



Phase II Brainspotting



Date: December 12th-14th, 2026 (Saturday through Monday)

Time: 9:00AM-6:00PM CST

Location: Amarillo, Tx.

Cost & Registration: \$795 standard/\$400 student/repeat

Contact: indigenacounselingandwellness@gmail.com

Register at: <https://www.indigenacounseling.com/5-2-26-5-4-26-phase-ii>

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

Seminar Objectives-Prerequisite is Phase 1 due to the integration necessary to utilize Phase II techniques effectively. In Brainspotting Phase II we advance upon proven Phase I techniques by covering the following:

1. Review components taught in Brainspotting (Outside and Inside Window)
2. Define Frame and Focus Brainspotting Diagnosis and Treatment
3. Demonstrate 3 Dimensional Z-Axis and Convergence Therapy
4. Define and demonstrate Rolling Brainspotting, Inside/Outside Window Brainspotting, Shades Up/Down, Z-Axis, One Eyed Brainspotting & Advanced Resource Brainspotting Techniques/Setups

Instructor Bio: Regina Faridnia, LCSW has over 26 years of experience in the field. She is the founder of Indigena Counseling & Wellness Center which offers integrative/holistic trauma focused treatment. She has trained with David Grand, founder of Brainspotting. Regina specializes in first responders, adoption, adolescence, addiction & BIPOC populations. Full details including extended bio are available at [Indigenacounseling.com](https://www.indigenacounseling.com)

Brainspotting Phase I, Course #5339, has been approved by the Association of Social Work Boards (ASWB) 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 education credit. ACE course approval period: [dates]. Social workers completing this course receive 22.5 Clinical