



# What is Brainspotting Therapy?

*Brainspotting therapy helps you release stress, tension, & trauma that has been stored in your brain & body.*

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**Brainspotting therapy is an evidence-based advancement in Eye Movement Desensitization & Reprocessing (EMDR) therapy, developed by Dr. David Grand (2003).**

**Brainspotting can be used to treat a variety of mental health issues, including PTSD, Anxiety, Depression, ADHD, OCD, & more.**

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**During a session, your therapist will guide you to focus on specific eye positions while simultaneously helping you tune into your body's physical sensations, emotions, and thoughts.**



**This dual focus helps to access and process the trauma or emotional pain that may be stored deep in the brain.**

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**Clients who undergo Brainspotting have reported lasting positive changes that increase in the time after treatment, including:**



**Improved mood, a sense of calm & emotional wellbeing, deeper life satisfaction, relief from physical symptoms of stress & trauma, improved sleep, etc.**

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