WHAT IT IS NOT.

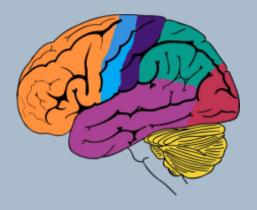
Brainspotting is not a form of traditional talk therapy, it does not rely on detailed recollection of traumatic events, and unlike EMDR, it does not primarily use rapid eye movements as a core mechanism for processing trauma; instead, it focuses on identifying specific visual points in the client's field of vision that are linked to emotional distress, allowing for a more intuitive and flexible approach to healing.

What Is It?

Brainspotting is a trauma-specific modality that identifies, processes, and releases neurophysiological sources of emotional and physical pain, trauma, dissociation, and a variety of other challenging symptoms. It uses spots in a person's visual field to address unprocessed trauma in the brain. In other words, where you look affects how you feel.

Here's another way to think about Brainspotting. Have you ever received a massage to alleviate tight or sore muscles? Brainspotting works similarly to alleviate unprocessed trauma. A brainspot, or the visual point in space someone has a strong reaction to, is like a knot of muscle. Just as focusing on those trigger points helps release tightness, Brainspotting can help process and heal trauma stored in the brain and body.

BRAINSPOTTING WHAT IS IT ALL ABOUT!?



What Can Brainspotting Help.

Mental health

Trauma: Brainspotting can help process and heal trauma and PTSD Depression: Brainspotting can help reduce symptoms of depression and sadness Anxiety: Brainspotting can help heal anxiety disorders Phobias: Brainspotting can help overcome phobias Addiction: Brainspotting can help break through addictions and reduce cravings Physical pain Chronic pain: Brainspotting can help target and locate chronic pain Physical tension: Brainspotting can help release stored physical tension Other benefits Brainspotting can help with attachment issues, dissociative disorders, and emotion regulation problems Brainspotting can help identify and release unwanted patterns Brainspotting can help forgive and release hurts Brainspotting can help increase energy and make it easier to sleep

CONTACT: ANNA SCHUBBE, LPC, LMFT, BRAINSPOTTING PHASE I & II TRAINED CURRENTLY SEEKING CERTIFICATION ANNASCHUBBE@GMAIL.COM 570-730-7823



Where can I go to Learn More:

- https://www.openskywilder ness.com/brainspotting/
- https://vimeo.com/18601<u>9577</u>
 - https://youtu.be/7FO_udVW kqA?
 si=peHXRMntYJvZNoWR
 https://youtu.be/7FO_udVW kqA?
 si=peHXRMntYJvZNoWR
- https://brainspotting.com/a bout-brainspotting/what-isbrainspotting/