Brainspotting
  + Is supportive rather than competitive
  + Is aware of being a gatekeeper in Brainspotting
  + Maintains an attitude of gratitude
  + Has willingness to do ongoing education/self-work
  + Strives to be inspiring
  + Supports non-hierarchical, inclusive approaches to Brainspotting Training and consultation
* **Engages in activities that promote Brainspotting**, such as (but not limited to) Institute Board Membership, attend consultation group as a member, running “Peer Support” groups, organizing and/or helping local trainings, giving “Info Sessions” about Brainspotting, etc.
* **Demonstrates involvement in the Brainspotting Community**

**II. TRAINING PROCESS:**

* All candidates are required to fill out the Brainspotting Trainings, LLC Consultant-in-Training Application, to be submitted to a Brainspotting Trainer approved to train Consultants-in-Training. These Trainers will have at least 4 years experience teaching Brainspotting Phase 1 after moving from “provisional” to “full” Trainer status
* To promote congruence in program development, Trainers teaching their first CIT group should consult with al least one member of the Consultant Standards Development Committee (Cherie Lindberg, Cynthia Schwartzberg, Melanie Young, Martha Jacobi)
* All candidates are required to have personal access to the most recent Phase 1 & Phase 2 DVDs. David will make these available to accepted Consultants-in-Training at a reduced cost of $250 for the 2 DVDs (Phase 1 and 2 DVDs) or downloads
* All candidates initiate and develop a connection with a Brainspotting Trainer, as a mentor
* Upon acceptance as a Consultant-in-Training (CIT), candidates will attend a 6-9 month (minimum) Consultant-in-Training program approved by Brainspotting Trainings, LLC. The structure, class schedule, and time frame of the program is determined by the Trainer of the program. The program may be designed for either group or individual training. Curriculum for all programs will include:
  + extensive review of the Phase 1 and Phase 2 PowerPoints and videos produced by Brainspotting Trainings, LLP
  + extensive review of the Brainspotting Consultant's Report Form
  + viewing and review of the 2 CIT videos made by David Grand (with Cherie Lindberg) about Brainspotting theory and practice
  + instruction, demonstration, & practice in teaching Brainspotting theory and practice
* Attend a 2-hour, individual or small cohort-group assessment session with a Brainspotting Trainer other than the Trainer of the CIT program; fee of $75, payable to the assessing Trainer
* Cost of the training program (excluding 2 hour assessment session fee) is $1750, payable to the Trainer running the program, on a schedule determined by the Trainer. Financial assistance is at the discretion of the Trainer, and with recognition of the needs of underserved and/or historically marginalized communities.

**III. ASSESSMENT OF READINESS PROCESS**

* Assessment of readiness for approval is made by the Trainer of the CIT program, informed by the assessment given by the Trainer colleague conducting the 2-hour session
* Readiness for approval is determined by the Consultant-in-Training demonstrating:
* **Skills:**
* understanding and ability to articulate all items on the consultant's report
* knowledge of strengths and weakness in their own skill set
* the ability to teach consultees the theory & practice of Brainspotting
* comfort with and an ability to demonstrate the full range of Brainspotting theory and technique in practice
* the ability to conduct role-play Brainspotting consultation sessions
* the ability to support & help consultees through any limbic-countertransference issues that arise
* expertise in diagnosis and treatment of trauma (complex), dissociation, attachment issues, parts (ego state) work
* **Continuing involvement in the Brainspotting Community**
* **Development and/or maintenance of technology skills appropriate for their consultation practice**
* When the Trainer affirms the candidate's readiness for Approval, the Trainer will provide the candidate with a brief written statement of the candidate's readiness. The candidate will complete the Application for Approved Brainspotting Consultant status and return it, with the Trainer's statement and a $50 administrative fee, to Brainspotting Trainings, LLC.
* In the event that a CIT is assessed as “not ready” the CIT may a request a readiness assessment with two other Brainspotting Trainers who will confer with the CIT’s Trainer to determine readiness for Approval. Together, the Trainers will determine whether the candidate has the potential to achieve readiness with the implementation of a specific readiness-improvement plan, or whether the CIT will receive a final denial of approval. The CIT’s primary Trainer will communicate this determination to the CIT, and when appropriate, work out the CITs readiness-improvement plan with the CIT.

**CONTINUING AS AN APPROVED BRAINSPOTTING CONSULTANT**

* Approval for Continuation as an Approved Brainspotting Consultant is required every two (2) years
* Continuation of Approval may be granted following one 60-to-90-minute re-assessment session with a Brainspotting Trainer in which the Consultant’s eligibility for continuation is reviewed. The review will include discussion of the Consultant’s consultation practice and how they are keeping up with new developments in Brainspotting.
* Upon successful re-assessment, the candidate will complete the Applicationfor Continuation as an Approved Brainspotting Consultant status and return it, with the Trainer's statement and a $50 administrative fee, to Brainspotting Trainings, LLC.
* If the re-assessment session reveals gaps or inadequate attention to the ongoing evolution of Brainspotting theory and practice, the Trainer will develop a “Continuation of Readiness” plan with the Consultant, similar to that described above related to readiness for initial Approval as a Brainspotting Consultant.
* In the event that the re-assessment session reveals a reason for denial of Continuation as an Approved Brainspotting Consultant, the Consultant may request an additional re-assessment with two other Brainspotting Trainers. Together, the Trainers will determine whether the Consultant needs a specific readiness-improvement plan, to be overseen by the first re-assessing Trainer, or a denial of Continuation of Approval.

**ALL CONSULTANTS AND CONSULTANTS-IN-TRAINING ARE STRONGLY ENCOURAGED TO:**

**Help out at trainings:**

* Facilitate during practicums
* Manage own triggers and those you support during practicums
* Learn product table
* Learn registration process
* Learn CE process

**And:**

* Develop and use marketing skills for expansion of Brainspotting trainings
* Attend a consultation group as a member: This helps get experience in knowing what questions might be asked by Brainspotting Practitioners and how to answer them
* Attend Consultant Retreats if/as offered

**ADDITIONAL RECOMMENDATION FROM THE COMMITTEE:**

**Recommendation:** that David consider appointing a small group (5 people) of US Trainers to oversee US Educational Standards in Brainspotting, in consultation with him & Brainspotting Trainings, LLC. One task of this committee might be to appoint the two consulting-assessment Trainers needed in the event a CIT appeals a “not ready” assessment by their Trainer.

**Response from David:** This recommendation is in line with his desire for “decentralizing” oversight of training processes. Trainers who are interested in serving on this committee should contact David to volunteer.