Going for the Roots: Healing Developmental Trauma through a focused Brainspotting Approach

This presentation provides on a snapshot of the Developmental Trauma Focused Brainspotting model. Infused with a thorough examination of current developmental trauma research from NCTSN, this seminar provides a research supported structure for implementing Brainspotting more effectively with a challenging client population. In this overview attendees gain knowledge about how "event focused" trauma models miss the key symptoms for healing Developmental trauma, and how stored physiology with accompanying dysregulation are our gateway to a more thorough Brainspotting healing journey. The remainder of this seminar outlines the key principles, simple tips/tricks and the science that support Brainspotting as the effective intervention when working with Developmental Trauma survivors.

1: Brief overview of the current research findings on Developmental Trauma (10)
2. Attachment and Aloneness cycle overview (5)
3. Redefining Attunement through Non-Verbal brain systems (5)
4. Introduction to the Key Principles of DT focused Brainspotting (15)
5. Overview of Developmental Trauma focused brainspotting (15)

Steve's experience comes from decades of intervention with tough to reach client populations in wide range of therapy settings. He is a trainer and developer in several cutting-edge therapeutic models like Brainspotting, and HeartMath. Steve co-founded New Vision Wilderness Therapy programs with a trauma informed focus with 3 locations spanning the country. He continues to work as a core therapeutic training development staff with the Institute of HeartMath receiving their Humanitarian Heart award in 2018 and co-authoring both the Heartmath Interventions and Trauma Resilience Program modules. Steve is also the developer of the Developmental Trauma Brainspotting model.