

WAVESPOTTING

A RESOURCE TECHNIQUE FOR ACUTE AND EXISTENTIAL TRAUMA

For Brainspotting Practitioners

Presented by Dr. Melanie Young, PsyD

with Dr. Emily Schottman, LPC & Retired Functional Optometrist

Wednesday, October 12

11 am Pacific US

8 pm Central European

2 hours

Register

[pacifictraumacenter.com/trainings](https://www.pacifictraumacenter.com/trainings)

Questions?

Email training@pacifictraumacenter.com

Melanie Young will share Brainspotting techniques that can be used to increase resourcing for clients including war victims and refugees. She will introduce a new powerful resource model, called Wavespotting, which can be utilized anytime during a Brainspotting session to lower a client's activation. Wavespotting is also an effective tool to ground the client toward the end of a session. **Emily Schottman** will discuss how Wavespotting may work by examining how it impacts the eyes, brain and body.

Focus of the Webinar

- Review some BSP phase 1, 2, and 3 techniques that can be incorporated to increase resourcing for those in crisis
- Learn about a new resourcing technique called Wavespotting
- View a video demonstration and try it out!
- Review the impact of undischarged trauma on the nervous system
- Learn why/how Wavespotting may work
- Discover when to incorporate Wavespotting in your sessions



Melanie Young, PsyD received her doctorate from the University of Denver. She is a senior Brainspotting trainer, consultant and speaker. She assists adolescents, adults, and seniors in overcoming difficulties with trauma, mood issues, anxiety, grief, brain injuries, ADD, and chronic illness. She was trained in Brainspotting in 2007. melanieyoungpsyd.com



Dr. Emily Schottman is a retired Functional Optometrist, LPC, and Brainspotting Consultant in Austin, Texas. Her post-doctorate fellowship in Vision has informed her work helping individuals and fellow therapists better understand eye-brain-body connections. Emily is also a 12 year cancer survivor, which has inspired post-traumatic growth study. austinmentalwellness.com

Donations start at \$50. All who donate will receive the recording whether you can attend live or not. All proceeds, with the help of Brainspotting Spain, will pay for coordinating traumatized individuals with Brainspotters, to give these volunteer clinicians free training and consultation, and to meet urgent needs of those most affected. If you are serving those affected on the ground in Europe, you are entitled to this webinar for free. Please fill out this form: <https://forms.gle/ZcP73ykce9SkMj17A>