

Brainspotting Phase 1 Training



Cosponsored by: Helping Hands Wellness Center

2820 Camino Del Rio south suite 310, San Diego, ca., 92108



April 9th-11th 2027 9:00am-6:00pm PST



Regina Faridnia, LCSW has over 30 years of experience in the field. She is the founder of Indigena Integrative Wellness. Full details including extended bio are available at Indigenacounseling.com



Seminar Objectives-

Define the components of Brainspotting

Utilize the techniques of "Inside window," "Outside window," Gazespotting, & Resource Brainspotting Setup/Techniques

Define and demonstrate the Resource Model of Brainspotting, with clarity of how/when it may/ought to be used in practice

Define how Brainspotting can be applied to Trauma, Dissociation, Sports psychology, Somatic conditions

Demonstrate the theories and practices of Brainspotting



Cost/Registration:

\$795 standard

\$400 student/repeat



Sign up at:

<https://www.indigenaintegrativewellness.org/phase-i-4-27>



Who should attend:

Addiction Counselors | Community Workers | Social Workers | Psychologists | MFT's | LPC | Psychiatrists | Occupational Therapists | Executive/Life Coaches | Students | Others in the Healing Professions with Strong Clinical Backgrounds



Contact:

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Brainspotting Phase I, Course #6575, has been approved by the Association of Social Work Boards (ASW) Approved Continuing Education (ACE) program to be offered by Indigena Counseling & Wellness Center as an individual course. Regulatory boards are the final authority on courses accepted for continuing credit. Ace course approval period: 12/3/25-12/3/27. Social workers completing this course receive 22.5 Clinical continuing education credits.