

What is Brainspotting™?

Brainspotting was developed by Dr. David Grand (biolateral.com)

Dr. Grand States: “It is a powerful, focused treatment method that works in a powerful way to identify, process and release core neuro physiological sources of emotional/body pain, trauma, dissociation and many other challenging symptoms.

Brainspotting is an amazing tool that allows the coach and client to locate, focus, process and release experiences and symptoms that may be out of reach of the conscious mind.

Brainspotting™ works with the deep brain and the body through its direct access to the autonomic and limbic systems within the body’s central nervous system.”

“The theory is that Brainspotting™, taps into and harnesses the body’s innate self scanning capacity to process and release focused areas that are (frozen primitive survival modes). Brainspotting may also explain why it often reduces or eliminates body pain and tension associated with physical symptoms.

Listed below are a few symptoms Brainspotting is used for:

2. Physical/emotional trauma
3. Recovering from injury (i.e. sports, automobile and other accidents)
4. Stress and trauma related to medical illness
5. Performance issues
6. Fibromyalgia and other chronic pain
7. Stuttering
8. Phobias
9. Anxiety

And more!

Please visit Dr. Grand’s web site at www.biolateral.com for more information.