

What Will the Process Look Like?



Choose the Issue

I will learn more about the issue or problem you would like to work on during session. Sometimes it may take more time to narrow the emotions surrounding the distressful issue. That is okay! Preparation is part of the process.

Step 1



Focus on the Activation

Once you have determined & refined the distressful issue, we will attempt to enhance the activation by finding a somatic sensation in your body that matches the identified feeling.

Step 2



Find the Brainspot

We will then find the brainspot that correlates with the identified feelings & somatic sensations. It is here that we will determine whether to continue processing from this activation spot, or use a resource spot.

Step 3



Mindful Processing

Once the feeling, somatic sensation that matches the feeling, & the correlated brainspot has been found, we will then mindfully process the trauma from the bottom up.

Step 4