

BRAINSPOTTING CONSULTANT'S REPORT

CONSULTANT NAME: _____

CONSULTEE NAME: _____

Date Started _____ Date Ended _____ Certification _____ Re-certification _____
(Needs to be completed within 2 years after Phase 2)

NEUROEXPERIENTIAL	MODEL
THEORY	PRACTICE
_____ Assessing readiness/Preparing for Brainspotting _____ Brainspotting as a Neuroexperiential Model _____ "Where you look affects how you feel" _____ Uncertainty Principle/No assumptions model _____ Dual Attunement Frame: _____ --Relational (attuned presence) _____ --Neurobiological (body awareness, eye position) _____ Tail of the comet (focused mindfulness - processing) _____ Staying in the tail of the comet (when falling out of tail, how do you get back in?) _____ Limbic counter-transference _____ W.A.I.T. _____ BSP as a Resource Model _____ 2 Models of Brainspotting _____ --Activation Model (gains focused access to activation) _____ --Resource Model (gains focused access to the resource, built upon body resource) _____ Superior Colliculus _____ Dysregulation to regulation _____ Allocortex & Agranular Isocortex _____ Z-axis, attachment _____ Case conceptualizations in a BSP Frame _____ What to expect during and after a Brainspotting session.	<u>FRAME SET-UP PROCESS</u> _____ Outside Window _____ Inside Window _____ Gazespotting _____ Body Resource _____ One-eye Brainspotting with (Goggles) _____ Z-axis, using with "Vergence" _____ Outside-Inside Window _____ Rolling Brainspotting _____ Advanced Resource Model - Resource Frame of Combined One Eye and Z-axis BSP _____ ("Resource within a resource within a resource") _____ Eye Contact Spot _____ Tightening/Widening the Frame _____ Squeeze the lemon _____ "Shades up/down" _____ Use of Bilateral Sound _____ Highly recommend doing own BSP sessions _____ Virtual vs. in-person process _____ Closing sessions

SUMMARY OF CONSULTEE'S READINESS FOR CERTIFICATION:

Consultant Signature

Date

GUIDELINES FOR BSP CERTIFICATION WITH CONSULTANT

- 1 – Basic connection, overview of the consultation and how to use the pointer (Exploration of the basics)
- 2 – Review from 1st session (Focus on Dual Attunement, W.A.I.T and not knowing/uncertainty; staying in tail of comet, review the terms, exploring how we use in session and giving case examples).
- 3 – Work on going from dysregulation to regulation (Review from Phase 1) and how to use psychoeducation of the brain.
- 4 – Continue to Review case(s), listening to consultee, consultee perspective, review set-ups, review with consultees strengths and challenges with consultee. Clearly articulate any issues/gaps and what needs to happen for improvement. Have consultee practice on consultant.
- 5 – Review of the consultation process, wrap up anything that needs to be finished, review additional case material (something more specific, additions, child work, performance, parts work).
6. - Have Consultee practice BSP on Consultant to assess dual attunement, etc. Review all items. If Consultee needs more sessions before deemed ready, then discuss and make a plan.

Certified Brainspotting Practitioner Standards

The Brainspotting Certification Standard Committee has accepted and voted upon the following standards, which will be implemented starting November 1, 2025

Requirements for Initial Certification:

1. Complete Phases 1 and 2, and one advanced training of your choice (Phases 3-5 or Masterclass).
2. Document 50 Brainspotting sessions representing the frame set-ups from Phases 1 & 2. Generally, these sessions are in the context of clinical or professional work. Use of any documented sessions outside of clinical settings should be discussed with the consultant.
3. Complete a minimum of 6 hours of consultation with the same Approved Brainspotting Consultant (only 2 hours of consultation before completing Phase 2 can count towards certification) OR complete a 5-day Brainspotting Intensive with an Approved Brainspotting trainer.
4. Complete your application, payment, and provide your documented hours and a copy of liability insurance (or request a waiver of liability insurance) to Brainspotting Trainings, LLC. Your consultant will provide you with their completed Consultant Report to be turned in with your application.
5. Complete certification within 2 years of completing the final course needed to meet certification requirements.

Two-Year Certification Renewal Requirements:

To renew your certification every two years, you will need to:

1. Document, in-depth, one of each of the nine Phase 1 and Phase 2 frame set-ups including the following:
 - a. Date and Anonymous Brainspotting Recipient Identifier
 - b. Presenting issue
 - c. Frame Set-up used
 - d. Briefly describe what motivated you to choose this frame set-up

- e. Briefly describe the recipient's process
 - f. Briefly describe your experience of the process (Consider reflecting on attunement, staying in the tail of the comet, limbic countertransference.)
2. Complete 1 hour of consultation* with an Approved Brainspotting Consultant. Use the prompts below to prepare for your consultation. No written documentation is required for the consultation meeting; instead, be ready to discuss the following prompts in detail.
- a. Review the Brainspotting Consultant's Report and clearly identify at least 3 principles or practices that you feel are a strength and at least 3 principles or practices where you need support.
 - b. Provide an in-depth description of your experience of providing Brainspotting for an individual/couple or family, including how you've understood their process, how you have used Brainspotting with them, the ways Brainspotting has helped them, and how this experience has influenced your own practice.
 - c. Describe how your own Brainspotting has continued to support you.
3. Complete the renewal application, payment, and provide your 9 documented Brainspotting Sessions, and a copy of liability insurance (or request a waiver of liability insurance) to Brainspotting Trainings, LLC. Your consultant will provide you with their completed Consultant Report to be turned in with your application.

*The consultation requirement for Recertification may also be met via Brainspotting Intensive. Please talk with the Brainspotting Trainer about their specific process.

Individual exceptions will be determined by the Brainspotting Consultant and BTL.