

What to expect during a Brainspotting Session

- Before we begin, I will offer for you to listen to quiet music during your session. This is special music where the sound moves back and forth, from your right to left ear. This can help with processing by making it easier for you to stay in your deep inner brain, however it is optional.
- To begin each session, I will ask you what you would like to work on. This can be a symptom, an issue that is bothering you, or an emotion. Don't worry too much about picking the "right" thing to work on. Your system will innately bring up what it wants to heal.
- I will ask you what you notice in your body as you talk about your issue.
- I will ask you on a scale of 0 to 10 how activated you feel by your issue or the emotions you are feeling, 10 being the highest and 0 being not at all. If you are not activated, I will help you bring it up in a way so that it is more present for you, making it easier to work with.
- Together, we will find the "Brainspot" where you feel this the strongest.
- As you focus on the Brainspot, you will begin to notice thoughts, emotions, or sensations in your body. You do not have to do anything - just notice.
- Allow yourself to feel the emotions and sensations that arise in your body.
- You do not need to analyze the problem or what you're experiencing.
- You may talk as much as you want, or as little as you want.
- Silence is OKAY and helps to facilitate deeper processing.
- You may have waves of feeling uncomfortable sensations and emotions, and waves of feeling more calm - paying attention to your experience is all you need to do to integrate and let your body heal.

- You may feel the urge to move, stretch, shake, yawn, make sounds or take a deep breath during the session. Trust your body to do what it needs to do - this is how the nervous system releases stored energy, so it can heal.
- For most of the session, I will sit silently with you and am there to support you in any way you need. Occasionally, I may ask you, “Where are you now?” or “What are you noticing now in your body?” This is referring to where you may be in your thoughts or what sensations/feelings you may be experiencing.
- You may ask for anything you need during the session.
- Please tell me if anything feels like it’s too much.
- TRUST the process, which will allow your brain to unwire unhealthy connections, and move your body towards its innate capacity to heal.