

Brainspotting

PHASE 1 TRAINING

OTTAWA, ON NOVEMBER 2-4, 2018

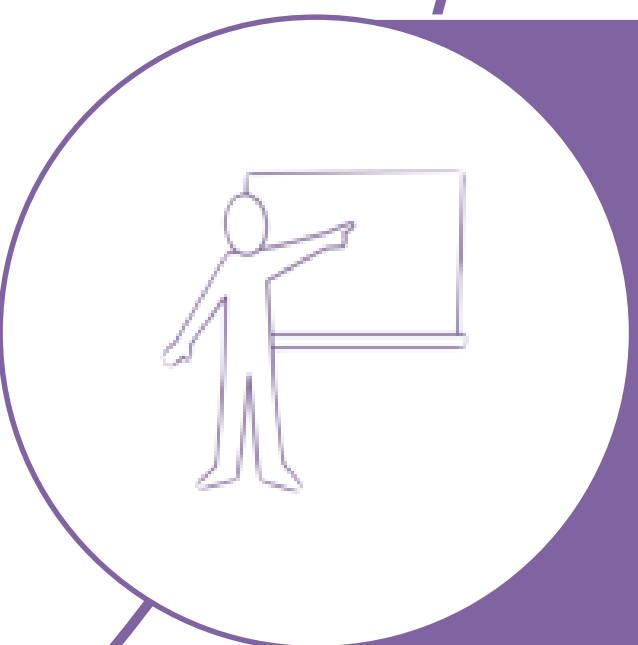
TRAINERS: DR. MARJORIE ROBB AND DR. JANE EVANS



Brainspotting is a powerful, focused treatment method that works by identifying and processing, through the deep brain, neurophysiological sources of many emotional, physical, and performance problems. Brainspotting identifies activated eye positions designated as Brainspots, which are observed through either the “Inside Window” of the client’s felt sense or the “Outside Window” of the client’s reflexive responses.



Attendees will first learn the phenomenological approach that underpins strategies for Brainspotting, and then strategies for identifying and processing Brainspots. Attention will be given to the utilization and integration of Brainspotting into ongoing treatment, even with highly dissociative patients. Brainspotting is adaptable to almost any therapeutic approach.



Through lecture, live demonstration, and small group practice, participants will learn to do the following:

- Define the components of Brainspotting
- The techniques of Inside Window, Outside Window, Gazespotting and Resource Brainspotting
- Define how Brainspotting can be applied to Trauma, Dissociation, Sports psychology, and somatic conditions
- Demonstrate the theories and practices of Brainspotting

WHERE: The Royal Ottawa Hospital, 1145 Carling Ave.

WHEN: 9AM to 6PM November 2-4, 2018

REGISTRATION: Before October 20 \$795 | Oct 20 – Nov 2 \$850 | Trainees \$425

INFORMATION: mrobb@cheo.on.ca or jane.evans@brainspottingcanada.com