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THE HEALING COLLABORATIVE PRESENTS

WHERE YOU LOOK EFFECTS HOW YOU FEEL.

PARTICIPATE IN OUR STUDY

**10 SESSIONS OF
BRAINSPOTTING
THERAPY &
BEFORE + AFTER
BRAIN MAPPING**

**▼
THERAPY WITH A
TRAINED INTERN
AT NO COST**

**INTERN:
HOLLY SARGENT
GRAD STUDENT
CMHC AT CCU**

**▲
ASPIRE COUNSELING
750 E 9TH AVE, STE 110
DENVER, 80203**

SEE IF YOU QUALIFY!

EMAIL: ASPIREDENVERHOLLY@GMAIL.COM TO SCHEDULE A CONSULTATION

WHAT IS A "BRAINSPOT"?

A "brainspot" is an eye position that correlates with a part in the human brain that holds traumatic material. What's going on inside of our brains is directly associated with where we focus our eyes. Whenever we visually scan our surroundings for information, we're also scanning our brain for our own thoughts, ideas and emotional responses. At times, we may also be scanning our brain to find where repressed memories and feelings are stored. By targeting the brain in a specific eye position, the brain is able to discover, dislodge and release trapped energy in the body so that it no longer causes issues. As the Brainspotting processing occurs, trauma is released and healing immediately occurs deep within the unconscious.

WHAT IS A BRAIN MAP?

It enables us to see your unique pattern of mental strengths and weaknesses - areas of the brain where there is too little or too much activity, and areas that are not coordinating their activity the best they could. The Health Collaborative partners with neurofeedback treatment center, Nepes, to acquire the qEEG brain maps.

WHAT ARE THE QUALIFICATIONS OF THE INTERN?

Holly Sargent has less than 1 year left of the Clinical Mental Health Counseling masters program at Colorado Christian University. She has completed Phase 1 of training in Brainspotting and is supervised by certified LPC, Laura Stuart.

OTHER IMPORTANT INFORMATION

- For Underinsured and Income < 30k
- Medicaid members are not eligible
- Email Holly with any questions you may have!