

## Trauma Therapies

Diane specializes in and is trained in Trauma Therapies, such as Brainspotting™ and Hemispheric Neurological Restructuring and Integration™.

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, disassociation, 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 just a few of the symptoms Brainspotting is used for.

- Physical/emotional trauma
- Recovering from injury (i.e., sports, automobile, and other accidents)
- Stress and trauma related to medical illness
- Performance issues
- Fibromyalgia and other chronic pain
- Stuttering
- Phobias
- Anxiety

Please visit Dr. Grand’s website at [www.biolateral.com](http://www.biolateral.com) for more information.

## Trauma

During the course of a lifetime, approximately half of all men and women will be exposed to or experience at least one traumatic event, such as an assault, vehicular or work related accident, serious sports injuries, domestic violence, natural disaster, (earthquakes, hurricanes). Some people can resume their normal lives after such an experience while others will suffer significant distress or impairment. Traumatic experiences impact both the brain structure and processes.

Trauma is not merely an external event – it is characterized as a rare and overwhelming event that produces an intense emotional response, (fear, helplessness, horror) and also has a psychological response. For many years mental health professionals and others have recognized that exposure to trauma produces enduring psychological consequences. Many people mask or self medicate the symptoms that develop from exposure to traumatic stress as a form of numbing.

Trauma can be traced to a natural defense mechanism that all human beings share. It is referred to as the *fight or flight or freeze response*. In the face of stress or danger the body releases a chemical called adrenaline, which results in a wide range of physiological and psychological responses such as increased heart rate, overall hyper arousal of the bodily systems, increased pupil size. A lesser-known fear response is the freeze response (immobilization). This reaction to fear or terror often leaves people with the belief afterward, “why didn’t I do something?”. Freezing and fleeing are often defensive responses that are connected to unrealistic and debilitating feelings of guilt and shame in the aftermath of trauma.

Listed below are a few symptoms that a person that has experienced trauma may have.

- Nightmares
- Avoidance of people, place, and other situations associated with trauma
- Visual, auditory and kinesthetic flashbacks
- Intrusive Thoughts
- Persistent anxiety, increased arousal and hypersensitivity
- Sleep disturbances
- Diminished interest or participation in previously enjoyed activities
- Feelings of detachment and isolation
- Psychic numbing

Symptoms can be mild to severe. Ongoing symptoms are very taxing on a person's nervous system and people can try to self medicate for relief.

Anyone that has grown up in a household of alcoholics or drug addicts or family that is depressed or anxious, (who often have had their own history of trauma) can be well aware of the symptoms mentioned above.

There are many studies about trauma and PTSD. Please visit [www.saragilman.com](http://www.saragilman.com) and [www.lifeforce.com](http://www.lifeforce.com) for more information.