

BRAINSPOTTING CONSULTANT’S REPORT

CONSULTANT NAME: _____

CONSULTEE NAME: _____

Date Started _____ Date Ended _____ (Needs to be completed within 2 years after Phase 2)

Certification _____ Re-certification _____

THEORY	PRACTICE
<p>_____ “Where you look affects how you feel”</p> <p>_____ Uncertainty Principle/No assumptions model</p> <p>_____ Dual Attunement Frame:</p> <p>_____ --Relational (attuned presence)</p> <p>_____ --Neurobiological (body awareness, eye position)</p> <p>_____ Tail of the comet (focused mindfulness - processing)</p> <p>_____ Staying in the tail of the comet (when falling out of tail, how do you get back in?)</p> <p>_____ Limbic counter-transference</p> <p>_____ W.A.I.T.</p> <p>_____ BSP as a Resource Model</p> <p>_____ 2 Models of Brainspotting</p> <p>_____ --Activation Model (gains focused access to activation)</p> <p>_____ --Resource Model (gains focused access to the resource, built upon body resource)</p> <p>_____ Dysregulation to regulation</p> <p>_____ Allcortex & Isocortex</p> <p>_____ Z-axis, attachment</p> <p>_____ Case conceptualizations in a BSP Frame</p>	<p>_____ 3 Core Ways of Finding Brainspots (“3 legs” of BSP)</p> <p>_____ Outside Window Set-Up</p> <p>_____ Inside Window Set-Up</p> <p>_____ Gazepotting Set-Up</p> <p>_____ Body Resource Set-Up</p> <p>_____ One-eye Brainspotting & Set-Up (Goggles)</p> <p>_____ Z-axis Set-Up & using “Vergence”</p> <p>_____ Outside-Inside Window Set-Up</p> <p>_____ Rolling Brainspotting</p> <p>_____ Advanced Resource Model - Resource Frame of Combined One Eye and Z-axis BSP Set-Up (“Resource within a resource within a resource”)</p> <p>_____ “Shades up / down”</p> <p>_____ Use of Bilateral Sound</p> <p>_____ Highly recommend doing own BSP sessions</p>

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.

The Brainspotting Certification Standard Committee has accepted and voted upon the following standards, which will be implemented starting March 15, 2019.

- **Brainspotting CERTIFICATION:**
- **Minimum of 6 individual Brainspotting consultation sessions 60-minute hour with the same Brainspotting Consultant**
- **Recommendation of at least 2 Brainspotting consultation hours after Phase 1 and a minimum of 2 after Phase 2.**
- **Brainspotting Phase 1 and 2 training in person – videos are for additional learning not for certification**
- **Document at least 50 Brainspotting sessions using the Brainspotting Session Documentation form.**
- **Check list form from Brainspotting Consultant**
- **Upon completing certification process with Brainspotting Consultant the following documents get submitted to Brainspotting Trainings, LLC (David Grand)**
- **Application and all supporting documents (Brainspotting Session Documentation Form, Brainspotting Consultant's Report with a positive recommendation for Brainspotting certification, copy of liability malpractice insurance.)**
- **Payment of \$150.00 USD**

Brainspotting RE-CERTIFICATION:

- **Every two years to keep certification you need a minimum of:**
- **Document at least 100 Brainspotting sessions using the Brainspotting Session Documentation form.**
- **1 Individual Brainspotting Consultation 60-minute hour (evaluating Brainspotting Consultee competency; review original standards for certification)**
- **Upon completing recertification process with Brainspotting Consultant the following documents get submitted to Brainspotting Trainings, LLC (David Grand)**
- **Application and all supporting documents (Brainspotting Session Documentation Form, Brainspotting Consultant's Report with a positive recommendation for recertification, copy of liability malpractice insurance.)**
- **Payment of \$100.00 USD**

*Individual exceptions will be determined by **Brainspotting Consultant and BT,LLC***