

# BRAINSPOTTING EXPLAINED

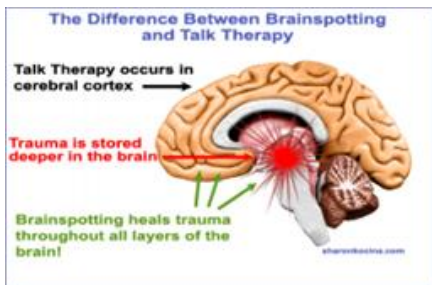
## What Is Brainspotting?

Brainspotting is a powerful, but gentle, mindfulness-based, brain/body focused treatment that works by identifying, processing, and releasing stored neurophysiological trauma and pain, which when untreated, results in a variety of symptoms in humans. The emotional pain can accumulate and be stored in frozen “trauma capsules” within the deep regions of the brain. A brain spot is accessed through eye positioning that correlates with these “capsules” of stored negative energy. Brainspotting goes directly to these deeper places within the brain much more quickly and effectively than many traditional therapies.



## How Does Brainspotting Work?

Brainspotting is based on the neurobiological finding that the brain can heal itself. Along with certain somatic (body) cues, the therapist and client are able to access those emotional places and allow the frozen fragments of information to begin to be dissolved. Together the therapist and client are present moment to moment, to safely witness the brain processing in its own unique way, whatever is being released from the system.



The client is assisted in observing what happens without becoming overwhelmed by the experience or having to revert to disconnecting as a way to manage the experience. The therapist literally and

emotionally holds the “spot” and a safe space for the clients as the processing continues until, over the course of therapy, all activation has been drained from the system. This process is further enhanced during the session, as the client listens to specifically designed music/sound that provides bilateral stimulation alternatively to the right and left hemisphere of the brain to facilitate optimal processing.

## How Brainspotting Can Help?

Brainspotting can help decrease depression, anxiety, phobias, and addictions. It is used with all areas of trauma, including survivors of war, natural disasters, and emotional and physical abuse. Brainspotting is also used for certain medical conditions, including traumatic brain injuries, strokes, fibromyalgia, headaches and preparation and recovery from surgery.



In addition, Brainspotting can be used for performance enhancement such as sports, acting, public speaking, auditions, and other types of performance-related experiences. Brainspotting works well with children, adolescents, and adults.

It is important to understand that Brainspotting is done in such a way that the client is not retraumatized by reliving the original experience. The mindful attention between the therapist-client relationship allows for a safe space or alliance as Brainspotting helps the brain/mind/body to work in harmony to dismantle the trauma, symptom, somatic/body distress, and outdated beliefs so new, more adaptive perspectives and inner resources can develop and thrive.



## How Trauma Can Affect Us

It is not so much the traumatic event that determines trauma; it is the way we respond and cope with the event that will determine whether symptoms will develop.



### Common Types of Trauma Include:

- Sexual and physical abuse
- Experiencing or witnessing an accident
- Natural disasters
- Military combat
- Sudden serious medical diagnosis
- Medical treatment process
- Unexpected life change
- Bullying
- Exposure to constant aggression or threat
- Early attachment difficulties
- Traumatic pregnancy and/or delivery
- Loss of a loved one

### Symptoms of Trauma Can Include:

- Intense feelings of anger/despair
- Sleepiness
- Anxiety or phobias
- Flashbacks
- Hyper arousal to external or internal stimulus
- Numbness or detachment emotionally or physically
- Mood swings
- Waiting for the next catastrophe
- Nightmares and night terrors

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## BRAINSPOTTING

Mind/Body therapy tool that can help you access, process, and overcome trauma, negative emotions, and even some physical symptoms.

Provides a focused and effective neurobiological tool for accessing and treating a wide range of mind/body and emotionally based issues.



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