

PROCESS FOR BECOMING AN APPROVED BRAINSPOTTING CONSULTANT

Effective November 1, 2025

Approved Brainspotting Trainers offer Consultant-in-Training (CIT) programs at their discretion. Those interested in becoming a consultant should contact the trainer whose program they wish to pursue and apply directly with that trainer. While all CIT programs will include the Standards listed below, the format and teaching style may vary to reflect each trainer's unique offerings.

I. Training Standards to become a Consultant-In-Training:

- Has been a Certified Brainspotting Practitioner for a minimum of 1 year
- Provide a letter of reference/recommendation from their certifying consultant (if this is not possible, the applicant will provide an explanation.)
- Has attended the most recently developed Phase 1 and Phase 2 trainings
- Has attended (live, not recorded) at least three (3) of the following four (4) trainings with David Grand (repeat trainings do not count towards the three required):
 - Phase 3
 - Phase 4
 - Phase 5
 - Masterclass
- **Intensives do not meet the advanced training Standard but are recognized for ongoing dedication to training.

Characteristics and Expectations of an Approved Brainspotting Consultant:

In the Brainspotting community, Approved Brainspotting Consultants are regarded as both Brainspotting Trainings (BTL) Faculty and Ambassadors of Brainspotting. As such, there are several key characteristics we strive to embody and model within the community. First, and foremost, fully embracing the Uncertainty Principle of Brainspotting and having capacity for high attunement with clients, colleagues and potential consultees is crucial in this work, as these are central to Brainspotting culture and core concepts. The role of providing Brainspotting Consultation is the primary role of an Approved Brainspotting Consultant. Also needed is an interest in mentoring and teaching individuals to develop and deepen their understanding of Brainspotting theory and its applications in practice through the Certification and Recertification processes. A high level of communication skill, with clarity and specificity, can help nurture our new Brainspotting Practitioners and make Approved Trainers aware of needs that arise in the training environment. An ability to self-initiate when help is needed in the community can help our trainings run smoothly and support newer Brainspotting Practitioners to grow in their work.

Engaging in activities that promote Brainspotting, such as (but not limited to) Institute Board Membership, attending consultation groups as a member, running “Peer Support”

groups, organizing and/or helping local trainings, giving “Info Sessions” about Brainspotting, etc. can be part of the Consultant’s role in our community.

Individuals interested in becoming an Approved Brainspotting Consultants must first apply to and complete a Consultant in Training (CIT) program with an Approved Brainspotting Trainer in order to apply for Approved Consultant status. An application is submitted to the Trainer, and if accepted the CIT will begin an immersive learning process that typically lasts a minimum of 9-12 months. Each CIT program will include a foundational curriculum and the Approved Trainer’s unique emphasis or approach.

An Approved Brainspotting Consultant represents Brainspotting and should be excellent at networking with others, recognizing the community of Brainspotting itself as a resource. The qualities of Organization, Self Awareness, Responsibility and Creativity are important to the coordination responsibilities needed for Consultant roles within the community. Consistent engagement and involvement in the Brainspotting community is part of the Consultant role within the Brainspotting community. Being enthusiastic around spreading Brainspotting to new communities is another reason that an individual may choose to become a Consultant.

Altruism is a core philosophy of Brainspotting and helps to affirm Brainspotting culture. It is essential to have a commitment to Brainspotting culture and supporting the development of a supportive, inspiring and positive environment in our community. Open-mindedness and willingness to learn helps to balance and create safety in our community. It is crucial that a Consultant continues to engage regularly in their own Brainspotting sessions for ongoing education/self-work so that they can be aware of any activations of unresolved material. Additionally, a key responsibility of the Consultant role would be to support a non-hierarchical, inclusive, anti-oppressive approach to Brainspotting Training and consultation for promoting a healthy community.

Approved Brainspotting Consultants will retain their status as Certified Brainspotting Practitioners indefinitely, regardless of whether they continue as Approved Consultants. They are not required to complete the recertification process for Certified Brainspotting Practitioner status.

II. Training Process Standards:

- Candidates will complete an application with the trainer whose CIT program they are interested in pursuing. Standard cost for all CIT programs is \$2000 USD.
- All candidates are required to have personal access to the most recent Phase 1 & Phase 2 DVDs. David will make these available to accepted Consultants-in-Training at a reduced cost of \$250 for the 2 DVDs (Phase 1 and 2 DVDs) or downloads
- Upon acceptance as a Consultant-in-Training (CIT), candidates will attend a minimum of 9-12 months Consultant-in-Training program approved by Brainspotting Trainings, LLC. The structure, class schedule, and time frame of the program is

determined by the Trainer of the program. The program may be designed for either group or individual training. Curriculum for all programs will minimally include:

- extensive review of the Phase 1 and Phase 2 PowerPoints and videos produced by Brainspotting Trainings, LLC.
 - extensive review of the most recent Brainspotting Consultant's Report Form
 - viewing and review of the most recent CIT videos made by David Grand (with Cherie Lindberg) about Brainspotting theory and practice
 - instruction, demonstration, & practice in teaching Brainspotting theory and practice
- Trainers may include additional program materials and tasks based on their program design

III. Readiness for Application as an Approved Brainspotting Consultant

- Readiness to apply for approval as a Brainspotting Consultant is determined by the Approved Trainer of the CIT program, who may use various methods to assess a CIT's progress, including the CIT's self-assessment of readiness. The trainer is committed to supporting the CIT through to completion. In some cases, the Approved Trainer and the CIT may mutually decide that the CIT will not continue pursuing approval as a Brainspotting Consultant.
- The Consultant-in-Training demonstrates readiness for approval by demonstrating:
 - understanding and ability to articulate all items on the consultant's report
 - knowledge of strengths and weakness in their own skill set
 - the ability to teach consultees the theory & practice of Brainspotting in alignment with most current evolution of the Neuroexperiential Model of Brainspotting, as taught by David Grand
 - comfort with and an ability to demonstrate the full range of Brainspotting theory and technique in practice
 - the ability to conduct role-play Brainspotting consultation sessions
 - the ability to support & help consultees through any limbic-countertransference issues that arise
- When the Trainer affirms the candidate's readiness for Approval, the Trainer will provide the candidate with a brief written statement of the candidate's readiness. The candidate will complete the Application for Approved Brainspotting Consultant status

and return it, with the Trainer's statement and a \$50 administrative fee, to Brainspotting Trainings, LLC.

STANDARDS FOR CONTINUING AS AN APPROVED BRAINSPOTTING CONSULTANT

- Approval for Continuation as an Approved Brainspotting Consultant is required every two years
- Assist at one Phase 1 training and one Phase 2 training (In-person or Virtual, the entire training).
- Attend or assist one Advanced Training (The entire training)
 - Phases 3-5 or Masterclass (preferably one they have not previously taken)
- Using the Continuation as an [Approved Brainspotting Consultant Worksheet](#), the Consultant will prepare for one 120-minute (or two 60 minute) meeting with a Brainspotting Trainer in which the Consultant's readiness for continuation is reviewed. The review will include discussion of the Consultant's clinical and consultation practice, and how they are keeping up with new developments in Brainspotting.
- Once the meeting with the Approved Trainer is complete and the trainer supports the candidate's readiness for reapproval, the candidate will submit the Application for Continuation as an Approved Brainspotting Consultant. This should be returned, along with the trainer's statement and a \$50 administrative fee, to Brainspotting Trainings, LLC.
- If the readiness meeting reveals gaps or demonstrates a need for greater attention to the ongoing evolution of Brainspotting theory and practice, the Approved Trainer will develop a "Continuation of Readiness" plan with the Consultant, and support the candidate to completion, unless they mutually decide that the candidate will not continue pursuing reapproval as a Brainspotting Consultant