



# Post Care for Brainspotting

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## Post-Treatment Effects

Brainspotting can bring up intense emotions. This can be challenging, especially if you're not prepared for the depth of feelings that may arise.

Some clients may experience emotional or physical responses hours or even days after a session. These can include feelings of sadness, anger, or physical discomfort as the body continues to process the trauma.

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## Advised Practices for After-Session Care



### Prioritize Sleep

Get plenty of rest, & avoid strenuous activity for the following day after treatment. Prioritize getting at least 8 hours of sleep before & after sessions. You may feel lethargic & need more rest than usual.



### Keep a Journal

Your body & brain will continue to process stored emotions, tension, & stress after treatment. You may gain new insight & your subconscious mind needs a place to process & release.



### Stay Hydrated & Nourished

Drink plenty of water & plan to eat nourishing meals. Many clients report feeling dehydrated, fatigued, or experience headaches post treatment. Make sure you're drinking enough water, & listen to your body.



### Plan for Self-Care

Brainspotting can be emotionally & mentally draining. Create a plan to refill your cup after your session (spending time with a loved one or pet, watching a movie, creating art, playing an instrument, & taking a bath are all great self-care strategies).

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