

# FIRST RESPONDER SUPPORT NETWORK



## CLINICIAN TRAINING

### TRAUMA THERAPY THAT WORKS! PRESENTED BY JENNIFER ALEXANDER, LMFT

"Brainspotting" is a powerful, brain-based trauma therapy that accesses the deepest regions of the brain where clients store their traumatic experiences and survival terror. This access to the limbic system and brainstem allows deep transformation to occur. It works by identifying, processing and releasing core neurophysiological sources of emotional and body pain, trauma, dissociation, terror, flashbacks, panic, and other challenging symptoms. Symptoms of unprocessed trauma, which include chronic anxiety, insomnia, and numbing, are notoriously difficult to eliminate through talk therapy. This is because the brain becomes overwhelmed and is unable to process verbal information about the traumatic events.

This presentation teaches participants to metrically measure the efficacy of each session with their clients, so it is very clear if the client is benefiting from the treatment. It also will help the attendees stay abreast of the most recent brain-based breakthroughs in treating clients with PTSD. This presentation underscores principles of complete non-judgment and compassion for each and every client. It also encourages the therapist to follow the client, rather than lead.

#### Objectives:

- Understand the core components of Brainspotting including how to apply Brainspotting to Trauma, Dissociation, Anxiety, Performance Anxiety, Somatic Conditions, Addiction and Self Loathing.
- Demonstrate the theories and practices of Brainspotting.
- Understand how this powerful modality can integrate into your current practice and increase your effectiveness with this challenging population.

#### REGISTRATION

[Click Here to Register](#)

<https://app.smartsheet.com/b/form/2b06219e5bcd438086505c2747bf1e38>

#### DATE/TIME

August 1, 2020

9:00AM-4:30PM

#### LOCATION

Online Webinar  
via Zoom

#### CEU

This training is free to FRSN clinicians and qualifies for 6 CEU credits for Master and Doctorate level clinicians who attend the live session.

#### PRESENTER BIO

Jennifer is a certified Brainspotting therapist and consultant working with complex and developmental trauma and addictions since 2003. As a former first responder, paramedic/firefighter, Jennifer is passionate about serving first responders, military veterans and their families. Formerly married to a firefighter for 21 years, while raising 8 children, Jennifer understands the complexities of these populations firsthand and the need for effective therapeutic support combined with the importance of cultural competency. Jennifer is currently working toward a Ph.D. in Brainspotting. She is a member of the National Brainspotting Leadership Team working toward formation of the first US Brainspotting Association.

#### FRSN

4460-16 Redwood Hwy #362

San Rafael, CA 94903

415.721.9789 VM

415.532.2732 Fax

[info@frsn.org](mailto:info@frsn.org) | [frsn.org](http://frsn.org)

# FIRST RESPONDER SUPPORT NETWORK



## CLINICIAN TRAINING

### CULTURAL COMPETENCY

PRESENTED BY EVA TAK, LMFT

There has been a national focus on policing and communities of color. With calls for “defunding the police”, officers being arrested and charged with crimes in the performance of their work, many are experiencing this as a personal attack. This further contributes to the perception of “us vs. them”. How do we as clinicians balance our work to support our officers and also be cognizant of the issues of systemic racism?

Additionally, officers of color may experience unique concerns due to implicit and explicit biases. The line between “us vs. them” becomes blurred when you look like “them”. We will explore the culture of BIPOC (Black, Indigenous, and People of Color) in the emergency services and how this may contribute to additional stressors.

Race and policing can be a difficult subject to address. Each of you have the heart and interest to provide the best possible support to the healing of our emergency responders. Being able to examine our own biases, misconceptions and expanding our cultural competency will enable us to better navigate this difficult path together.

It is recommended to read Robin DiAngelo’s “White Fragility” before the training. This will provide a foundation for some of the material that will be covered. It is also a well written conceptualization of inadvertent and unconscious racism that does not blame or shame.

#### Learning Objectives:

- Learn how to be cognizant of issues of systemic racism while supporting first responders as a mental health clinician
- Understand the unique concerns of BIPOC (Black, Indigenous, and People of Color) in emergency services
- Develop awareness around implicit and explicit bias
- Expand cultural competency to best support first responders

### REGISTRATION

[Click Here to Register](#)

<https://app.smartsheet.com/b/form/ec9fdc4b420a4cdfa33cbf300c58f7c0>

#### DATE/TIME

August 15, 2020

9:00AM-12:00PM

#### LOCATION

Online Webinar  
via Zoom

#### CEU

This training is free to FRSN clinicians and qualifies for 3 CEU credits for Master and Doctorate level clinicians who attend the live session.

#### PRESENTER BIO

As a retired Police Lieutenant, clinician and Black woman, Eva hopes to provide a unique view of the multiple worlds of policing, BIPOC and female. All of which have played a significant role in her development as an officer and clinician. Understanding the need for mental health services in law enforcement motivated her to specialize in working with emergency responders. She has volunteered with FRSN since being licensed in 2011.

### FRSN

4460-16 Redwood Hwy #362

San Rafael, CA 94903

415.721.9789 VM

415.532.2732 Fax

[info@frsn.org](mailto:info@frsn.org) | [frsn.org](http://frsn.org)