



Brainspotting

Session Preview

& Intensive
Sample Itinerary

Table of Contents

Brainspotting Session Preview	2
--------------------------------------	----------

Take a peek inside a sample session

Brainspotting Intensive Sample Itinerary	6
---	----------

Get an idea of what an Intensive can look like



Brainspotting

Session Preview

Every person experiences Brainspotting differently and every session is unique. There are a wide variety of Brainspotting models. Some sessions are very intense and others are quite mellow. The description below is just one example of how a session can go.

You prepare for session five to ten minutes ahead of time. You've got your fan turned on for privacy outside your door which is locked. You've got a bottle of water and tissues handy. You have your laptop. You settle into your comfortable chair and grab a throw to place over your lap, followed by a pillow and your laptop.

You begin to consider the family issue that brought you to therapy in the first place. After your first Brainspotting session two weeks ago, you were incredibly tired the rest of the day. The following day, you had been pleasantly surprised to notice you felt as though you'd gone through a physical and emotional cleansing.

You found yourself lighter on your feet and less burdened by worries about your family. The world seemed brighter. You're excited to see what happens as the healing continues to unfold.

You open your email and click on the Zoom link, bringing you into my virtual waiting room. I appear on your screen and greet you, checking in to ask how you've been. You share a bit of how the week has been and how you're feeling at the moment.

I ask which issue you'd like to process. You name your recent family situation. As you describe your confusion around whether you or they are the, "bad guy," tension arises in your chest. You look to your right, into a painting of the ocean.

I ask you to name the emotions you're experiencing, one word at a time. You consider this, gazing at the ocean, and say you feel, "confusion, fear, shame and a sense of never being good enough."

I ask where you notice this confusion, fear, shame and "not good enough," in or around your body. You scan the body and notice a sour queasiness in the pit of your stomach. You voice this. As soon as you do, you notice an ache to the left of your heart.

I say, "I notice as you named those sensations and much of the time while talking about this issue, you've been gazing to your right. Can I ask what happens when you look there and think about this issue?"

You look at the painting of the ocean. An image of your father comes to you; he towers over you, his eyes shadowed by his hat. The ache in your chest moves upward, much like heartburn, and clenches in a tight grip around your throat. "I feel tension rising and choking me," you say, tearing up. I ask how intensely you would rate this sensation on a scale of zero to ten. "Eight," you say. I ask if this is tolerable. The feelings are intense, but you've experienced much worse. Motivated to achieve transformation, you say it is. I assure you we can always titrate the intensity down as needed. You nod in acknowledgement.

Next, I ask you to scan your body to find the greatest sense of calm, groundedness, solidity or connection. You consider this, and find the areas where your body touches the chair beneath and behind you feel grounded and supported. Also where your feet make contact with the floor. You tell me this.





“Good,” I say, “I’d like to find a Brainspot to enhance that sense of groundedness.”

I ask which color pointer topper calls to you most, opening my case of toppers and holding them up to the screen. The red topper seems to glow with righteous anger. You choose it. I place it on top of my pointer and extend it a bit. I hold the pointer close to the right-hand side of the screen.

“Notice how intense these grounded, solid sensations feel while looking to this side,” I say. The supportive sense of the seat becomes less notable.

“I don’t feel much,” you say.

“OK, how strong does it become while looking toward the center?” I ask while moving the pointer topper to the center of the screen.

The seat beneath you feels a bit more solid,

perhaps slightly more so around the back of the left thigh and where your left foot touches the ground.

“How about over here?” I ask while moving the pointer toward the far-left side of the screen. As the pointer moves across this side of the screen, the seat beneath you grows in solidity, you feel yourself sink more deeply into it, and both feet feel more grounded. As the pointer continues to move, this feeling subsides a bit.

“Can you move it back just a bit closer toward the center?” you ask. As I move it closer to the spot, your solidity grows beneath you even more. “Right there,” you say. I take a moment to anchor the pointer here.

“While looking at the pointer, returning to the issue at hand, considering the family situation, what comes up for you?” I ask.

The idea that none of this is your fault and none of this is fair comes to you. The choking sensation returns to an extent, as does tension, this time on either side of your heart. Anger and indignance seem to move from your chest to your throat. You share what you notice.

“You’re doing great,” I say, “I invite you to alternate your gaze between the pointer and the painting intuitively. It’s perfectly fine to close your eyes and to move. You can silently observe what arises in your body, emotions and thoughts, or tell me about them out loud. Either way, I’ll be here and will be checking in periodically.”

For the rest of the session, you continue to experience shifting physical sensations, emotions and various perspectives on your present and past experiences with family and others. Waves

of activation, in which you feel heightened confusion, shame, fear and anger, rise and fall. They alternate with a sensation of peace, gratitude and a, ‘things are alright for now’, perspective, which manifest as a sense of calm washing over you from the head to the low abdomen, from the top left of your forehead to the center front of the abdomen. By the end you feel a bit tired.

Toward the end of the session, I ask how intense the sensation is. You scan the body. “It’s more of a two now.”

“Ah, it’s gone down,” I say. I provide appreciation for your dedication to your wellness, ask for feedback about how my support was for you this time, and remind you about the importance of self-care after a Brainspotting session. I invite you to drink plenty of water, get some nutritious food as needed and to make some time and space for rest and recuperation. You agree, we both wave goodbye for now and plan to meet again soon.



Brainspotting Intensive

Sample Itinerary

Brainspotting Intensives are infinitely flexible. They are customized to your unique needs and desires. The itinerary below is only a sample of what a 10-Hour Intensive can look like. Book a Free Consult today so we can work together to design an Intensive for your specific goals.

Day 1 - Friday the 1st

12PM-
2PM

Intake & Treatment Planning

- Thorough assessment
- Compilation of life, attachment & trauma histories
- Inventory of negative self-beliefs, traumas & positive resources
- Creation of Intensive goals



Day 2 - Friday the 8th

9AM-
10:20AM

Double Spot, Shame-Slaying
Model

10:30AM-
12PM

Trauma Processing, Rolling
Model

12:10PM-
1PM

Inner Healing, PartSpotting
Model



Day 3 - Friday the 15th

9AM-
10:20AM

Trauma Processing,
Advanced GazeSpotting
Model

10:30AM-
12PM

Expansion, Performance
Model



Day 4 - Friday the 22nd

12PM
1PM

- Follow Up,
PartSpotting
Model

