

What is Brainspotting?

Brainspotting is a powerful, mindful, brain and body focused treatment that works by identifying, processing, and releasing stored trauma and pain.

The emotional pain can accumulate and be stored in frozen "trauma capsules" deep within the brain.

A brain spot is accessed through eye positioning that correlates with these "trauma capsules" of stored negative energy. Brainspotting goes directly to these deeper places within the brain much more quickly and effectively than many traditional therapies.



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BRAINSPOTTING

How Trauma Can Affect You

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

Common types of trauma include:

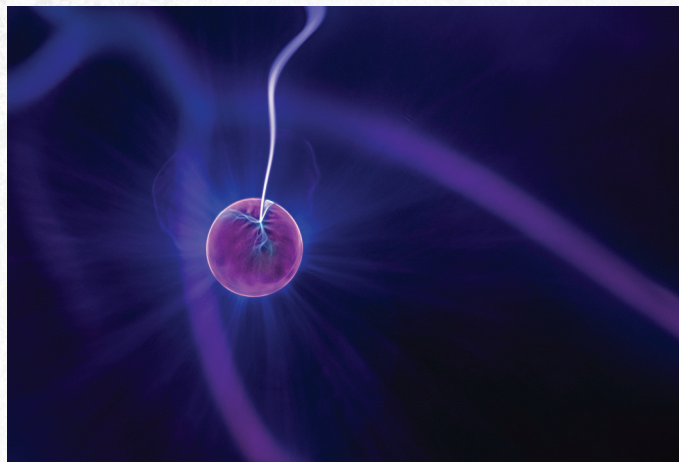
- Sexual, physical and emotional abuse
- Experiencing or witnessing an accident
- Natural disasters
- Sudden serious medical diagnosis
- Medical treatment process
- Unexpected life change
- Bullying
- Exposure to constant aggression or threat
- Early attachment difficulties
- Traumatic pregnancy and/or 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
- Detachment emotionally or physically
- Mood swings
- Waiting for the next catastrophe
- Nightmares and night terrors
- Physical aches and pains



PHOTO BY OSCAR KEYS ON UNSPLASH



How Does Brainspotting Work?

Brainspotting is based on the discovery that the brain can heal itself. Along with specific body cues, the therapist and client can access these emotional places and allow the frozen fragments of trauma to begin to be dissolved or released. Together the therapist and client are present moment to moment, to safely witness the brain processing in its 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 client as the processing continues until, over the course of therapy, all activation has been released from the system.

This healing 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 in all areas of trauma, including survivors of war, natural disasters, and emotional, sexual and physical abuse. Brainspotting is also used for specific medical conditions, including traumatic brain injuries, strokes, fibromyalgia, headaches, and preparation/recovery from medical procedures.

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

