

TOOL

Brainspotting is a neurobiologic tool allowing us to neurobiologically locate, focus, process, & release experiences & symptoms that are typically not within the conscious mind.

NOT TALK THERAPY

Brainspotting works directly with the neurological & somatic spaces that stores trauma, which is not in our prefrontal cortex. Therefore, healing happens naturally & automatically, with or without talking about the trauma or anxiety.

BRAINSPOTTING

SPOT

A "Brainspot" is the eye position related to the energetic or emotional activation of a traumatic or emotionally-charged issue within the brain. This is typically associated in the amygdala, the hippocampus, or the orbitofrontal cortex of the limbic system.

EYE POSITION

The Brainspot can be accessed & stimulated by holding eye position while focusing on the somatic-physical or sensory experience of the symptom or problem being brought up. This processing takes place at a reflexive or cellular level within the nervous system.

DEEP ACCESS

Brainspotting works with the deep brain & the body through its direct access to the autonomic & limbic systems within the body's central nervous system. It works by identifying, processing, & releasing the core neurophysiological sources of emotional or body pain, trauma, & variety of other distressing symptoms.