

# Brainspotting

## Brain Science to Inform Your Brainspotting Practice

*AKA Animal Brain Gone Wild!*

Two additional hours added!

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**Deb Antinori, MA, LPC, FT, RDT**

### What you will learn in this specialty workshop:

- Everything you wanted to know about the brain for Brainspotting Therapy but were afraid to ask! (Am I dating myself with that intended comedic reference?)
- Being able to understand what is going on in the brain regarding regulating and non-regulating functional brain areas is key to being able to break that info down to communicate to clients and colleagues.
  - Have confidence in explaining how BSP works in the brain from a brain-informed perspective to a first-time client.
  - For newer BSP Therapists - how to transition current clients to BSP, and how to introduce new clients to this way of working.
  - Help clients understand why it isn't their fault that they feel the way they do is a first step into the work of dismantling the traumas and difficulties they come to therapy with you to achieve:
    - An explanation of "the alarm system" - amygdala, hypothalamus (HPA Axis resulting in the production of cortisol), and PAG (periaqueductal grey - defensive survival programs of flight, fight, freeze, dissociation) helps clients to move into doing Brainspotting, and to be able to understand and trust their own nervous system.
    - Brain-splaining why you have that wand in your hand they're staring at it, or why you're suggesting they continue to gaze in a direction they're not aware of puts them further "in the driver's seat", more confidently in the head of their comet, and why we are quietly in the tail.
- A deep dive into Damir del Monte's regulating theory and Frank Corrigan's orienting theory will assist you in getting this "brain stuff" into your bones and actually enjoying talking about it.
- We'll demystify those inscrutable terms like dorsolateral, ventromedial, granular and agranular isocortexes, allocortex and other words that sound like Sheldon from Big Bang must have come up with them (or more likely Amy Farrah Fowler - his neuroscientist wife)
- Lecture, PowerPoint, Self-Spotting and Practicum, and some drawing/coloring will make it all come together.



\*14 CE's from NASW-NJ: This course, Brain Science to Inform Your Brainspotting Practice, Approval #10092024-10, provided by Deborah Antinori is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: Wednesday, October 9, 2024 through August 31, 2026. New Jersey social workers will receive 14 CE credits for participating in this course.

### Meet the Presenter: Deb Antinori MA, LPC, FT, RDT

Deb Antinori is a Licensed Professional Counselor with 34 years in private practice. She is a Brainspotting US Trainer and Consultant, and a member of David Grand's NY supervision group. She has been using Brainspotting since its inception, having met Dr. Grand in a 1998 EMDR training where he was a facilitator and then became her supervisor.

Deb has studied with Frank Corrigan (Superior Colliculus "orienting" theory) and currently studies with Damir del Monte (theory regarding regulating parts of the brain). She is an avid brain student having received her Certificate in Medical Neuroscience through coursera.org taught by Professor Len White of Duke University. She is beginning her PhD, it will be about (rather than the Visual system stuff): the Insula's "Material Me" sensing capacity informing the client about their state of being, and its' ability to engage the empathy of the therapist resulting in their attuned relationship to the client).

### WHEN:

April 24 & May 1, 2026  
10am-6pm  
(2 Fridays)

### WHERE:

ONLINE VIA ZOOM

14CEs from NASW-NJ\*

### TICKET COST:

**\$575.00**

**\$50 OFF FOR INSTITUTE MEMBERS WITH YOUR REGISTRATION NUMBER: RMBI, SEBI, MBI**

Please contact me for payment plan or if there is financial hardship.

Grads come free after your first workshop, however, there is a one time charge of \$75 if you took Brain Science when it was 12 CE's and haven't already paid that additional \$75 fee.



### TO REGISTER:

<https://bit.ly/3KmBwkH>  
(case sensitive)

CONTACT DEB ANTINORI WITH ANY QUESTIONS AT  
DANTINORI@GMAIL.COM



"This course is chock full of invaluable information for Brainspotters with a comedic feel to it. Deb Antinori, as a former National Lampoon player, makes brain science hilarious, fun, and easy to understand. Think of it like Comedy Brain-School!"

-Lisa Larson, LMFT  
Brainspotting Trainer