

Lisa Schwarz

Lisa Schwarz is a licensed psychologist, from beautiful Pennsylvania in the United States, whose passions include training professional therapists in applying EMDR and Brainspotting for the resolution of trauma, attachment and dissociative disorder issues.

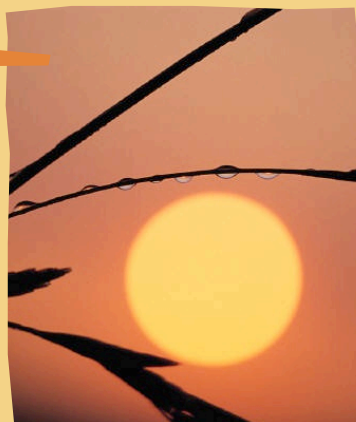
Lisa also has a successful practice supporting her clients to enhance their performance on all levels using EMDR and BSP as a Resourcing tool.

The developer of Brainspotting, Dr. David Grand, has personally chosen and trained Lisa to further the reach of those trained in BSP Internationally.

Lisa has developed her own specialised treatment utilising BSP for Resource building in clients with Attachment Disorders and Dissociative processes. The result makes any type of therapy more containing and less abreactive for the client as well as building self-confidence in the client's perception of their ability to "handle" trauma processing and deepening the attunement between BSP practitioner and client.

Lisa has developed Advanced BSP techniques which she has expertly woven into the BSP Phase Two training for use with:

- * Dissociative * Attachment & * Borderline Personality Disorders as well as
- * Addiction/Non-person Attachment issues – addresses client's feeling of Emptiness.
- * In-Utero and Perinatal trauma issues as well as * unresolvable physical symptoms.
- * Inner and Outer Body Resourcing for maximum client containment and client's increased ability for emotional self-regulation.



Brainspotting ~ BSP ~ Training with Lisa Schwarz

Dr. David Grand's #1 Trainer



Phase One

AND For the first time in Australia

Phase Two BSP Combined with BSP for use with:

- * Dissociative * Attachment & * Borderline Personality Disorders, * Addiction/Non-person Attachment issues, * In-Utero and Perinatal trauma issues as well as * unresolvable physical symptoms.
- * Inner and Outer Body Resourcing for maximum client containment and client's increased ability for emotional self-regulation.

- Brainspotting ~ BSP, is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms.
- Brainspotting is a simultaneous form of diagnosis and treatment.
- Brainspotting functions as a neurobiological and psychological tool that supports the clinical healing relationship. There is no replacement for a nurturing therapeutic presence and the ability to engage the client in a safe and trusting relationship where she/he feels heard, accepted, and understood.
- Brainspotting is a tool, within this clinical relationship, to locate, focus, process, and release experiences and symptoms that are typically out of reach of the conscious mind.
- Brainspotting works with the deep brain and the body through its direct access to the autonomic and limbic systems. Brainspotting is accordingly a physiological tool/treatment which has profound psychological, emotional, and physical consequences.

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Benefits of Brainspotting

- Brainspotting stimulates and promotes deep processing, integrating, and healing activity within the brain. This appears to take place within the brain's emotional centers at a reflexive and cellular level. Brainspotting typically results in a de-conditioning of previously conditioned, maladaptive emotional, psychological, and somatic responses and patterns.
- Brainspotting appears to stimulate, focus, and activate the body's inherent capacity to heal itself from trauma.
- It is theorized that Brainspotting taps into and activates the body's innate ability to process and release "traumatic capsules" which are frozen in primitive survival modes. This may also explain the ability of Brainspotting to often reduce and sometimes eliminate the pain, struggle, and tension associated with physical/medical conditions.
- Brainspotting processes and dismantles the symptom, the underlying trauma, the somatic distress, and the dysfunctional beliefs at the reflexive core.
- Brainspotting is also very useful to access and develop internal resource states and experiences. These resources allow the therapist and patient, where necessary, to "pendulate" between resource or positive states and trauma states during Brainspotting to enable more gradual, graded processing and desensitization of intensely traumatic and emotionally charged issues and symptoms.

• For more information go to <http://www.brainspotting.pro/>

	Sydney	Townsville	Fee - \$AUD
Phase One	June 12 & 13 2010	June 18 & 19 2010	500.00
Phase Two/ Advanced	June 14, 15, 16 2010	June 20, 21, 22, 2010	700.00
DISCOUNTS Early Bird PLUS Review Phase One	Review Phase One 50% discount only \$250	\$205 early bird discount Phases 1 + 2 TOGETHER IF YOU Pay by March 1, 2010	995.00

Who will benefit from attending Brainspotting training

All those in any form of counselling, peak performance, coaching or psychotherapeutic practice as well as those in performance enhancement, Medical Doctors, Nurses, BodyWorkers and all types of healers.



Phase One ~ 2 day training

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

- Define the components of Brainspotting
- Utilize the techniques of "Inside window" and "Outside window"
- Define how Brainspotting can be applied to Trauma, Dissociation, Sports psychology, Somatic conditions
- Demonstrate the theories and practices of Brainspotting



Phase Two PLUS Advanced Resourcing: BSP to use with Attachment & Dissociation Disorder ~ 3 day training

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

- Review components taught in Brainspotting (Outside and Inside Window)
- Demonstrate 3 Dimensional Z-Axis and convergenceTherapy
- Define and demonstrate Rolling Brainspotting, Selfspotting and Body Gridwork
- Resource Energy Constellation (this is an amazing process which will change what you can do in sessions in a big way, by quickly providing your client with powerful Inner Resourcing)
- Attachment BSP (internal and external Attachment figures)
- Spiritual Core Essence/Core Self BSP
- In-Utero work/Birth Trauma/1st 6 months of life (this often gets you to the FIRST dissociation/FIRST split which is key to trauma resolution)
- Empty Core work (that black hole that Borderline PD and all types of addicts describe – it is often a spiritual place they are afraid to access) Accessing this = Freedom for them.
- Somatic Dissociation/Medical Conditions (migraines, asthma, IBS, auto-immune, etc)

