

## ***BRAINSPOTTING THERAPY - PHASE 1 TRAINING***

***On-Line, September 11 - 13, 2020***

***Trainers: Dr Jane Evans and Dr Marjorie Robb***

**Brainspotting Therapy** is a novel treatment method for emotional , physical and performance problems. It works by accessing whole-brain neurophysiological networks underlying such problems. Brainspotting Therapy has been shown to be as effective as EMDR for the treatment of trauma and is being researched for its effectiveness in many domains (addictions, anxiety, depression, eating disorders, etc.). Attendees will first learn the phenomenological approaches that underpin strategies for Brainspotting Therapy, and then strategies for identifying and processing Brainspots. This approach is easily integrated into other evidence based therapies. Specific attention will be given to providing Brainspotting Therapy via virtual platforms.

### **Key learning objectives:**

- Explain neurophysiological theory of Brainspotting Therapy
- Define treatment components of Brainspotting Therapy
- Discuss application of Brainspotting Therapy for anxiety, depression, trauma, dissociation, sports psychology, addictions and somatic conditions
- Demonstrate and explain the practice of Brainspotting Therapy

**Key learning methods:** Lectures, Clinical demonstrations, Participant practice, Discussion.

**Who should attend:** Licensed mental health professionals such as psychologists, social workers, licensed psychotherapists, psychiatrists, and counselors.

**Where:** On-Line - via PHIPA compliant Zoom

**When:** September 11 - 13, 2020; 9 am to 6 pm daily (Eastern Time)

**Who:** Registered Mental Health Care professionals of all kinds. Registration details below.

*Early Bird Registration available until July 19, 2020.*

**Register at:** <https://brainspotting.simplesignup.ca>

**Information:** [info@brainspottingcanada.com](mailto:info@brainspottingcanada.com)