

# WHAT IS Brainspotting?

Brainspotting is a relatively new type of therapy designed to help people access, process, and overcome a variety of issues including:

NEGATIVE  
EMOTIONS

TRAUMA +  
PTSD

CREATIVE  
BLOCKS

PAIN

ADDICTIONS

CHRONIC STRESS

## HOW DOES BRAINSPOTTING WORK?

According to therapist and creator David Grand, the direction in which people look or gaze can affect the way they feel. During brainspotting, therapists help people position their eyes in ways that enable them to target sources of negative emotion. With the aid of a pointer, trained brainspotting therapists slowly guide the eyes of people in therapy across their field of vision to find appropriate “brainspots,” with a brainspot being an eye position that activates a traumatic memory or painful emotion.



There is increasing evidence that trauma is “stored” in the body and that it can alter the way the brain works. Trauma can, for example, have an effect on emotions, memory, and physical health. Brainspotting seems to activate the body’s innate ability to heal itself from trauma.

## Bilateral Stimulation

AKA something you can see, hear or touch that occurs in a moving side-to-side pattern, such as listening to a sound or vibration in one ear, then the other, or following a pointer moving from left to right with your eyes.



The disturbing **MEMORIES ARE REPLACED** by the brain, resulting in painful feelings being exchanged for more **RESOLVED, peaceful things.**

BSP makes use of this natural phenomenon through its use of relevant eye positions. This helps the BSP therapist locate, focus, process and release a wide range of emotionally and bodily-based conditions. BSP is also a brain-based tool to support the therapy relationship. We believe that BSP taps into and harnesses the body’s natural self-scanning, self-healing ability.

## HOW EFFECTIVE IS BRAINSPOTTING?

The field of brainspotting is relatively new, so further research is required to fully understand its effectiveness.

However, according to Dr. David Grand, “Brainspotting 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. Brainspotting is a simultaneous form of diagnosis and treatment, enhanced with Bilateral sound, which is deep, direct, and powerful yet focused and containing”.

To date, over 13,001 therapists have been trained in BSP internationally.

[WWW.BRAINSPOTTINGCOLLECTIVE.COM](http://WWW.BRAINSPOTTINGCOLLECTIVE.COM)

