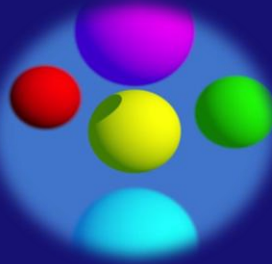


"Brainspotting is a remarkable, sophisticated, flexible addition to the toolkit of any therapist."
~Norman Doidge, author of "The Brain that Changes Itself"



"Where you look affects how you feel..."

"Brainspotting is based on the profound attunement of the therapist with the patient, finding a somatic cue and extinguishing it by down-regulating the amygdala."
~Robert Scaer, author of "The Trauma Spectrum"

Brainspotting in the Berkshires!

Phase 1 Training

Lenox, MA

May 18-20, 2018
9:00am ~6:00pm

25 Franklin Street
Lenox, MA 01240

REGISTER at: www.marthasjacobi.com

What is Brainspotting?

Brainspotting is an approach to healing and wellness that is deeply rooted in the body's nervous system. Brainspotting accesses the brain-body's innate self-scanning and self-healing capacities in the context of a neurobiologically and relationally attuned clinical relationship. In Brainspotting, a person's brain-body activation around a particular issue is paired with a relevant eye and orienting position, called a Brainspot. Brainspots are theorized to access the neurophysiological subsystems holding emotional and/or physical experience in an often wordless but felt form of memory. The Brainspot serves to locate and hold such "memory files" open in a calm and grounded environment, allowing the brain-body system and relevant neurophysiological subsystems to re-organize in an adaptive manner to the present. When this happens, the prior activation eases; the person feels--and functions--better.

Cost:

Early Registration, by March 30 \$695
Regular Registration, April 1-30 \$745
Late Registration, After May 1 \$795

**Light breakfast provided
Lunch on your own**

**Refund Policy: 100% less \$50 by March 30;
50% less \$50 by April 30; no refund after May 1**



MEET THE TRAINER:

The Rev. Martha S. Jacobi, PhD, LCSW is an experienced Brainspotting Trainer and internationally known seminar leader and speaker. With over 25 years of experience in clinical practice, she specializes in working with survivors of profound trauma and in creativity and performance enhancement for athletes, artists and performers. She is a Specialty Trainer in using Brainspotting with children, and often provides humanitarian Brainspotting sessions to those in need. Martha integrates her background as a dancer and musician into her practice and teaching. She is Programme Director for Brainspotting, Somatic, and Creative Arts Therapy at International University for Graduate Studies. Also a Lutheran pastor, Martha serves as pastoral associate at St. Luke's Lutheran Church, West 46th Street, Manhattan., and is the author of several chapters and articles in clinical and theological publications.

For more information, call 917-929-2562 or email BrainspottingHappens@gmail.com