

Trauma overwhelms the brain's processing, leaving pieces of the unprocessed experiences frozen in time and space.



Unprocessed traumas are held in “capsules” in the brain. A brainspot is seen as an eye position that correlates with a physiological “capsule” that holds traumatic experience in memory form.

All you need to do is be open and observe with curiosity, give yourself space and time to see what happens.

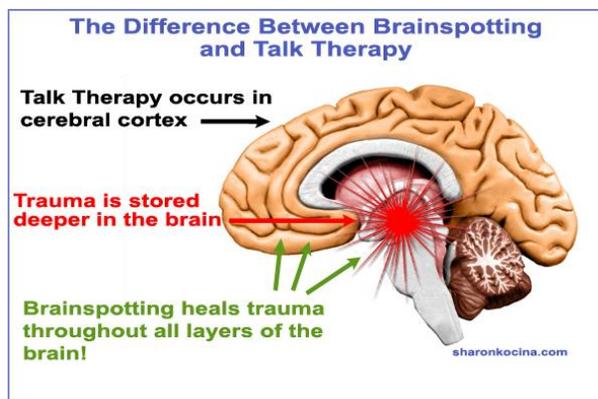
Observe everything and assume nothing. Hold no judgment. Processing can happen on an emotional, visual, physiological, and spiritual level.



Our eyes and brains are intricately woven together and vision is the primary way that we, as humans, orient ourselves to our environment.

Signals sent from our eyes are deeply processed in the brain. The brain then reflexively and intuitively redirects where we look, moment to moment.

The brain is an incredible processing machine that digests and organizes everything we experience but trauma can overwhelm the brain's processing capacity, leaving behind pieces of the trauma, frozen in an unprocessed state



Who Can Benefit from Brainspotting?

Those who have experienced either physical or emotional trauma, feel blocked in making progress in goals or performance, or challenged with faulty core beliefs may obtain benefit from brainspotting. This form of therapy has been shown to be an effective treatment option for those experiencing:

- All forms of trauma
 - Anxiety
- Attention issues (ADHD)
 - Anger issues
 - Phobias
- Substance abuse
- Chronic fatigue and chronic pain
 - Impulse control issues
- Sports performance issues
 - Eating disorders

Limitations of Brainspotting

Though a large number of individuals report positive results from brainspotting treatments, this form of therapy is still relatively new, and further research will likely be of benefit. It is difficult to compare the efficacy of brainspotting to other approaches because few studies have been done on this particular approach. Brainspotting is still increasing in popularity among therapists and people seeking treatment, but it is still not as well-known as other treatment approaches.

Traumas can happen to us from many causes, sometimes just adapting to life events. When traumas happen to us throughout our lifetime, they are stored in the brain as “capsules of memory”. These “capsules” contain themes that can become the basis for daily living, and might not serve us well. For example, if as a child, you received the actual or inferred message that you were not good enough, it becomes a “capsule” tilted “I’m not good enough”.

That “capsule” begins to gather additional experiences which reinforce that message. Brainspotting therapy allows the clinician, **with you in control at all times**, to access this capsule or brainspot through simple fixed eye position. The memories or links that occur with this can be amazing.

What you can expect:

The BSP trained clinician will ask you to choose an ‘issue’ that you would like relief from. While about the issue, the clinician will ask you to share where in your body you feel the issue. You’ll be asked to rate the intensity of your feelings on a scale from 1-10. The clinician will lead you in an eye scan to find the position that seems to be strongly connected to this issue. After that, a rapid processing of memory, body responses, or verbal processing occurs, which results in the desired outcome-- the issue gets resolved on a deeper level than talk therapy would allow.

*For A Brainspotting Session
Call:*



2920 S. Webster Avenue
Green Bay, WI 54301
(920) 632-4471

www.BaetenCounseling.com

Info@BaetenCounseling.com

www.brainspotting.com

You are in control at all times during the BSP Session. This is not hypnosis. The therapist helps with finding ‘spots’ of activation, remains intensely present, and assists with bringing you to a grounded space upon completion.



BRAINSPOTTING THERAPY

Brainspotting (BSP) is often referred to as “healing at warped speed”. It is a revolutionary and transforming technique that can be used in therapy to allow you to heal on a deeper “brain-based” level.

*“Where you look affects how
you feel”*



Brainspotting can minimize the influence of trauma, unpleasant emotions and uncover thinking patterns that are keeping a person stuck. Memories are not lost but the “emotional charge” from the memory or the nonproductive thinking pattern will be cleared.