Brainspotting

"Where you look affects how you feel."
~ Dr. David Grand

Brainspotting is a powerful, mindful, focused therapy to use when there is a loss for words to describe complex situations or emotions. Often with the use of pointer, Brainspotting works by identifying, accessing, and opening neurophysiological "brainspots" where trauma, pain, ruminating thoughts, memories, and a variety of other issues are ready to be processed and released.

Utilizing the powerful healing that occurs when the eyes locate and focus on the "brainspot", together you and Dr. Kathy will access and find curious insight and relief from painful unresolved life events. This rapid, highly effective mind/body centered therapy technique connects you with the brainbody's innate wisdom to heal itself.

Dr. Kathy is also a Brainspotting Consultant mentoring therapists seeking certification.

About Dr. Kathy

Kathryn C. Shafer Ph. D., LCSW, CAP, C-IAYT

Dr. Kathryn Shafer is an integrative, somatic. licensed psychotherapist. She is certified in EMDR and an EMDRIA approved consultant, certified addiction professional, Certified Brainspotting Therapist and Consultant, and Certified Yoga Therapist, at her private practice in Jupiter, Florida.

As an author, and mental health, trauma, and addiction expert, she has presented at over 40 workshops internationally. The author of the FUN™ program, her lifestyle program, she provides individual, family, and group psychotherapy sessions for women, and a group for men and women in recovery from addiction. She is passionate about helping individuals, families, and couples coping with betrayal and complex trauma.

As an EMDRIA Approved and Brainspotting Consultant, she provides guidance and insight for consultees on how to "frame" the session with diverse clients in a variety of settings. As a Certified Yoga Therapist she shows clients how to release the tension in the body for cognitive processing.

Change your beliefs,

Change your life

- Shift Happens

LIMITLESS POTENTIALS

Know this! People who choose to seek out a therapist do so with tremendous strength and courage… not weakness.

Life can be challenging and at times, difficult. At some point, It can be beneficial to obtain guidance, or just have a confidential place to talk with a professional about what's going on. Sometimes just making the appointment begins the process of change and can be helpful in considering what choices you have available to you now. You may also gain insights about the past, how to live mindfully in the present, and open the doors to the future of your amazing life.

LIFE IS LIMITLESS… Here falling awake happens. Make all of your dreams come true!

Services Offered

At **Limitless Potentials** clients receive guidance for coping with:

- Grief and loss
- Anger control
- Stress and anxiety
- Depression
- Domestic & Sexual Violence
- Relationships
- Aging
- Aging/Caregiver Planning
- Attachment issues in children
- Addictions
- Trauma
- Chronic health issues
- Preparing for surgery
- Disordered eating
- Self-esteem issues
- Employment coaching
- Women's groups

Psychotherapy Sessions

Individual, family, couples, and group sessions arranged by appointment.

YogaFUN(™) Nidra Workshops

Private sessions, Group classes, and Retreats

View the class schedule at:
https://limitlesspotentials.com/yogafun-calendar/

For more information or to schedule an appointment, call Dr. Kathy at (561) 799-6789 or visit the website.

Jupiter Bay Plaza
351 S. US Hwy One, Suite 100
Jupiter, Florida 33477

YogaFun™ Nidra

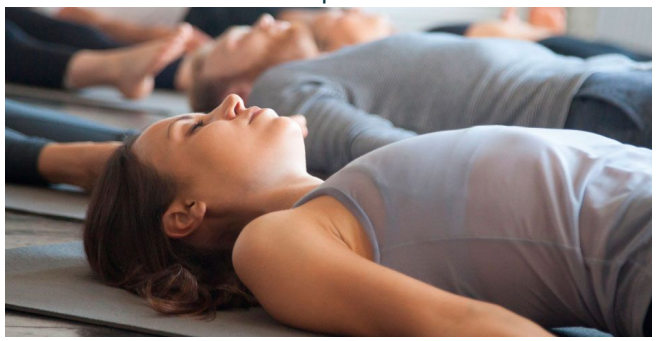
"The more we rest as who we are, the less we are at the effect of what is passing through."
~ Dr. Kamini Desai

Talk therapy can helpful to express what is going on in your life and relieve your mind. The YogaFun™ Nidra practice while reclining, will help you relax and release what is occupying your brain and body—no movement or talking necessary!. Whole body health requires courage (just show up), commitment (over time) and discipline (daily adherence). Here shift happens known as falling awake..

During the practice mental imagery may be incorporated to identify, and transform beliefs, release feelings and emotions, and finish by landing in the experience of silence. Then you, the practitioner, are gradually brought back to normal wakefulness...all in 40-45 minutes, no movement required.

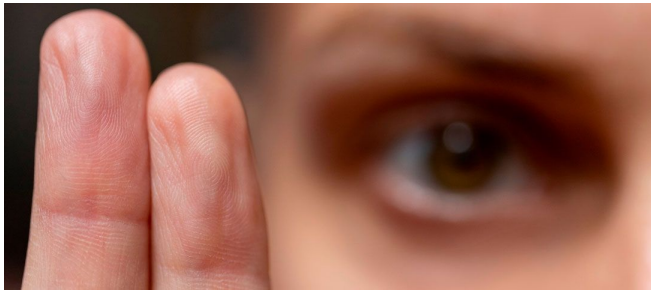
Group classes, private sessions and workshops available for all ages and levels.

Visit us online for a complete schedule:



EMDR

"Getting past your past."
~ Dr. Francine Shapiro

Eye Movement Desensitization and Reprocessing (EMDR) is a comprehensive, trauma-informed psychotherapy approach that can integrated into the traditional talk therapy or cognitive behavioral session. Initially discovered to be helpful for persons diagnosed with PTSD, it has been adapted to help clients process issues from the past, current stressors, or worries about the future. Tracking eye movements known as bilateral stimulation, this form of exploring beliefs and memory retrieval can provide quick insight and resolutions to problems, and calm the central nervous system.

As an EMDRIA approved consultant, Dr. Kathy offers case consultation, supervision, and mentoring services to guide licensed therapists through the technical aspects of EMDR.. Consultation focuses on mastering the skills of EMDR learned in basic training to integrate into existing and clinical practices and provide the steps towards becoming certified in EMDR.