

Brainspotting Phase 1 Online Training

with



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Brainspotting is a brain-based therapy based on the hypothesis that specific eye positions designated as “brainspots” activate and access specific areas of the midbrain that allow for the reprocessing and releasing of core neurophysiological reactions to trauma related and other psychological experiences. In addition, brainspotting is built on a model that emphasizes therapist-client presence and attunement in the healing process. As an open and integrative model, brainspotting is adaptable to many different areas of specialization and can be integrated with other treatment models.

A certificate for 21 hours of course education will be provided
*please check with your state board to confirm CEs for this training

FOR

Psychologists,
social workers,
counselors,
healing
professionals
with strong
clinical
backgrounds,
students, and
interns

DATE

June 24-26, 2022

TIME

9 am - 6 pm
Central Standard Time

LOCATION

Online via Zoom

*Two follow up consult groups will also be
provided to support learning

COST

Early Bird: \$745
ends May 15th

Standard: \$795
May 16-May 31st

Late: \$845
June 1st-June 12th

Student: \$400

*Payment plans available

Register at: awakenconsultingservices.com/trainings

Questions? Contact us at joy.myong@gmail.com

Learning Objectives

1. Summarize the standards of care and professional practice of the International Brainspotting Association.
2. Describe the hypothesized neurological underpinnings of how brainspotting works.
3. Summarize the research that supports the hypothesized way in which eye positions activate and accesses midbrain activity.
4. Explain the uncertainty principle as it relates to brainspotting.
5. Describe the concepts of simultaneous neurobiological and relational attunement.
6. Explain the importance of client-therapist attunement during brainspotting.
7. Explain how the treatment frame is set and held by the therapist.
8. Explain the role of focused mindfulness in brainspotting.
9. Discuss the similarities and differences between the activation and resource models of brainspotting.
10. Explain the concept of limbic countertransference.
11. Demonstrate a basic mastery of the use of the outside window brainspotting technique.
12. Demonstrate a basic mastery of the use of the inside window brainspotting technique.
13. Demonstrate a basic mastery of the use of the gaze spot brainspotting technique.
14. Demonstrate a basic mastery of the use of the resource model of brainspotting technique.
15. Assess the appropriate brainspotting techniques for the treatment of Post-traumatic stress disorder, including the Dissociative Subtype, and other trauma-related symptoms.
16. Describe two challenges to assessing and providing evidence-based treatment to individuals with Complex PTSD.

Your Trainers

Mariya Javed is a Licensed Independent Clinical Social Worker, Licensed Alcohol and Drug Counselor, Certified Brainspotting Trainer and Consultant, and a Minnesota Board Approved Supervisor. She currently serves as the Director of Behavioral Health at a federally qualified health center, leading a team of therapists, psychiatrists, and social workers to provide trauma-responsive, anti-oppressive counseling and addiction therapies in collaboration with primary care physicians. She also offers therapy intensives for complex PTSD and addictions, as well as consulting services on the topics of race, addictions, and trauma in her private practice, Awaken Consulting Services. Her 13 years of experience have focused on clients with addictions, medication assisted treatment therapies, complex and developmental trauma, racial trauma, oppression, and chronic pain.

Joy Myong is a Brainspotting Trainer, Consultant and Coach who is dedicated to helping individuals and groups connect to their core and optimize their potential. She is a Licensed Professional Counselor and Alcohol and Drug Counselor with 15 years of experience working with adults and teens struggling with physical and/or emotional pain. Joy is a first-generation immigrant who has learned the benefits of integrating the wisdom of ancient healing practices with innovative brain and body-based research from around the world. Joy is the founder of Ahana Wellness and co-host of the BSP Embodied Learning Circles where she comes alongside healing practitioners to help them develop personally and professionally.