

## 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*

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## Where can I go to Learn More:

- <https://www.openskywilderness.com/brainspotting/>
- <https://vimeo.com/186019577>
- [https://youtu.be/7FO\\_udVWkqA?  
si=peHXRMntYJvZNoWR](https://youtu.be/7FO_udVWkqA?si=peHXRMntYJvZNoWR)  
[https://youtu.be/7FO\\_udVWkqA?  
si=peHXRMntYJvZNoWR](https://youtu.be/7FO_udVWkqA?si=peHXRMntYJvZNoWR)
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