

Agenda

Brainspotting Phase 2

DAY ONE

9:00 am - 9:30 am

Welcome, Introductions, Q&A

9:30 am - 10:45 am

Powerpoint Review of Phase 1

10:45 am - 11:00 am

Break

11:00 am - 12:30 pm

Powerpoint Lecture: Eyes, Vision & Neurobiological Frame, Q&A

12:30 pm - 1:30 pm

Lunch

1:30 pm - 3:00 pm

One Eye BSP, Demonstration and Debrief

3:00 pm - 3:15 pm

Break

3:15 pm - 5:10 pm

One Eye BSP Practicum & Debrief

5:10 pm - 5:30 pm

Q&A Debrief

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Brainspotting Phase 2

DAY TWO

9:00 am – 10:00 am	Q&A , Introduction of Z-Axis BSP
10:00 am – 11:15 am	Powerpoint Lecture, Z-Axis BSP Demonstration and Debrief
11:15 am – 11:30 am	Break
11:30 am – 12:30 pm	Z-Axis BSP Practicum and Debrief
12:30 pm - 1:30 pm	Lunch
1:30 pm – 2:00 pm	Q&A Debrief
2:00 pm – 2:15 pm	Advanced Outside Window, Shades Up/Down
2:15 pm – 3:45 pm	Powerpoint Lecture, Outside/Inside Window, Demo and Debrief
3:45 pm – 4:00 pm	Break
4:00 pm – 5:15 pm	Outside/Inside Window Practicum and Debrief
5:15 pm – 5:30 pm	Group Debrief, Q&A

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Brainspotting Phase 2

DAY THREE

9:00 am – 9:30 am — Q&A

9:30 am – 11:15 am — Powerpoint Lecture, Rolling BSP Demo and Debrief

11:15 am – 11:30 am — Break

11:30 am – 12:30 pm — Rolling BSP Practicum and Debrief

12:30 pm – 1:30 pm — Lunch

1:30 pm – 1:45 pm — Advanced Resource Powerpoint and Q&A

1:45 pm – 3:00 pm — Advanced Resource Demo and Debrief

3:00 pm – 3:15 pm — Break

3:15 pm – 5:00 pm — Advanced Resource Practicum and Debrief

5:00 pm – 5:30 pm — Q&A, Group Discussion, Closure