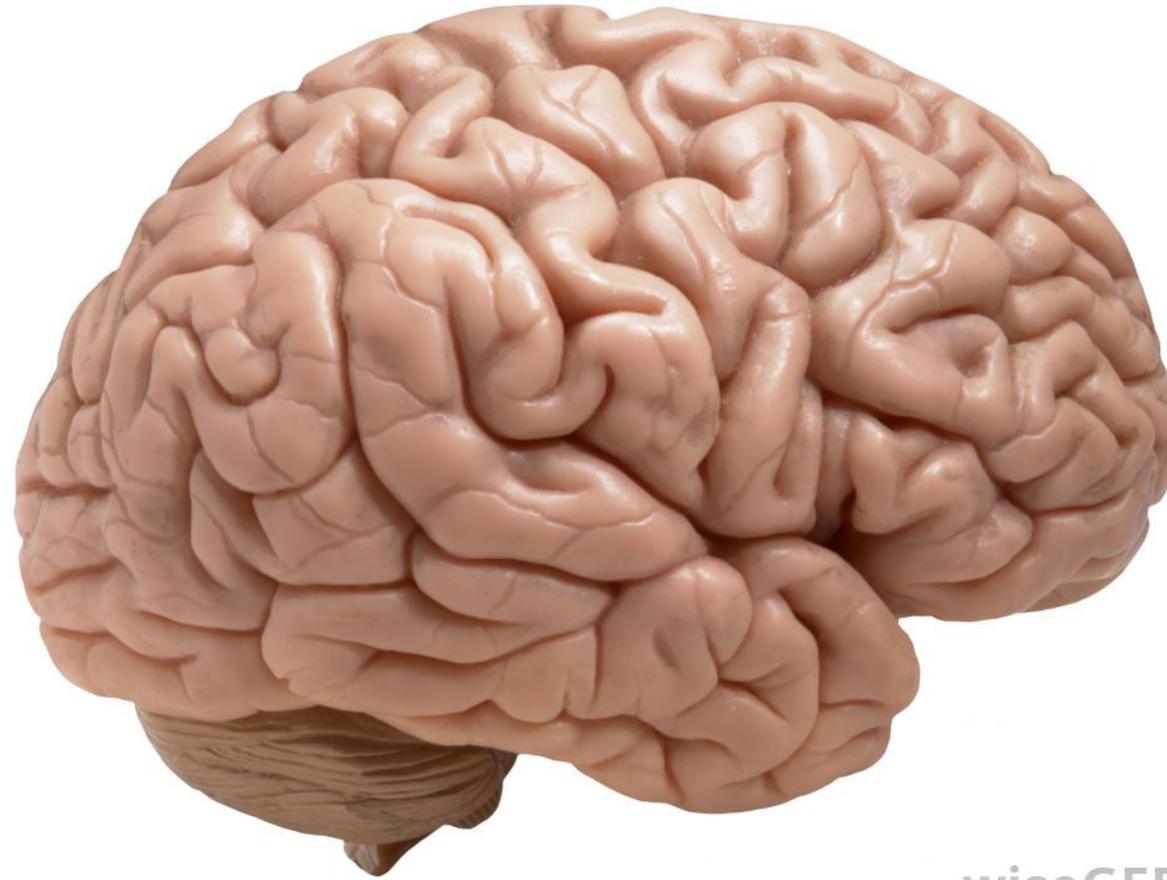




“Where you look affects how you feel”

The Brainspotting Model





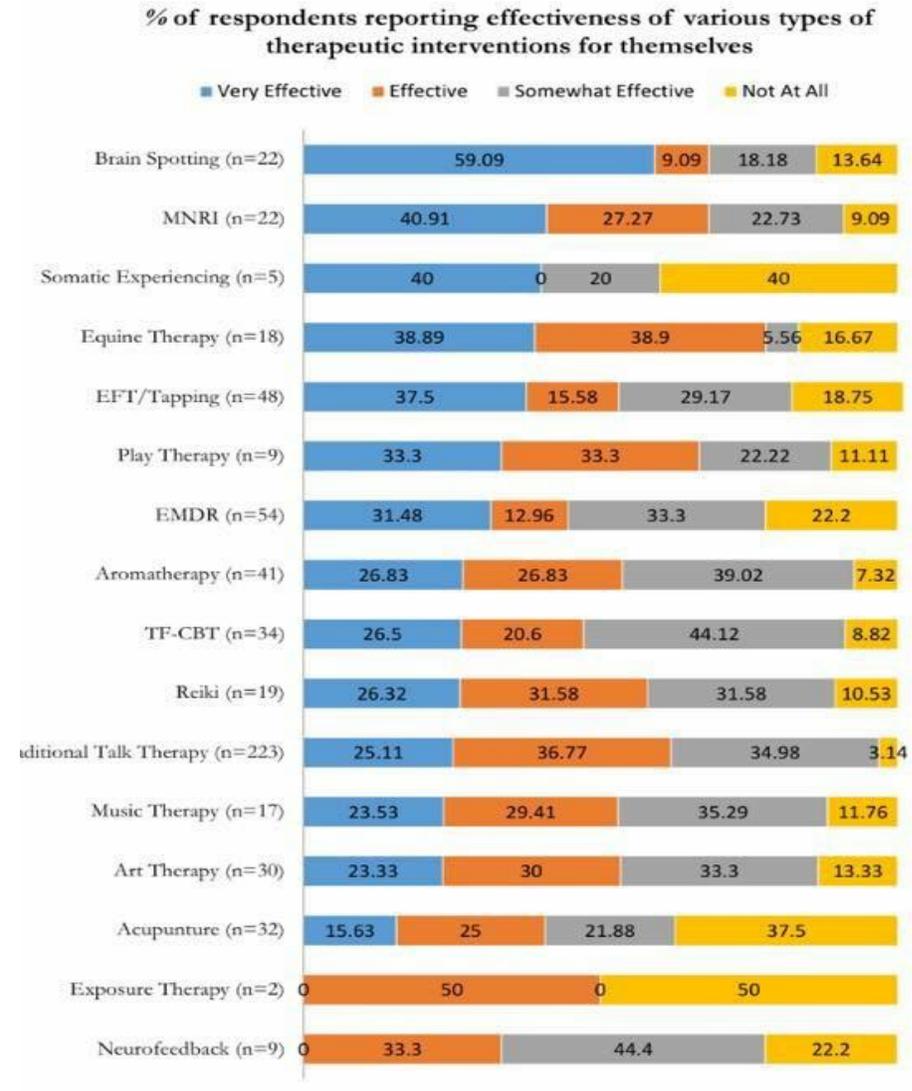
wiseGEEK

**Brainspotting is a “brain-body based”
relational therapy**

Brainspotting found to be the most effective mode of therapy used in Newtown-Sandy Hook, Connecticut for survivors of the 12/14 school shooting

Brain Health & Wellness Services

Last year we asked a series of questions to get a better understanding of the types of therapeutic interventions used by respondents and the efficacy of the treatment.



Journal for Psychotraumatology, Psychotherapy Science and Psychological Medicine-2015

**A Spanish study of the efficacy of EMDR, CBT and
Brainspotting with Anxiety (GAD) with EEG's before and
after treatment.**

**Brainspotting showed the strongest long range therapeutic
effect after six months and the largest reduction in anxiety
symptoms.**

By Hildebrand, Grand and Stemmler

**BRAINSPOTTING – the efficacy of a new
therapy approach for the treatment of
Posttraumatic Stress Disorder in comparison to
Eye Movement Desensitization and
Reprocessing**

By Hildebrand, Grand and Stemmler

**Published in the Mediterranean Journal of
Clinical Psychology 2017
(MJCP) ISSN: 2282-1619 Vol. 5 No. 1**

**Released
by Sounds
True
2013**

Brainspotting

THE REVOLUTIONARY NEW THERAPY
FOR RAPID AND EFFECTIVE CHANGE

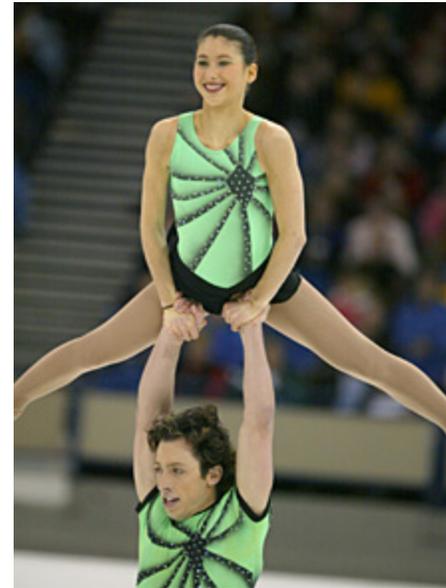
DAVID GRAND, PhD

17,000 Therapists trained in Brainspotting

70 BSP Trainers Internationally

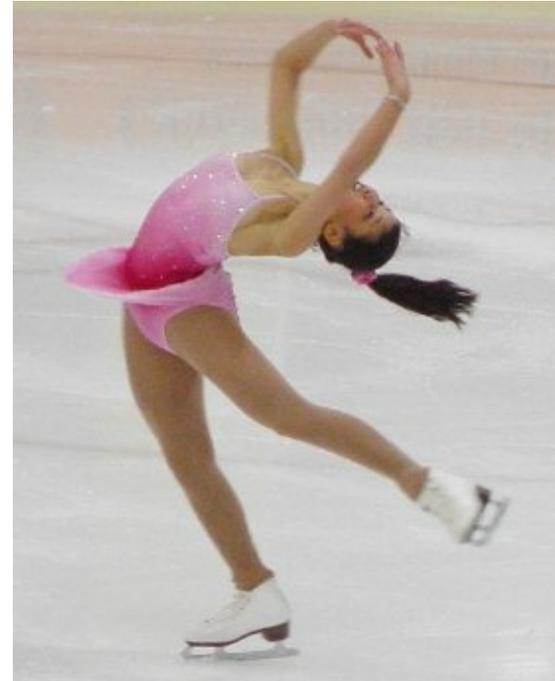
**Argentina, Australia, Austria, Belgium,
Brazil, Canada, Chile, China, Ecuador,
France, Germany, Greece, Indonesia,
Israel, Italy, Japan, Latvia, The
Netherlands, Norway, Paraguay,
Portugal, Romania, Slovenia, South Africa,
Spain, Sweden, Switzerland, Turkey,
U.S., Ukraine, UK**

The discovery of Brainspotting occurred in 2003 with a 16 year old figure skater who couldn't master the triple loop. David Grand targeted the moment her jump went awry.



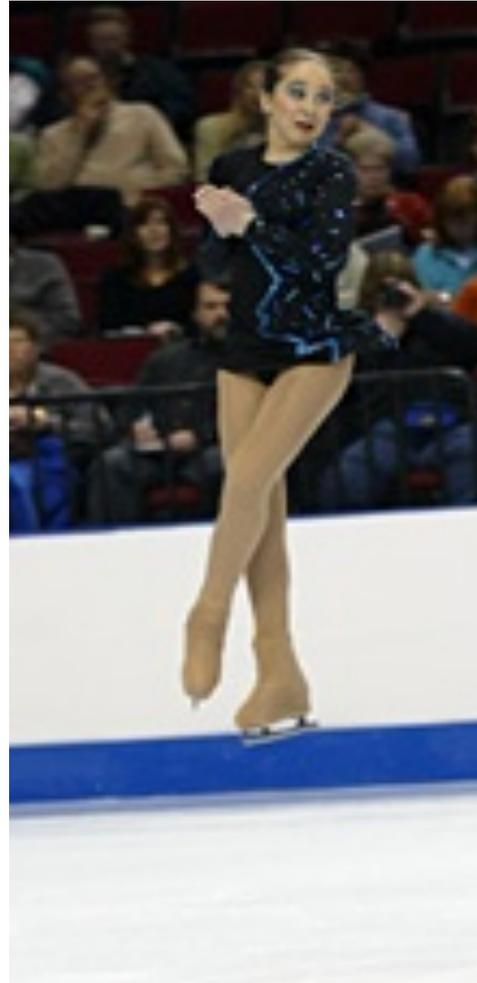
While she tracked his finger crossing her visual field, her eyes wobbled and froze. He instinctively held her gaze at that point.

A torrent of traumatic material poured out for the next ten minutes.



Despite a year of weekly 90 minute EMDR sessions, new memories of maternal abandonment leading to parental divorce as well as countless sports injuries flowed out with intense emotion.

The next day the young skater performed a flawless triple loop for the first time.

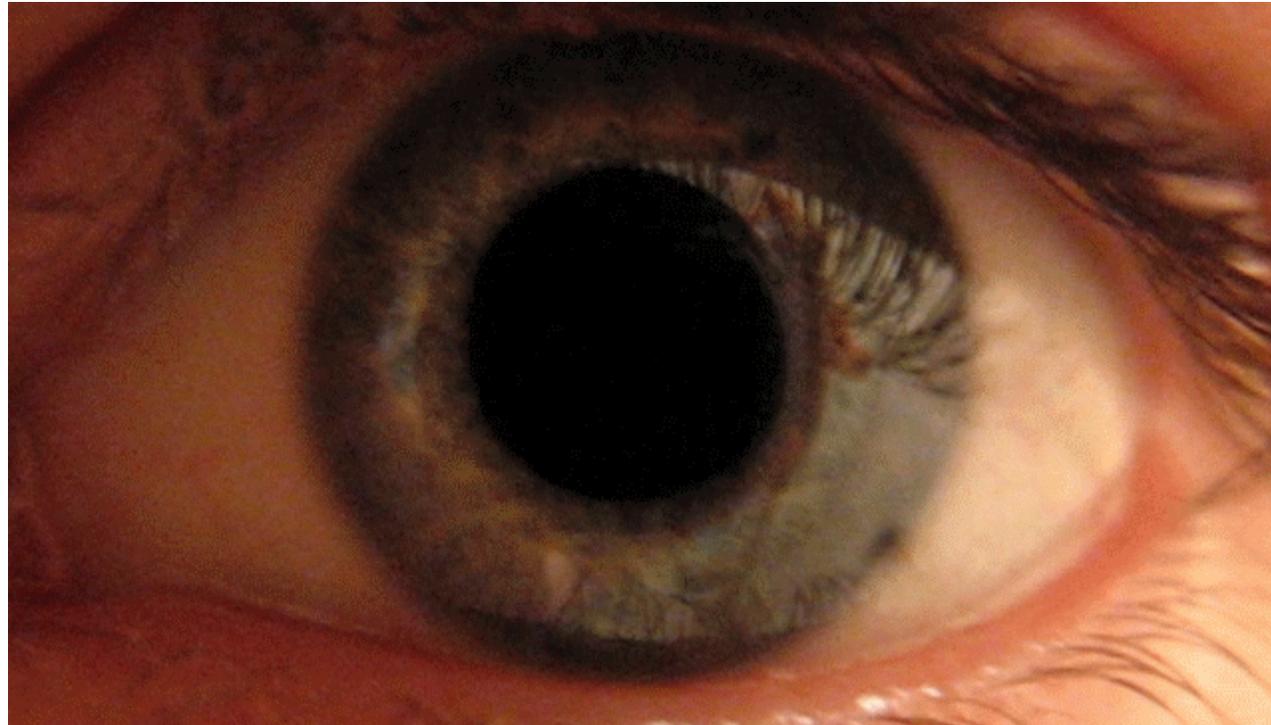


And she never had the problem again

Many of his clients were therapists so they tried it out with their clients and reported similar powerful experiences



Grand began to look for these eye anomalies with his other clients and held their gaze at the point of the eye freeze or wobbles



Many of his clients were therapists so they tried it out with their clients and reported similar powerful experiences



The goal of every psychotherapy is to move clients from dysregulation to regulation.



Brainspotting aims to engage the regions of the brain that are specifically involved in neurobiological regulation and bypass the regions that are not involved in it.

Brainspotting Promotes COHERENCE Between Sympathetic & Parasympathetic Activation in the Brain

“Coherence is associated with more integrative and effective thinking and behavior, greater intelligence, creativity, emotional stability, self-confidence, and reduced anxiety”

-National Institute for Mental Health

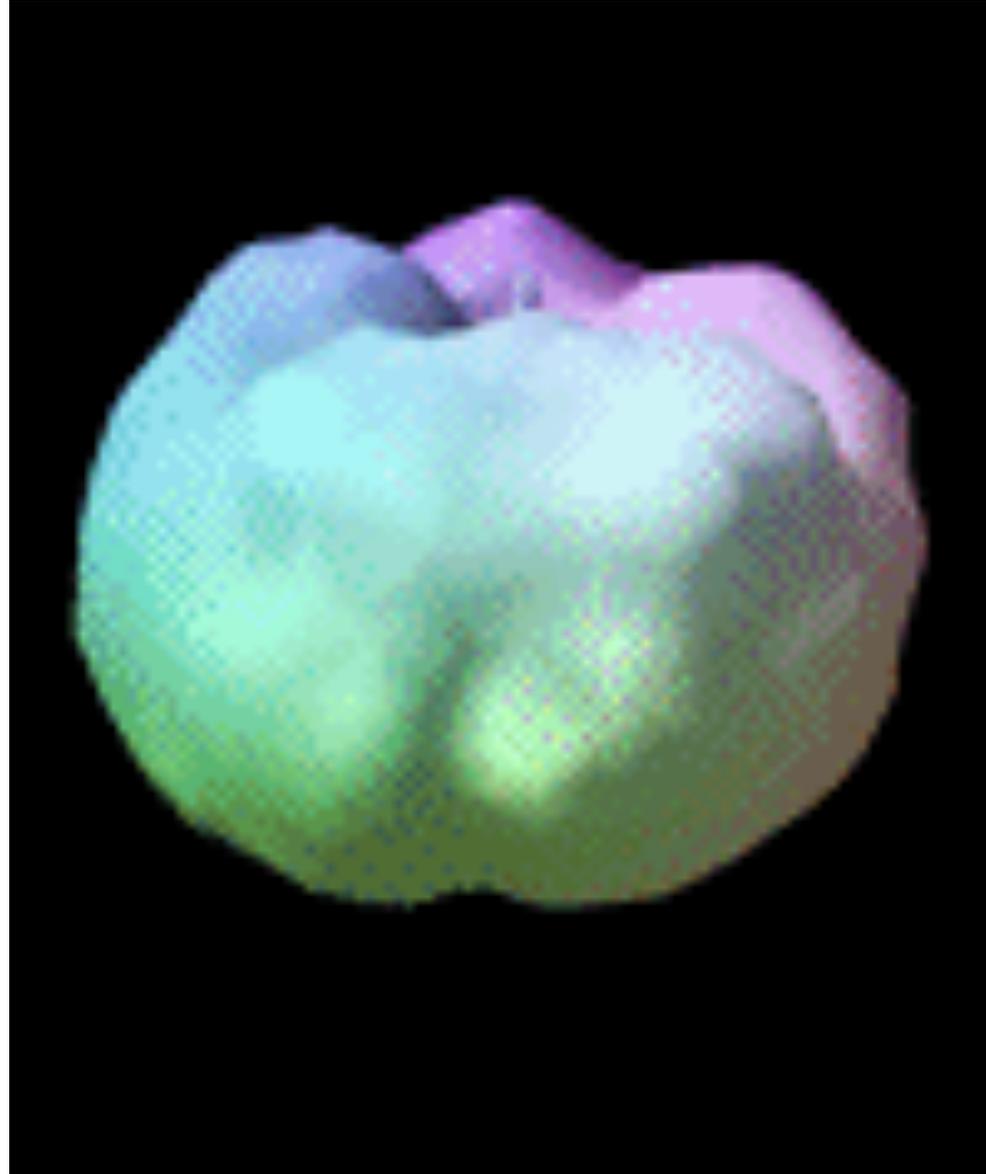


Every brain is genius, containing one
quadrillion (1,000,000,000,000,000)
neural connections ~Daniel Amen

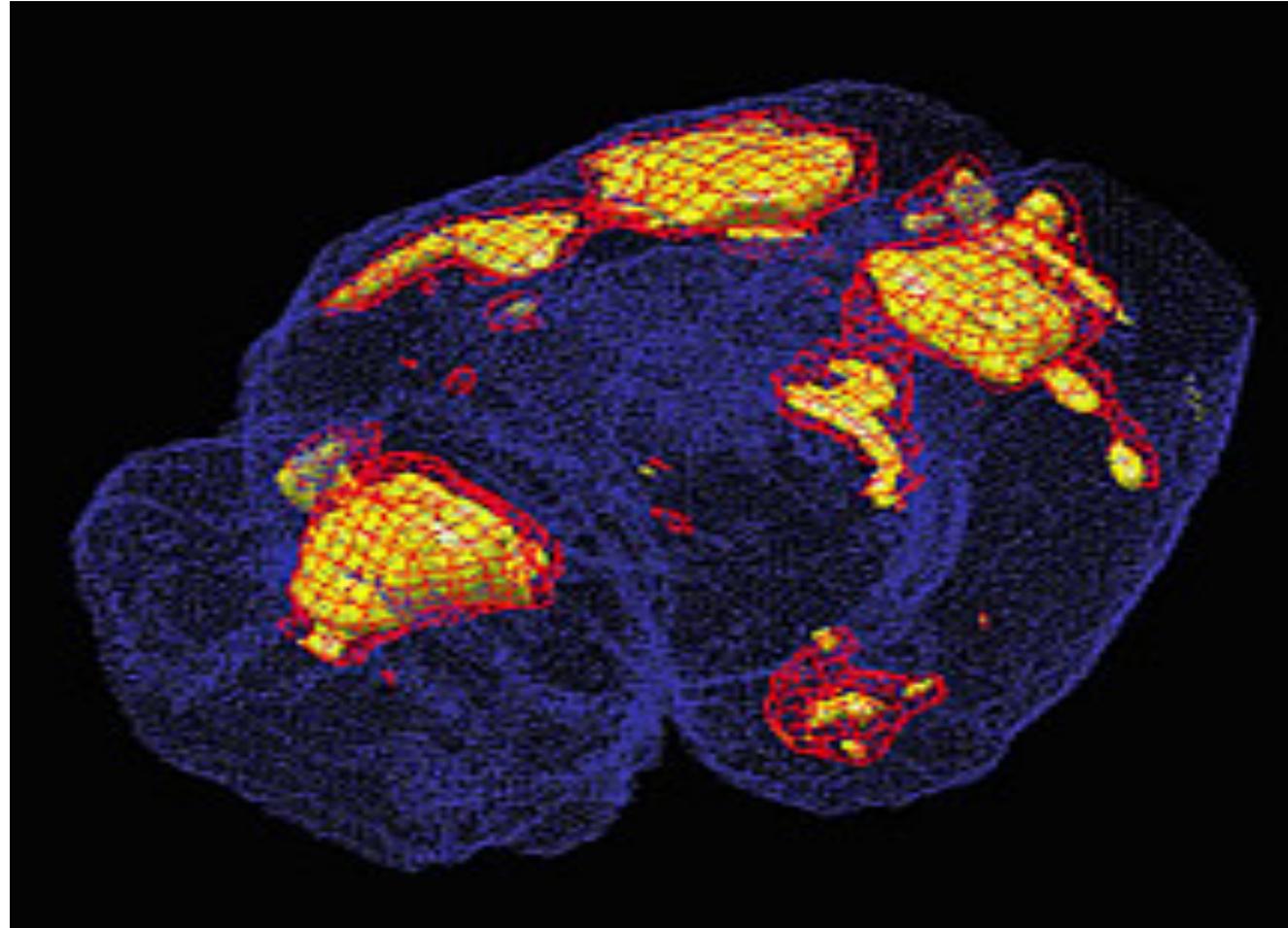
The subcortical brain
controls all bodily
functions and is
the seat of instinct,
thought, creativity
and spirituality



What is a Brainspot?

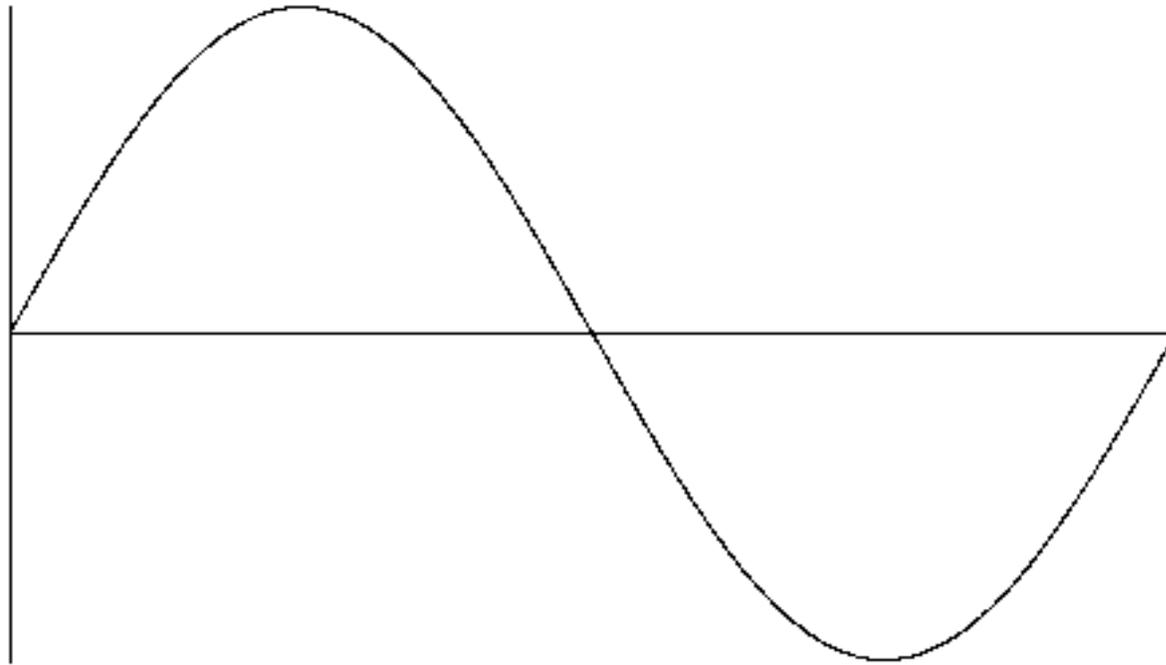


It is hypothesized that a Brainspot is the activity in the subcortical brain in response to focused activation and eye position.



There are two models of Brainspotting

The Activation Model



The Resource Model

A Body Resource is an area
of the body that feels
Grounded, Neutral or Calm



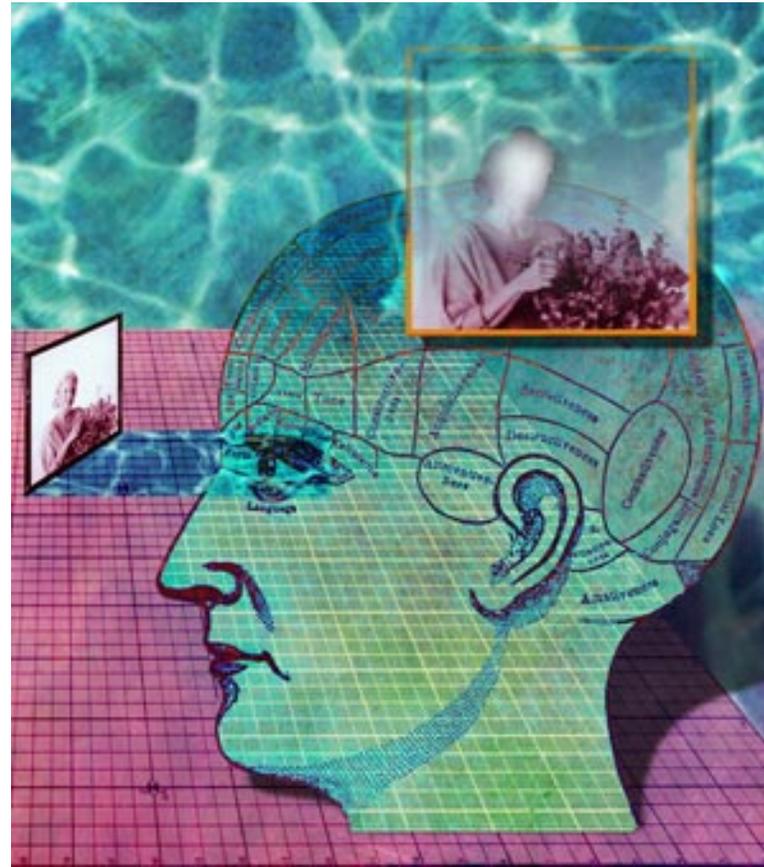
Brainspots can be matched with either the
Body Activation or the Body Resource





“What’s in the brain is in the body and what’s in the body is in the brain”

Trauma overwhelms the brain's processing leaving pieces of the unprocessed experiences frozen in time and space



**Unprocessed
traumas are held
in capsule form in
the brain (Robert
Scaer, MD)**



A Brainspot is seen as an eye position that correlates with a physiological capsule that holds traumatic experience in memory form



Brainspotting makes use of Dual Attunement which is the combined relational and neurobiological attunement simultaneously. This fits the model of Interpersonal Neurobiology (Siegel)



**So despite the neurophysiological imperative of
Brainspotting, it's still a highly relational process**



**In fact, the therapist doesn't engage less,
he/she engages differently**

**It is the attuned, mindful, witnessing,
compassionate presence of the
therapist that supports the healing**





**The client is like the head of a comet
and the attuned therapist is like the
tail of the comet that follows the head**

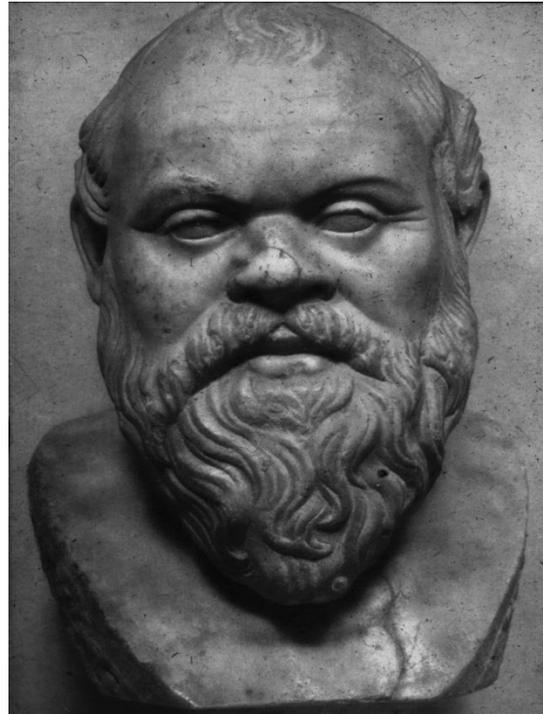


**Brainspotting makes use of phenomenology:
“Observe everything and assume nothing”**

**"All you need to do is
observe with curiosity, give
yourself time and space and
see what happens"**



**“Ἐν οἶδα ὅτι οὐδέν οἶδα”
“I know one thing -
that I know nothing”
Socrates**



The Uncertainty Principle (Heisenberg)



“You don't have to know
what it is, to know that it is”

**BSP is an open, creative, integrative model.
It is designed to be adapted into any
clinical approach and therapeutic style**



There is no turf when it comes to healing

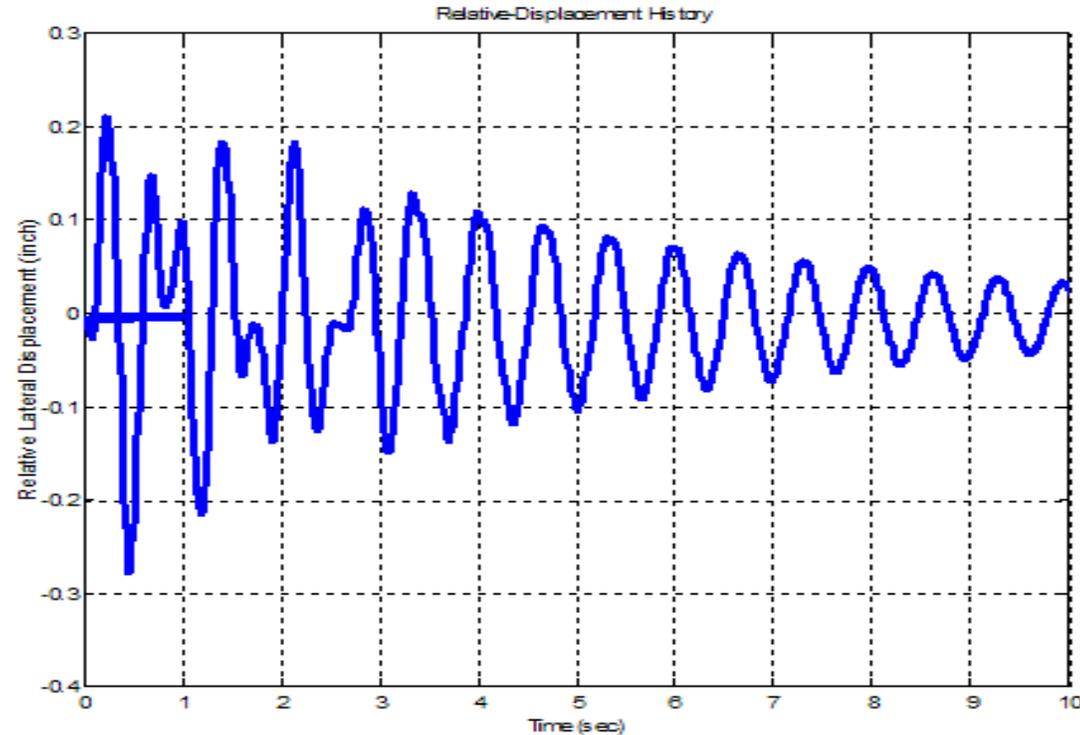


Brainspotting can be enhanced by BioLateral Sound CDs. For highly dissociative clients, Brainspotting can be initiated without any bilateral stimulation, which can be added later as the client becomes more stabilized

The beginning choosing the issue



Activation



**BSP works with felt sense and
activation is used as an open,
inclusive term**

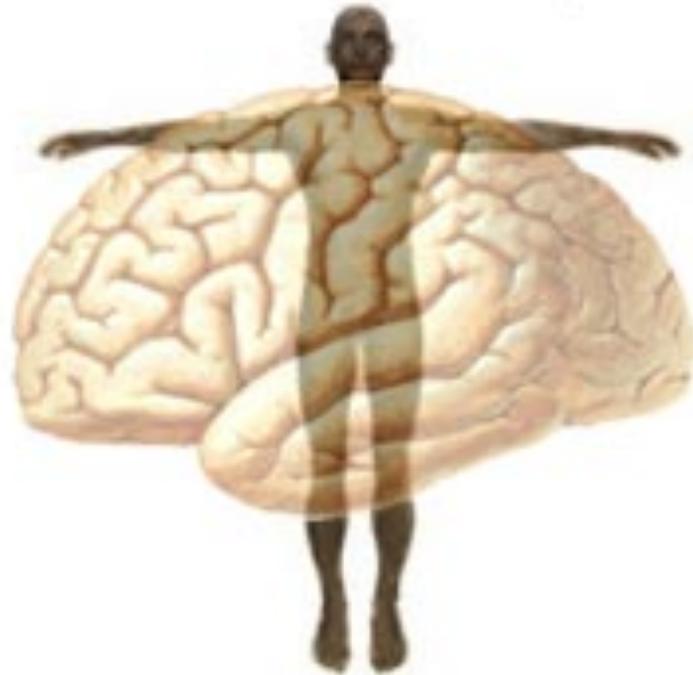
SUDS Level (0-10)

Developed by Joseph Wolpe

**Accesses the numerical centers
of the brain to assess level of
activation**

Location of activation in the body

**Increases the focus and accesses
the simultaneous brain-body
communication**





Locate the Brainspot (Eye Position) of either the Greatest Activation or Resource or Both. You can do one Brainspot or Multiple Spots.

Focused Mindfulness (Processing)



**Observing one's ongoing
internal process while in a state
of focused activation**

Go back to the beginning to assess change (0 to 10)



“Squeezing the lemon” is a technique for making sure that all remaining remnants of activation are processed out. When a client is at a zero SUDS guide them to “go inside and try to push the activation level as high as you can”



**Repeat the process until
no activation can be elicited**

The Brainspotting Inside Window Set-Up

- 1. The beginning - choose the issue**
- 2. Check on activation**
- 3. SUDS Level (0 to 10)**
- 4. Location of activation in the body**
- 5. Find highest activation tracking horizontally at eye level (X axis)**
- 6. Then track above, at and below eye (Y axis) for the highest activation to locate brainspot**
- 7. Focused Mindfulness (Processing)**
- 8. Go back to the beginning to assess change**
- 9. Squeeze the lemon**

Phase One Brainspotting Trainings

January 29-31, 2021 - Online



March 19-21st, 2021- Online

\$50 off the Early Bird rate for RE-CAMFT Members-
Coupon Code HOPE

To register go to www.pacifictraumacenter.com/trainings

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Outcomes-
An Intake Process and Treatment Plan to
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9:00 am to 12:00 pm January 22nd

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10.5 CE's Available

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