

# EMDR & Brainspotting

This collaborative decision-making process between the therapist and the client can help ensure that the chosen therapy aligns with the client's preferences and therapeutic goals.

## EMDR

## BRAINSPOTTING

EMDR: Involves bilateral stimulation, such as side-to-side eye movements, taps, or sounds, to help process traumatic memories.

### Methodology

Brainspotting: Focuses on identifying and processing neurological "spots" where trauma is stored in the brain.

EMDR: Typically used for a range of trauma-related disorders, including PTSD, anxiety, and phobias.

### Targeted Conditions

Brainspotting: Primarily used for trauma and stress-related conditions, including PTSD, anxiety, and chronic pain.

EMDR: Utilizes a standardized eight-phase approach to address traumatic experiences and associated symptoms.

### Therapeutic Approach

Brainspotting: Relies on a "dual attunement" framework, wherein the therapist and the client work together to identify and process relevant "brainspots."

Relies on rhythmic left-right eye movements, tactile taps, or auditory tones to facilitate the processing of distressing memories.

### Stimulation Techniques

Focuses on identifying eye positions or "brainspots" that correspond to the activation of traumatic or emotionally charged experiences.

Treatment duration varies based on the complexity of the trauma and the individual's response, often requiring multiple sessions.

### Length of Treatment

Treatment duration can vary, typically requiring fewer sessions compared to EMDR, but this can depend on the severity of the trauma and individual progress.

Involves active participation from the client, who recalls distressing memories while engaging in the bilateral stimulation.

### Client Involvement

Encourages the client to engage in a collaborative process with the therapist, focusing on internal sensations and experiences associated with the identified brainspots.

Therapists and clients work together to identify and reprocess distressing memories and associated feelings.

### Therapist-Client Collaboration

Therapists and clients collaborate to determine which approach best suits the client's current needs and experiences.