

# “THE BODY KEEPS THE SCORE”

BRAINSPOTTING: A BRAIN BASED TRAUMA THERAPY THAT WORKS!

**B**rainspotting is a powerful, brain-based trauma therapy that bridges the gap between the mind and the body. Brainspotting accesses the deepest regions of the brain where traumatized clients store their traumas and survival terror. This access to the mid-brain and the brainstem allows deep transformation to occur. It works by identifying, processing and releasing core neurophysiological sources of emotional and body pain, trauma, dissociation, terror, and other challenging symptoms. Symptoms of unprocessed trauma, which include chronic anxiety, insomnia, and numbing, are notoriously difficult to eliminate through talk therapy.

## Lisa Larson LMFT#37375



Lisa Larson has been a licensed Marriage and Family Therapist for the past nineteen years. After 7 years in private practice doing Solution Focused Therapy or “talk therapy,” Lisa experienced a traumatic event that transformed the course of her life as well as her therapeutic orientation. Within one three week

period, both Lisa and her teenage son flat lined (clinically died) from anaphylactic shock from two different allergic reactions. Both have recovered. Lisa was acutely traumatized and found that no amount of talk therapy brought relief. It was only after two sessions of EMDR that she was back to being herself. Inspired, Lisa began to train in the most powerful trauma modalities available. After being trained by the founder of EMDR she met and trained with one of the top EMDR trainers and her colleague, Dr. David Grand. Dr. Grand founded “Brainspotting” after finding that fixed eye positions in his EMDR work dramatically increased the effectiveness of his trauma therapy. Lisa became a Brainspotting Trainer to teach other therapists how to bring lasting relief to their traumatized clients.

**When:** Friday, August 10, 2018

**9:30-12:30 Class Session. Check in at 9:15 AM**

**Location:** Livermore Library  
Community Room A—enter thru CAFE  
1188 S. Livermore Ave.  
Livermore, CA 94549

**Cost:** LMFT’s, LCSW’s, LPCC’s, LEP’s **\$75**  
**\$10 discount for EBCAMFT members!**  
All Associates **\$35** (no additional EBCAMFT Discount)

**To Register:** [CLICK HERE TO REGISTER](#)

Space is limited, advance registration is required.

Refunds for cancellations with 72 hour notice.  
ADA—Please contact Anthropos at  
(925) 449-7925 to confirm.


### TRAINING WILL INCLUDE:

- ◆ Experience “Brainspotting” through a live demonstration
- ◆ Understand the basic principles of brainspotting
- ◆ Integrate these principles into your treatment plans for your traumatized clients
- ◆ Earn 3 CEU credit hours. You must attend in full to earn CE credit.

### BY THE END OF THE TRAINING, PARTICIPANTS WILL:

- ◆ Attendees will have skills to stay abreast of the most recent brainspotting breakthroughs in treating clients with PTSD
- ◆ Participants will be able to metrically measure the efficacy of each session with their clients so it is clear if the client is benefiting or not.

**REGISTER NOW**

 **CAMFT Approved Continuing Education Provider #141745** Anthropos

Counseling Center is approved by the California Association of Marriage & Family Therapists to sponsor continuing education for LMFT’s, LCSW’s, LPCC’s and LEP’s/. Anthropos maintains responsibility for this program/course and its content.

**3** Continuing education credits will be provided to participants. Course completion certificates will be distributed at the seminar. Course meets the qualifications for 3 hours of continuing education credit for LMFT’s, LCSW’s, LPCC’s and LEP’s as required by the California Board of Behavioral Sciences.

Contact Mary Kennard, Executive Director—Anthropos Counseling Center  
mkennard@anthroposcounseling.org to report any grievances

[www.anthroposcounseling.org](http://www.anthroposcounseling.org)

