

Brainspotting – Phase One Training Schedule
June 24-26, 2022

Trainers: Joy Myong, NCC, LPC, CADC and Mariya Javed, MSW, LICSW, LADC
All times listed are in Central Standard Time Zone

Day 1

9:00AM-11:15AM

Introduction: “The Story of Brainspotting”
“Where you look affects how you feel”
Three legs of Brainspotting
Bilateral Sound

11:15AM-11:30AM 15-minute break

11:30AM-1:00PM

Uncertainty Principle
Dual Attunement: Relational and Neurobiological
Tail of the Comet
Limbic Countertransference
W.A.I.T

1:00PM - 2:00PM Lunch

2:00PM - 3:30PM

Outside Window Demonstration and Debrief

3:30PM - 3:45PM 15-minute break

3:45PM – 6:00PM

Outside Window Practicum and Debrief

DAY 2

9:00AM-10:45AM

Inside Window
Inside Window Demonstration and Debrief

10:45-11:00AM 15-minute break

11:00AM-1:00PM

Inside Window Practicum and Debrief

1:00PM - 2:00PM Lunch

2:00PM - 4:00PM

Gazespotting
Gazespotting Demonstration and Debrief

4:00PM - 4:15PM 15-minute break

4:15PM – 6:00PM

Gazespotting Practicum and Debrief

DAY 3

9:00AM-11:00AM

Resource Model

Body Resource Demonstration and Debrief

11:00AM-11:15AM 15-minute break

11:15AM-1:00PM

Widow of Tolerance

DID A and B

BSP and parts

1:00PM - 2:00PM Lunch

2:00PM - 4:30PM

Body Resource Practicum and Debrief

4:30PM - 4:45PM 15-minute break

4:45PM – 6:00PM

BSP Certification

BSP and specific populations

Closing discussion