

INTEGRATING SELF-COMPASSION & BRAINSPOTTING

AGENDA

Day 1: 9:00am - 6:00pm

9:00am - 9:45am: *Welcome, Introductions, Review, and Intentions* (including ways to self-regulate, get extra support if needed, and protocols for relational ruptures)

9:45am - 11:15am: *Introduction to Self-Compassion & Brainspotting*

- Outline the basic premise, definitions of self-compassion and how self-compassion practices vary among people and cultures
- Review illusions of self-compassion and untruths of mindfulness
- Expand basic definitions and practical applications of Brainspotting Principles via Venn diagram
- Introduction to training diagram with emphasis on awareness as the catalyst and circulation for growth

11:15am - 11:30am: **BREAK**

11:30am - 12:30pm: *Subconscious Living*

- Implement Subconscious Living Assessment
- Define subconscious living and identify signs of subconscious living
- Examine additional micro and macro influences of subconscious living, including societal oppression
- Application of the Uncertainty Principle and curiosity to explore all possibilities of unconscious influence
- Group Exercise: Tip of the Iceberg

12:30pm - 1:30pm **LUNCH**

1:30pm - 2:45pm: *Headlines*

- Introduce brain map and define headlines
- Identify headline themes in relation to emotions, body activation, and symptomology
- Engage in Vent Dump exercise
- Highlight headlines from Vent Dump experience
- Group Resource Brainspotting (through stimulation of 5 senses in self-compassion frame)
- Review window of tolerance within self-compassion framework

2:45pm - 3:45pm: Defenses

- Investigate defenses to understand protective emotions and subcortical emotions
- Engage in Group Exercise: Be the Coach
- Connect resources and safeguards of self-compassion and the Brainspotting principle of Following the Tail of the Comet and Dual Attunement

3:45pm - 4:00pm: BREAK**4:00pm - 5:30pm: Emotional Intelligence**

- Group Exercise of emotions as somatic experience
- Introduce brain map
- Understand the interplay of emotions as subcortical experience with neocortical reference.
- Discuss the neurobiology of integration subcortically and neocortically
- Review psychoeducation materials of emotions and the significance of labeling and articulating emotional experiences

5:30pm - 6:00pm: Q&A, Reflections from the day**Day Two: 9:00am-6:00pm****9:00am - 9:30am: Welcome Back, Review, Debrief, Q&A****9:30am - 11:00am: Limiting Core Beliefs**

- Group Exercise of RAIN (developed by Tara Brach)
- Introduce brain map
- Define limiting core beliefs
- Elucidate the Brainspotting Principle WAIT through self-inquiries of “Why Am I Talking?” and “Whose Agenda Is This?”
- Recognize the presence of recurring limiting core beliefs, the accompanying patterns, and how these are intertwined with subconscious living
- Review Tip of the Iceberg and Vent Dump to create the frame for Gazespotting
- Exemplify how WAIT and the Uncertainty Principle are resources of self-compassion when exploring limiting core beliefs

11:00am - 11:15am: BREAK

11:15am - 12:45am: Nurturing the Authentic Self

- Introduce brain map
- Reflect on authentic identity with exploration questions and introspection
- Group Exercise: Returning to Your Values Exercise
- Investigate opportunities for shifts and increasing choices in review of headlines, emotions, defenses, and limiting core beliefs
- Discuss the realms of expansion as well as the impact of suffering with active resistance
- Group Spotting Experiential: “Your Future Self”
- Highlight the wealth of support through creative applications of the Brainspotting Resource Model
- Reinforce the framework of setting intentions based on core values for congruent alignment and authentic living in a subconsciously-driven world

12:45pm - 1:45pm: LUNCH

1:45pm - 2:00pm: Review Set-Up

2:00pm - 3:00pm: Demo

- Demonstrate set-up

3:00pm - 3:15 pm: Q&A

3:15pm - 3:30: BREAK

3:30pm - 5:00pm: Practice setup in dyads

5:00pm - 5:15pm: Debrief with Q&A

5:15pm - 6:00pm: Closing

- Discuss special populations in the framework of self-compassion and Brainspotting
- Closing and Q&A