

# BSP RE-CERTIFICATION *REQUIREMENTS*

## **PART 1: Complete 1 hour of Consultation**

Complete 1 hour of consultation\* with an Approved Brainspotting Consultant.

Use the prompts below to prepare for your consultation. No written documentation is required for the consultation meeting; instead, be ready to discuss the following prompts in detail.

### **Prompts:**

- Review the Brainspotting Consultant's Report and clearly identify at least 3 principles or practices that you feel are a strength and at least 3 principles or practices where you need support.
- Provide an in-depth description of your experience of providing Brainspotting for an individual/couple or family, including how you've understood their process, how you have used Brainspotting with them, the ways Brainspotting has helped them, and how this experience has influenced your own practice.
- Describe how your own Brainspotting has continued to support you.