

Brainspotting Instructions



What is Brainspotting?

Brainspotting locates points in the client's visual field that help to access unprocessed trauma in the subcortical brain. David Grand, Ph.D. discovered Brainspotting in 2003.

“Where we look affects how we feel.” Brain activity, especially in the subcortical brain, can be accessed through eye positions. Brainspotting makes use of these eye positions, allowing a person to process and release a wide range of emotional, mental, and body-based blocks. Often the information related to ongoing struggles is stored in the subcortical brain, outside of our conscious awareness. The result of engaging in Brainspotting is often a reduction in nervous system activation toward previously triggering or emotionally charged situations.

Preparing For a Brainspotting Session

Gather a phone or ipad, headphones or earbuds, and bilateral music to use during your session. If you have a paid subscription to Spotify, Amazon music or YouTube, you can search for music using the terms bilateral, biolateral, David Grand, or EMDR. There are many options. Alternatively, you download free music from the following links:

<https://bspuk.co.uk/resources/music/>

<https://www.alternatingsounds.com/purchase>

Headphones/earbuds are key because bilateral music alternates from one ear to the other. If your session is taking place via Zoom, you may find it easiest to have the music ready on your phone so that the sound is separate from your computer. Select headphones or earbuds that are not noise cancelling so that you can hear both the music and the verbal instructions at the same time.

During Your Session

You do not have to try to do anything during Brainspotting. We will work together to identify a topic you wish to work on. I will assist you in finding a Brainspot, and come alongside you as we invite your brain to process and reorganize. A brain-body connection is made that will reduce future intensity, allowing for a factual mental association with something that was previously triggering.

There will be periods of silence in which you are invited to notice sensations in your body and your emotions. You do not need to analyze anything. You can share what you notice, or process internally, whichever is most supportive to you.

After Your Session

Your brain will continue to process and reorganize over the next six months, with the most activity occurring in the first 1-3 days. You may be tired after your session and need extra rest. You may feel energized. You may not notice anything until a future situation brings up a trigger when you find your emotions feel neutral instead of heightened. Some people feel temporarily more activated after Brainspotting, and this resolves in time. Drink plenty of water and be gentle to yourself after a session.

If you wish, you can learn more by visiting <https://brainspotting.com/>