



Brainspotting Intensive



Dates: 4/17/26-4/21/26 9:00-6:00pm PST in Auburn, CA (near Sacramento) (in person)

Registration link (click below):

[April Intensive](#)

or email:

indigenacounselingandwellness@gmail.com



Cost of Intensive is \$2,000 per person (continental breakfast, snacks, coffee, and tea included)

Who should attend? Addiction Counselors | Community Workers | Social Workers | Psychologists | MFT's | LPC | Psychiatrists | Occupational Therapists | Executive/Life Coaches | Students | Others in the Healing Professions with Strong Clinical Backgrounds

Through lecture, live supported demonstration (with trainer sitting next to helper/clinician while they work with a client/receiver. Participants will learn to do the following:

- Discuss, debrief and consult regarding components taught in Brainspotting Phase I & II (Outside Window, Inside Window, Gazespotting, Resource Brainspotting, Inside Outside Window, Rolling, Shades Up/Down, Z-Axis, One Eyed Brainspotting & Advanced Resource Brainspotting Setup).
- Demonstrate the theory and setups of Brainspotting in a group setting
- Demonstrate and observe dyads with Outside Window, Inside Window, Gazespotting, Resource Brainspotting, Rolling Brainspotting, Inside/Outside Window Brainspotting, Shades Up/Down, Z-Axis, One-Eyed Brainspotting & Advanced Resource Brainspotting Techniques/Setups

Overview: The Brainspotting (BSP) Intensive, developed by BSP founder David Grand, is the ultimate learning experience for BSP therapists. The Intensive utilizes the attuned presence of ten participants for healing experientials in the center of the group, with each participant being therapist once and client once. Regina Faridnia, LCSW, sits next to the therapist; teaches and guides them in the most attuned, technically advanced, and innovative BSP processes. Afterwards, sessions are extensively debriefed. The Intensive offers unhurried time to process your own traumas, heal negative beliefs or expand into performance goals.

Instructor Bio: Regina Faridnia, LCSW has 30 years of experience in the field. She is the founder of Indigena Counseling & Wellness Center which offers integrative/holistic trauma focused treatment. Full details including extended bio are available at Indigenacounseling.com. Regina is also a hula dancer and provided Phase II training in Maui after the Lahaina fires in 2023.

Brainspotting Intensive, Course #5689, has been approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Indigena Counseling & Wellness Center as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 8/12/24-8/12/26. Social workers completing this course receive 37.5 continuing education credits.