

## **Course Title:** Brainspotting Phase 1 for Music Therapists

### **Abstract:**

Source: <https://brainspotting.com/get-trained/brainspotting-phase-1/>

Brainspotting 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 challenging symptoms. Brainspotting is a simultaneous form of assessment and treatment and is enhanced with the use of music.

In this phase one training, participants will learn the phenomenological approach and strategies to identify activated eye positions designated as Brainspots through using “Inside Window,” “Outside Window,” and “Gazespotting” techniques in ways that apply to assisting clients in their current music therapy setting and scope of practice.

In this music therapy focused phase 1 training, emphasis will be given to specific ways that Brainspotting theory and practice applications can be used, and/or adapted for use, within the scope of practice of Music Therapy, at various levels of training and credentialing.

### **Objectives**

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

- Describe the core principles and components of Brainspotting used in clinical practice (Knowledge 5A-2, Task 53).
- Utilize and adapt the techniques of “Inside window” and “Outside window” Brainspotting in music therapy (Knowledge 3A3, Tasks 31-33).
- Recognize and work effectively with the naturally occurring phenomenon of “Gazespotting” in music therapy practice (Knowledge 3A1, 3A6, Tasks 31, 32, 36).
- Apply the Resource Model of Brainspotting in music therapy practice (Knowledge 2B6, Task 12; Knowledge 3A6, Tasks 37, 38).

*Please Note: In this specific Phase 1 training, debriefs of all demonstrations and practicum sessions will be done through the lens of Music Therapy and its scope of practice, at various levels of training and credentialing.*

**Prerequisites:** Second semester senior in a Bachelor’s program in Music Therapy; Bachelors & higher preferred

### **Qualifications and Credentials of Presenters:**

Martha S Jacobi, PhD, LCSW (NY), Approved Brainspotting Trainer

Lead training assistant: Colleen Klym, LMFT (CA), MT-BC, Approved Brainspotting Consultant

*\*Approval as Trainer/Consultant is from Brainspotting Trainings, LLC*

### **Course Schedule:**

**DAY 1: 9 am - 6 pm**

**9 AM - 1 PM (225 minutes plus one 15 minute break)**

Introduction: "The Story of Brainspotting" (including PowerPoint)

**Lunch Break**

**2 - 6 PM (225 minutes plus one 15 minute break)**

Outside Window

Demonstration Session, Debrief, and Practicum

**DAY 2: 9 am - 6 pm**

**9 AM - 1 PM (225 minutes plus one 15 minute break)**

Inside Window

Demonstration Session, Debrief, and Practicum

**Lunch Break**

**2 - 6 PM (225 minutes plus one 15 minute break)**

Gazespotting

Demonstration Session, Debrief, and Practicum

**DAY 3: 9 am - 6 pm**

**9 AM - 1 PM (225 minutes plus one 15 minute break)**

Resource Model of Brainspotting

Demonstration Session, Debrief, and Practicum

**Lunch Break**

**2 - 6 PM (225 minutes plus one 15 minute break)**

Summary and Conclusion of Training

Note: Each day includes two (2) fifteen minute breaks, one in the morning & one in the afternoon

Each day includes a 1- hour lunch break

**# of CMTE credits offered:** Total minutes= 1350 = 27 CMTE

**Cost:**

**Early:** \$745 USD - through 3/20/26

**Regular:** \$795 USD - 3/21/26 - 4/17/26

**Late:** \$845 USD - 4/18/26 & later

**Re-taking Phase 1:** \$400 USD - no early or late fee difference

**Student, non-working, Bachelor/Master levels:** \$400 USD (no early or late fee difference), with documentation of student status from their school -

**Pre-licensed/Pre-Certified/Music Therapy Interns** (graduated at Bachelor's level but not yet licensed): \$675 USD - no early or late fee difference

\*\*Cancellation policy: <https://www.marthasjacobi.com/ph1-musictherapists>

Participants can learn more about Brainspotting here:

<https://brainspotting.com/get-trained/brainspotting-phase-1/>

**Statement of Relationship:** This course is approved by the Certification Board of Music Therapists (CBMT) for the specified number of Continuing Music Therapy Education credits (CMTE). EnlightenCE (#P-130) maintains responsibility for program quality and adherence to CBMT policies and criteria.