



Lisa Larson

LMFT, Founder of Pacific
Brainspotting Trainings



Course Title & Description

Brainspotting: Trauma Therapy that Works!

This 2-3 hour introduction to Brainspotting allows attendees to learn the basics of Brainspotting and how it works. Attendees will also experience the profound healing it offers by watching a live demonstration on a CAMFT chapter member.

Why Hold a Brainspotting Workshop?



A Best Attended Workshop...

I volunteered to let Lisa Larson do a Brainspotting session on me at our chapter meeting. I can honestly say that a lifetime of overeating due to trauma was healed in that one hour session. The evaluations were almost all 5's and it was the *most well attended* chapter presentation we have had in a long time."

-Dianne Murden, Past President Sierra Foothills CAMFT



A Highest Rated Workshop...

I would highly recommend Lisa and her presentation of Brainspotting. Having experienced several modalities for the treatment of trauma, and being personally certified in EMDR, I can say with confidence that this is the deepest and most lasting work on trauma that I have experienced. The information she presented and the live demonstration was deeply moving and instructive to all in attendance. Her presentation received the *highest scores possible* on almost all of the evaluations and included many thank you notes for hosting this training."

-Judy Moore, Board Member Yolo-Solano CAMFT



916-712-0226

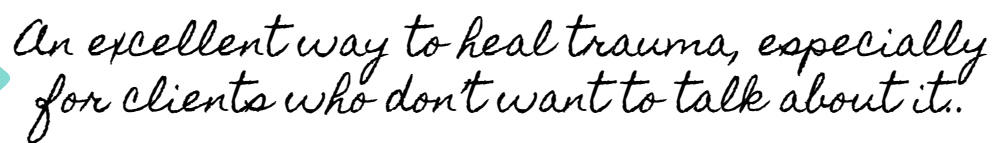


lisalarsonpctc@gmail.com

www.



pacifictraumacenter.com



An excellent way to heal trauma, especially for clients who don't want to talk about it.

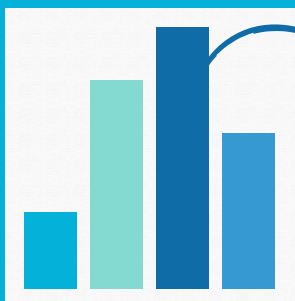
✓ LEARNING OBJECTIVES

- Differentiate between the 2 main models of Brainspotting (Activated & Resource) and understand how to apply it while healing the many afflictions of unprocessed trauma.
- Identify and observe the 8 steps involved in a Brainspotting set-up through live demonstration.
- Understand the 2 areas of the brain that allow Brainspotting to resolve long-standing trauma symptoms far more effectively than talk therapy alone.
- Understand the cluster of symptoms associated with the autonomic nervous system: the overly sympathetic includes flight, fight, and fawn responses while the overly parasympathetic involves freeze and faint responses.
- Learn the 2 principles needed to have the best relational attunement while healing trauma with Brainspotting.

✓ WHY IT WORKS

Brainspotting is a powerful, brain-based trauma therapy that accesses the deepest regions of the brain where clients store their traumatic experiences. This access to the limbic system down to the brainstem allows deep transformation to occur. It works by identifying, processing, and releasing core neurophysiological sources of emotional and physical pain from unresolved trauma. These afflictions are notoriously difficult to eliminate through talk therapy. Brainspotting heals trauma symptoms deeply and permanently by bringing the clients' brain (and body) out of a dysregulated state to one of regulation and coherence.

✓ RESEARCH BACKED



Brainspotting was shown to be the most effective healing modality long-term for healing Generalized Anxiety Disorder and Post Traumatic Stress Disorder in peer reviewed studies. Brainspotting had the largest drop in anxiety (1) and PTSD (2) symptoms in six months as compared to CBT and EMDR. Brainspotting was also voted the most effective trauma treatment by the parents of survivors of the Sandy Hook massacre in a five-year study comparing the effectiveness of over 25 therapeutic modalities in bringing relief to the survivors (3).

(1) Journal of Psychotraumatology & (2) Mediterranean Journal of Clinical Psychology, both by Stemler, Grand, & Hildebrand (3) Sandy Hook Community Foundation; all articles can be found on the Brainspotting.com website.