

# BRAINSPOTTING

Brainspotting (BSP) is a powerful focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms.

BSP makes use of the natural phenomenon of where you look affects how you feel through its use of relevant eye positions. Together, you and I pair a fixed eye position and body sensation to an unresolved issue.

## What if I don't have trauma?

We all have experienced trauma in some capacity, whether it be from distressing events, adverse childhood events, adverse childhood experiences, unmet emotional needs, or abuse and neglect.

## Could it help me?

BSP is a therapeutic tool for everyone with a variety of issues. If you are new to therapy and are looking for a way to change patterns of behavior, BSP can help resolve the emotional and physical pain that keeps you stuck in those patterns. If you have been in therapy before, but have the sense that your work could go deeper, BSP can take therapy to another level of healing. If you are uncomfortable with talking about your past traumatic experiences, this modality will enable you to heal without having to tell or retell your story.

## How effective are the results?

Clients report that they are able to find the causes of their conflicts and turn them into growth opportunities”

As a trained BSP therapist, it is my honor to work with you in your healing process. One of the major reasons I worked towards becoming a BSP therapist is the client-driven emphasis of this treatment approach. It supports my premise for all my clients, that YOU can be empowered to change and to heal. It is within you—I just want to facilitate you tapping into your own strength and resiliency!

## APPLICATION

- ✓ **Physical and Emotional Trauma**
- ✓ **Anxiety, Phobias, OCD**
- ✓ **Depression**
- ✓ **PTSD**
- ✓ **Recovery from Injury**
- ✓ **Medical Intervention Trauma**
- ✓ **Fibromyalgia and other Chronic Pain Conditions**
- ✓ **Addiction**



## Contact

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*Partnering with you to Empower  
Change*