Intrinsic Change
Training for Helping Professionals

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Brainspotting: Further Learning

Wisconsin trainings

Regular trainings

Training	Format
David Grand, Brainspotting	Online; a few times a year
Cherie Lindberg, Elevated Life Academy	Phase 1, 2, advanced; twice a year
UW–Green Bay Behavioral Health Training Partnership	Phase 1

Local trainers and consultants

Trainer	Agency
Cherie Lindberg	Elevated Life Academy
Cesilia Gonzalez	Growing Mindful Psychotherapy; bilingual
Steve Sawyer	Developmental Trauma Training Institute; Digging Roots
Patrice Flanagan-Morris	Empowerment Within; Mindful Self-Compassion
Jesse Jonesberg	Intrinsic Change; integrative
Consultation groups	Midwest Brainspotting Institute
Other consultants	Brainspotting directory

Websites

Site	For
Brainspotting	Trainings, directory, certification
Midwest Brainspotting Institute	Regional community, directory
Brainspotting Online	Blog, resources

Books

Book	For
Grand (2027). *The Evolution of Brainspotting: Healing Through a Neuroexperiential Lens*	New; February 2027
Grand (2013). *Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change*	Core text

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Book	For
Grand & Goldberg (2011). *This Is Your Brain on Sports*	Performance
Wolfrum (Ed.) (2018). *The Power of Brainspotting: An International Anthology*	International practice
Menakem (2017). *My Grandmother's Hands*	Racialized trauma, the body
Porges (2011). *The Polyvagal Theory*	Nervous system

Articles

Article	For
Corrigan & Grand (2013). Brainspotting: Recruiting the midbrain for accessing and healing sensorimotor memories of traumatic activation. *Medical Hypotheses, 80*(6)	How it works
Corrigan, Grand & Raju (2015). Brainspotting: Sustained attention, spinothalamic tracts, thalamocortical processing, and the healing of adaptive orientation truncated by traumatic experience. *Medical Hypotheses*	How it works
Grand (2021). Brainspotting as a neuroexperiential process for healing and expansion (keynote)	Neuroexperiential Model

Path to certification

1. **Phase 1** — Trained in Brainspotting
2. **Phase 2**
3. **Advanced training** — Phase 3, 4, 5 or Masterclass
4. **Practice with consultation** — Documented sessions, consult hours; apply and get approved as a Certified Brainspotting Therapist

Details: brainspotting.com/get-certified