

WELCOME TO
CARE AND COUNSELING CENTER
of Georgia

- **THE CARE AND COUNSELING CENTER of Georgia** is a nonprofit organization offering counseling to individuals, couples, families, and groups. We serve children, adolescents and adults.
- What makes us different from other counselors or agencies is the experience, training and perspective our staff brings to each client: an integration of sound clinical practice and a deep understanding and respect for the sacred self of every client. We meet you *where you are* on life's journey, supporting and challenging you with compassion and gentleness.
- CCCG has achieved CARF accreditation for its counseling services. Accreditation is a public statement that CCCG strives to ensure that our services are of the highest possible quality.



CARE AND
COUNSELING
CENTER of
Georgia



Support CCCG by making a donation according to your means, and we can guarantee that your contribution will change a life. On behalf of the CCCG staff and Board of Directors, thank you for making a difference!

Please send your gift by check made payable to CCCG or donate online at www.cccgeorgia.org. Your gift is a tax-deductible contribution. Thank you for your generous support!



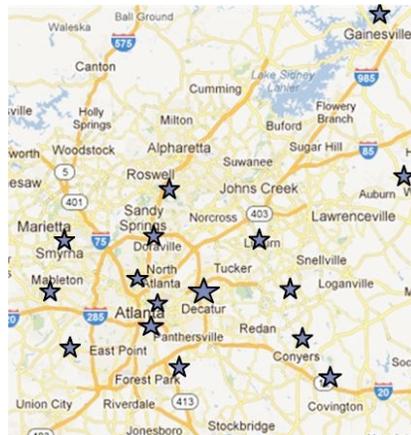
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CARE AND
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Georgia

Brainspotting



*"Where you look affects
how you feel."*

- David Grand, Ph. D.,
Developer of Brainspotting

**OFFERING HEALING, WHOLENESS AND
HOPE TO THOSE IN NEED AND
EDUCATING OTHERS FOR THIS SERVICE**

WHAT IS BRAINSPOTTING?

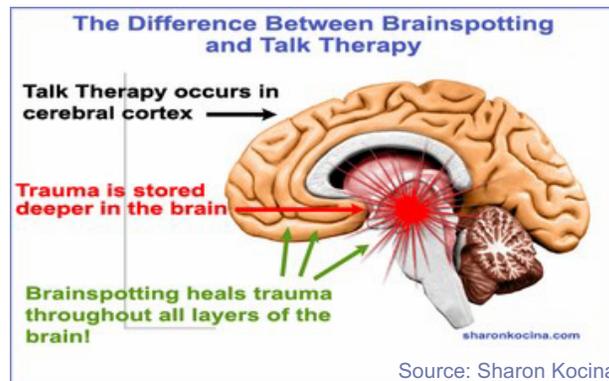
Brainspotting is an alternative to traditional talk therapy and is aimed at helping us get unstuck. Talk therapy utilizes the left hemisphere, the verbal side, of the brain and can help us understand our feelings and actions to facilitate positive change. However, some feelings linger despite continued talk therapy. This is because trauma, distress, and upset are stored in the non-verbal portion of the brain and can be felt throughout our body. Over the course of a lifetime, trauma and emotional pain accumulate and are stored



deep within the brain as “brain spots.” The stored trauma and pain give rise to a wide range of emotional and body-based symptoms. If you recall an upsetting memory, you may still feel the distress in your body—tightness in your chest or pit in your stomach. That is upset stuck in your body. Talk therapy is often helpful, though it may not access the area where trauma and upset are stored; thus the pain is stuck and persists. Brainspotting helps you access and heal the area where trauma and upset are stuck.

HOW DOES BRAINSPOTTING WORK?

Brainspotting uses eye positions and a technique called bilateral stimulation where you listen to music or sounds through headphones alternately in your left and right ears. Along with guidance from the therapist you identify “spots” in the limbic center of the brain where emotional memory is processed and stored. Using this



Source: Sharon Kocina

principle, client and therapist work together to identify the eye position (brain spot) that correlates with the emotional memory, then process the activated spot to reduce the intensity of the stored trauma and pain. Research indicates by alternating between left and right hemispheres of the brain, the brain and body reprocess information. Reprocessing allows the brain and body to release the stuck energy from the trauma. Memory is retained, but the emotional arousal or charge will be released.

Brainspotting is effective for:

- Post Traumatic Stress Disorder
- Phobias/Fears/Panic Attacks
- Depression and Anxiety
- Trauma and Abuse
- Performance Anxiety and Enhancement

TRAINED, EMPATHIC, AFFORDABLE

THE CARE AND COUNSELING CENTER of Georgia serves people of every age, gender, race, sexual orientation, gender identity and expression, creed, and ethnic background, and seeks to make its services affordable to all.

BRAINSPOTTING THERAPIST



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APPOINTMENTS

To contact the CARE AND COUNSELING CENTER of Georgia or to make an appointment, please contact us at:
(404) 636-1457 and ask for the intake specialist or email intake@cccgeorgia.org.

You may also visit us at
www.cccgeorgia.org.