



Brainspotting Sessions

If you're considering Brainspotting, it's natural to have questions about what to expect.

Brainspotting uses what is known as a bottom-up approach, where your therapist helps you tune into your body to process and release the sensations that have been stored in your nervous system.

1 Initial Consultation

A typical Brainspotting session begins with discussing your goals and what brought you to seek treatment. Your therapist will likely conduct an initial consultation to discuss your history, goals, and any concerns you may have. This is a good time to ask any questions you might have about the process.

2 Find a Focus Area

During the session, your therapist will help you set an intention or focus area for the session. This might be a specific trauma, emotion, or physical sensation you want to explore.

3 Locate a Brainspot

The therapist may use a pointer or ask you to move your eyes until you find a spot that triggers a strong emotional or physical reaction. Sometimes, the therapist may use Bilateral music or sound to help you move into a calm, relaxed state.

4 Release & Relief

Once this brainspot is identified, the therapist will encourage you to focus on it while allowing whatever thoughts, emotions, or sensations that arise to be fully experienced. This can lead to profound insights and emotional release, helping to resolve trauma at its core.

Ivy Counseling LLC

IvyCounselingLLC.com

