

# Brainspotting

## Brain Science to Inform Your Brainspotting Practice

*AKA Animal Brain Gone Wild!*  
(The Unabridged Version)

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**Deb Antinori, MA, LPC, FT, RDT**



### What you will learn in this course:

- Everything you wanted to know about the brain for Brainspotting Therapy but were afraid to ask! (Am I dating myself with that intended comedic reference?)
- Being able to understand what is going on in the brain regarding regulating and non-regulating functional brain areas is key to being able to break that info down to communicate to clients and colleagues.
  - o Have confidence in explaining how BSP works in the brain from a brain-informed perspective to a first-time client.
  - o For newer BSP Therapists - how to transition current clients to BSP, and how to introduce new clients to this way of working.
  - o Help clients understand why it isn't their fault that they feel the way they do is a first step into the work of dismantling the traumas and difficulties they come to therapy with you to achieve:
    - o An explanation of "the alarm system" - amygdala, hypothalamus (HPA Axis resulting in the production of cortisol), and PAG (periaqueductal grey - defensive survival programs of flight, fight, freeze, dissociation) helps clients to move into doing Brainspotting, and to be able to understand and trust their own nervous system.
    - o Brain-splaining why you have that wand in your hand they're staring at it, or why you're suggesting they continue to gaze in a direction they're not aware of puts them further "in the driver's seat", more confidently in the head of their comet, and why we are quietly in the tail.
- A deep dive into Damir del Monte's regulating theory and Frank Corrigan's orienting theory will assist you in getting this "brain stuff" into your bones and actually enjoying talking about it.
- We'll demystify those inscrutable terms like dorsolateral, ventromedial, granular and agranular isocortices, allocortex and other words that sound like Sheldon from Big Bang must have come up with them (or more likely Amy Farrah Fowler - his neuroscientist wife)
- Lecture, PowerPoint, Self-Spotting and Practicum, and some drawing/coloring will make it all come together.

**For more info and to register, please visit:**

<https://bit.ly/Oct1825>

CE's - TBA



### Meet the Trainer: Deb Antinori MA, LPC, FT, RDT

Deb Antinori is a Licensed Professional Counselor with 30 years in private practice. She is a Brainspotting US Trainer and Consultant, and a member of David Grand's NY supervision group. She has been using Brainspotting since its inception, having met Dr. Grand in a 1998 EMDR training where he was a facilitator and then became her supervisor.

Deb has studied with Frank Corrigan (Superior Colliculus "orienting" theory) and currently studies with Damir del Monte (theory regarding regulating parts of the brain). She is an avid brain student having received her Certificate in Medical Neuroscience through coursera.org taught by Professor Len White of Duke University. She is beginning her PhD on the Visual System, Brainspotting and other modalities utilizing the visual field through the International University for Graduate Studies.

### WHEN:

October 18 & 25, 2024  
10am - 5pm EDT  
(2 Fridays)

### WHERE:

ONLINE VIA ZOOM

### TICKET COST:

**\$495.00**

**\$50 OFF FOR INSTITUTE MEMBERS WITH YOUR REGISTRATION NUMBER: RMBI, SEBI, MBI**

(PLEASE CONTACT ME FOR PAYMENT PLAN OR IF THERE IS FINANCIAL HARDSHIP)



### TO REGISTER:

<https://bit.ly/Oct1825>

(case sensitive)

CONTACT DEB ANTINORI WITH ANY QUESTIONS AT DANTINORI@GMAIL.COM



"This course is chock full of invaluable information for Brainspotters with a comedic feel to it. Deb Antinori, as a former National Lampoon player, makes brain science hilarious, fun, and easy to understand. Think of it like Comedy Brain-School!"

-Lisa Larson, LMFT  
Brainspotting Trainer