



January 23–28, 2011 Sunday–Friday

Brainspotting: A Neurobiological Interpersonal Therapy

David Grand

Expand your psychotherapy skills with the new brain/body psychotherapy method called Brainspotting. This approach works by finding “relevant eye positions” or “Brainspots” in a client’s field of vision that correlate to where the trauma, symptom, or experience is held in the brain and body. Once located, the client gazes at this spot as they observe their internal process with focused mindfulness.

This internal/external focus results in deep, accelerated processing and resolution of emotional and somatic issues. You can learn how to apply this powerful new method by studying Brainspotting with its internationally renowned discoverer, David Grand.

During this week, you will study Brainspotting Phase One and Two, so you can return to your practice equipped to use this potent neurobiological approach with your clients. David will use lectures, live demonstrations, practicum sessions, lively debriefings, and Q&A. The program will teach you to integrate the most current and cutting edge relational and neurobiological approaches.



David Grand, PhD, is a psychotherapist, writer, international lecturer, and performance coach famous for the discovery of the psychotherapy approach known as Brainspotting (2,700 therapists trained internationally). Author of *Emotional Healing at Warp Speed: The Power of EMDR*, David maintains a psychotherapy and performance practice in Manhattan, and has been interviewed on CNN, NBC, *Nightline*, *The Jane Pauley Show*, and *NBC Extra*. He directed the documentary *Come Hell or High Water* and wrote the play *I Witness*. Most recently, he coauthored the book, *STSD: Cracking the Code of Sports Traumatic Stress Disorder*. www.brainspotting.pro

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